

MARTIN UNITED COVID-19 SAFETY CONTINUE TO PLAY 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 continue 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. 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 may 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 or anyone in your family been issued a quarantine order from the Department of Health?
 - d. Have you recently traveled from somewhere outside the US, outside the State of Florida?
 - e. 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 times for training sessions.
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.
- 12. Trainers are asked to limit contact to the greatest extent possible with an emphasis on technical ball skills and “static” skill sessions and asked to be socially distant during instructions from the trainers.
- 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 will attend to an injured person in a manner designed to protect both the injured person as well as those attending to them from the possible spread of COVID-19 by only attending to injured persons while wearing the appropriate PPE including but not limited to masks and gloves where appropriate.
- 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 “contact” of the symptomatic individual. This includes contact with the symptomatic individual up to 48 hrs prior to the onset of 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 further self-isolate, additionally, the exposed person may also return if appropriate. The individual who was exposed must wait a minimum of 72hrs prior to obtaining the COVID test, which if negative may allow the exposed person to return.

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” prior to returning to play. 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 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.
- i. For any individual who is ordered to quarantine for 14 days from a possible school exposure may “test out” of that quarantine for training purposes upon receipt of a negative test result after the lapse of 72 hours from the possible exposure. At the conclusion of the 14 days the player will be required to provide proof that they have not developed any symptoms of COVID-19 during the quarantine by providing a letter from a medical professional stating that individual is not currently suffering any symptoms of COVID-19, has waited the full 14 days and is otherwise cleared to return to normal activities. As an acceptable alternative, a “physical” from a medical professional, walk in clinic dated after the 14 day quarantine will be accepted.
- j. For any person, player, coach, or volunteer to return to team activities once they have contracted the virus a letter from that individual’s medical professional stating that individual has been cleared to return will be required.

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 allowed within 15 feet of the player area during game time.
- 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.