



MARTIN UNITED COVID-19

SAFETY PLAN

Martin United Soccer Club, Inc. (MUSC) strongly adheres to the belief that youth sports is a vital part of the local community. The ability for the youth in our community to gather safely and resume sports can be a great benefit to the health safety and wellbeing of our local youths. This return to play plan must be executed with dedication and care for the safety of our entire community and beyond.

MUSC will observe and follow all federal and state guidelines regarding sports activities and group gatherings. The below Guidelines are directed for OUT DOOR USE ONLY when only MUSC participants are involved. If MUSC teams travel to tournaments or games the protocols for the location will control. If no protocols are in place MUSC will utilize its own protocols for its own participants.

General guidelines:

1. Prior to resuming activities this plan will be disclosed, sent via email and via social media posting as well as posted on our website.
2. All event attendees will be requested to practice social distancing.
3. Any person who is experiencing symptoms of sickness will be prohibited from attending the event/venue of play.
4. All posted and published local- and state-regulated guidelines shall be followed.
5. Prior to arriving at the designated training session or game players, parents, trainers, coaches, and any other person anticipated to be involved in any way or be in direct contact with any person involved will be required to execute the attached new FYSA waiver/release to play.
6. The new waiver will indemnify and hold harmless MUSC, its agents, board members, regular members, FYSA, US Club Soccer, Martin County Parks and Rec, etc.
 - a. This new waiver will be available on the MUSC website.
 - b. Delivery of the new waiver to the club will be mandatory prior to returning to action.

Training/practice specific guidelines

7. Social distancing will be observed to the fullest extent possible for both players, trainers, coaches, managers and parents.
8. All persons that enter the fields or areas of play will be required to answer the following questionnaire:
 - a. Have you recently had close contact with a person with COVID-19



- b. Have you been diagnosed with COVID-19, are you waiting for test results, or do you have a cough, fever, shortness of breath, or other symptoms of COVID-19?
 - c. Have you recently traveled from somewhere outside the US, outside the State of Florida?
 - d. Have you recently been on a cruise ship?
 - e. If you have been diagnosed with COVID-19, provide your test results showing you are no longer affected with the virus.
 - f. For children not able to answer, the parent will be questioned then asked to return to their car until the session is concluded.
9. Parents will be asked to remain in their cars with only players and coaches/trainers on the fields at the designated time.
10. Coaches/trainers will be asked to arrive to the training fields in advance of the training session to clearly mark and identify their respective training areas. These areas will be designated by the club when assigning the training locations.
 - a. The club will space the training times so that the players have time to exit the field without contacting the new players entering the field.
 - b. Trainers will be asked to avoid using their own equipment whenever possible, however when used, they will be asked to sanitize any equipment they use in between sessions with Lysol spray or wipes.
11. Limiting training session groups to be within the state guidelines (currently 10 people or less).
12. Training will be non-contact to the greatest extent possible with an emphasis on technical ball skills and “static” skill sessions.
13. All trainers, coaches, managers, supervising adults must wear a face covering to the fullest extent possible. In any situation that is not possible or feasible to have the face covering on, they must be more than 6 feet away from any other person.
14. To the maximum extent possible the physical handling of balls is to be avoided.
15. All players must bring their own water and there shall be no sharing or community water. MUSC will not provide water, players will not be allowed to train if they do not have their own water.
16. All players must bring the appropriate training equipment including but not limited to their own water bottles, shin guards, and playing equipment.

Guidelines and Preparation for Injuries.

PREPARING FOR WHEN SOMEONE GETS SICK

- a. MUSC to an injured person that will protect both the injured person as well as those attending to them related to COVID-19 with PPE and gloves.
- b. MUSC players and coaches will not be participating in any training sessions or games if they have any symptoms of COVID 19. MUSC will endeavor to avoid transporting anyone who is sick to that person’s home or to a healthcare facility and will have the player’s parent or guardian transport the player to the home or healthcare facility. If an ambulance is called or someone is being brought to the hospital, they should be alerted that the person may have COVID-19.

CLOSE CONTACT/ POSSIBLE EXPOSURE



- c. Any MUSC player, parent, coach, or volunteer who has close contact with an individual who develops flu-like symptoms, he or she must self-isolate for a period of 14 days from “recovery” of the symptomatic individual. This includes contact with the symptomatic individual up to 48 hrs prior to the onset of symptoms. Recovery is defined as the absence of fever for a period of 36 hrs without the use of fever alleviating medications (acetaminophen or ibuprofen) and an improvement in symptoms. If the symptomatic individual is diagnosed with another ailment (flu, strep throat, ear infection, etc.) or is tested for COVID with negative results, he or she may resume normal activities without the need to self-isolate.

SYMPTOMATIC PLAYERS

- d. Any MUSC player, parent, coach, or volunteer who develops flu-like symptoms or is diagnosed with COVID 19 must self-isolate for a minimum of 14 days and be in “recovery,” which is defined as the absence of fever for a period of 36 hrs without the use of fever alleviating medications (acetaminophen or ibuprofen) and an improvement in symptoms. If the player or parent is diagnosed with another ailment (flu, strep throat, ear infection, etc), he or she may be permitted to resume team activities once they have recovered from that ailment. MUSC players are asked to only attend training or games when healthy.

