

Oakland Recreation Department

2020 Messalonskee Youth Soccer Health and Safety Policies

General Health and Screening

- If you have a fever or do not feel well STAY HOME!
- Players and coaches should conduct a daily temperature check for low grade fever (>100.4.) at home before practices or games.
- Do not participate in activities if you have any of the following below.
 - a. Temperature of 100.4 or higher
 - b. Sore throat
 - c. Uncontrolled cough that causes difficulty breathing
 - d. Diarrhea, vomiting, or abdominal pain
 - e. Onset of severe headache, especially with fever
 - f. Had close contact (within 6 feet for at least 15 minutes) with a person confirmed COVID-19.
 - g. Traveled out of state or area with large number of cases.
- Anyone who has tested positive for COVID-19 or have been exposed to someone with COVID-19, are recommended to self-quarantine and consult their physician and receive written clearance before returning to play.
- Any of the above should be immediately reported to the Oakland Recreation Department and/or coach immediately.

Protective Protocols

All participants should wear proper PPE and endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.

Players:

- Players will wear a new or clean mask upon arrival and departure. Once players reach their designated bench area, they may remove their mask.
- Players will have a designated area at their team's bench. These spots will be spaced six feet apart.
- Players should remain in this spot when not participating in warmups or game activities.
- For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during practice or games. If touched with hand, should not be re-used until properly cleaned.
- No handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations.
- No spitting or seeds will be permitted.
- All participants should pack individual water bottles. There will be no water fountains or buckets. No sharing of water bottles.
- Participants are recommended to pack and bring to personal sanitizing supplies. No sharing. Get dressed at home in your gear so that you can arrive to the field ready to play. Wash your hands before departing for training or competitions.
- Participants should not touch any equipment, move goals or handle other equipment.
- Participants should avoid intentionally touching each other before, after or during activity.

Coaches

- Coaches and players will wear a new or clean PPE upon arrival and departure, and the duration of the practice and/or game.
- Coaches should not be within six feet of any player.
- Coaching tools or equipment (ex. clipboards) should only be used by one coach and should not be shared amongst coaching staff.
- No post-game handshakes should take place. Consider other forms of postgame sportsmanship.
- Post-game meetings should be kept brief, if any meeting is held at all. Huddles should be avoided.
- All equipment will be disinfected prior to the start of the practice or games.

Parents/Spectators

- Spectators will be required to wear masks upon arrival, departure, and any time they are not sitting. Spectators may consider wearing masks at all times.
- There will be designated spaces for spectators. No parents or other spectators will be allowed near the player benches. There will be signage directing spectators to their designated area.
- Parents/guardians watching the match should never enter the team bench area.
- Spectators should not congregate together and should follow social distancing guidelines.
- Parents and guardians should be thoroughly aware of all safety recommendations. At all times, parents should ensure their family follows safety recommendations, including for PPE.
- Spectators may be limited due to the 100-person public gathering limit. Only immediate family should be in attendance.
- Parents and guardians should support the coach and organization in adhering to all safety recommendations.
- No spitting or seeds will be permitted.

Practice and Game Procedures:

- Extra time between games will be given to ensure that all equipment is cleaned and sanitized.
- Warm-ups should not begin until previous teams have left the field and equipment and benches have been cleaned and sanitized. Allow for extra time between matches to accommodate as necessary.
- In general, maintain as much social distance as possible during warm-up activities.
- Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point. Ensure their area is cleaned of all gear and trash.
- Do not have a team snack that is shared among the team members.
- Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles.
- For throw ins, active players are recommended to collect the balls.