COVID 19 Symptoms

- e. Fever does NOT have to be present to indicate the presence of COVID 19. Symptoms include, but are not limited, to:
 - i. Fever
 - ii. Generalized weakness
 - iii. Body aches
 - iv. Sore throat
 - v. Cough
 - vi. Shortness of breath
 - vii. Abdominal pain
 - viii. Diarrhea
 - ix. Headache

PROCEDURES IF MUSC PLAYER, COACH, OR VOLUNTEER DISPLAYS COVID 19 SYMPTOMS, CONTRACTS VIRUS, OR IS EXPOSED TO THE VIRUS

- f. The team manager and/or MUSC staff will recommend the player, coach, or volunteer that has displayed COVID 19 symptoms, contracted the virus, or has been exposed to the virus to leave the field and further recommend that they seek the appropriate medical treatment which may include testing for COVID-19.
- g. MUSC will follow guidance from the Martin County Health Department regarding next steps for players and staff that may have been in contact with the individual.
- h. The individual may return once they have recovered or it has been determined that they were not affected by COVID-19 via a negative test result provided confidentially to the MUSC BOD.



Game specific guidelines:

17. All prior guidelines will be incorporated herein.
18. All players on the sidelines will observe social distancing.
 - a. If there isn't sufficient space to have both teams on the same side the referee will be encouraged to allow for the other side of the field to be used for one team.
 - b. There shall be NO spectators.
19. The customary post-game hand shake or high five is prohibited.
20. No handshakes. No walk outs. No team huddles. A separate form of goal celebration and team sportsmanship with no contact should be created by each team observing the above social distancing guidelines.
21. Players and Coaches will be asked to leave the field as soon as it has been cleaned of any trash and wipe down any benches used during the game.
 - a. Players will be encouraged to bring their own chairs for sideline time.
 - b. Players, trainers, and coaches will be asked to avoid the use of benches and to use their own chairs as possible.
22. Encourage parents to supply their players with antibacterial wipes and hand sanitizer for disinfecting shared playing equipment and cleaning hands between playing time.
23. Limit person-to-person contact as much as possible.
24. Allow players to wear PPE items if they choose, as long as the items do not compromise the safety of the game.
25. All trainers, coaches, managers, supervising adults must wear a face covering to the fullest extent possible. In any situation that is not possible or feasible to have the face covering on, they must be more than 6 feet away from any other person.

DISCLAIMER. The MUSC guidelines above are not intending to give medical advice, you should obtain medical advice only from licensed professionals. MUSC does not guarantee that following the above guidelines will have any impact or lessen the likelihood of contracting COVID-19.



**FYSA COMMUNICABLE DISEASE
RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**

In consideration of being allowed to participate in any way in any Florida Youth Soccer Association, Inc. ("FYSA") related events and activities I, the undersigned participant, parent, or legal guardian, acknowledge, appreciate, and agree that:

By participating in FYSA related events and activities, there are certain risks to me arising from or related to possible exposure to communicable diseases including, but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for the Coronavirus Disease (also known as COVID-19) and/or any mutation or variation thereof (collectively referred to as "Communicable Diseases"). I am fully aware of the hazards associated with such Communicable Diseases and knowingly and voluntarily assume full responsibility for any and all risk of personal injury or other loss that I may sustain in connection with such Communicable Diseases.

I, for myself or for my minor child(ren) or ward(s), and on behalf of my/our heirs, assigns, beneficiaries, executors, administrators, personal representatives, and next of kin, **HEREBY EXPRESSLY RELEASE, HOLD HARMLESS, AND FOREVER DISCHARGE FLORIDA YOUTH**

SOCCER ASSOCIATION, INC. and its officers, officials, agents, representatives, employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises upon which FYSA related events and activities take place (the "Released Parties"), from any and all claims, demands, suits, causes of action, losses, and liability of any kind whatsoever, whether in law or equity, arising out of or related to any **ILLNESS, INJURY, DISABILITY, DEATH, OR OTHER DAMAGES** incurred due to or in connection with any Communicable Diseases, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERWISE**, to the fullest extent permitted by law.

I agree that this Agreement is intended to be as broad and inclusive as is permitted by the laws of the State of Florida, and if any portion hereof is held invalid, it is agreed that the remainder shall continue in full legal force and effect.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Participant's

Signature/Name

Age

Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)



I certify that I am the legal parent/guardian with responsibility for this participant, and that I have read the foregoing Agreement and do consent and agree to his/her release of all the Released Parties as provided above. I further agree that, for myself, my heirs, assigns, beneficiaries, executors, administrators, personal representatives, and next of kin, I expressly release and agree to indemnify and hold harmless the Released Parties from any and all liability incident to the above Participant's involvement or participation in FYSA related events or activities as provided herein, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ _____ _____
Parent/Guardian Signature Date Emergency Phone Number(s)