



LOWER MERION SOCCER CLUB

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Providing each and every child with a fun filled experience in a soccer environment

HEALTH AND SAFETY PLAN FOR LMSC PROGRAMS

August 20, 2020

This Health and Safety Plan is being used by LMSC, based on the mandates set forth by Governor Wolf as well as Montgomery County. Staff members and coaches will be fully expected to comply with these items. Parents of players will be asked to help ensure the safety of all players (not just their child) by ensuring that they comply with these mandates and that their child also complies with these mandates.

- All coaches MUST wear masks. If a coach is not wearing a mask, please notify me immediately so I can properly deal with the situation.
- Masks are to be worn over the mouth AND over the nose.
- Referees are not required to wear masks while reffing (except at Gladwyne Playground with our 2015 and 2016 birth divisions). Referees MUST wear a mask to the field and must wear a mask when not reffing. This includes in between games, halftime and after each game. Referees are to respect social distancing at all times when reffing and when not reffing.
- Players are not required to wear masks when playing since masks hinder their ability to breathe. Players are required to wear masks before their coaches organize the team's pre-game warmup. Players must wear masks at halftime. Players must wear masks immediately after their game is over. Players must wear masks when they are not in the game.
- On July 3rd, the Pennsylvania Department issued a clarification to the "Universal Face Coverings" mandate from July 1st as follows:
*Coaches, athletes and spectators must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least six feet. **Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings.** Face coverings must be worn on the sidelines, when athletes are not actively playing.*
- In the intramural program, unlike other years, players will NOT line up and shake hands with the opponents after each game. Team members may quickly gather together (while maintaining social distancing), wave and say a cheer for the other team or say thank you to the members of the other team.

- Players are not to high five each other or hug each other after a goal or after a good play.
- SIDELINE PROCEDURES ON GAME DAY - For 2020 intramurals ...
 - Players in the Seniors, Majors, Electrons and Cosmos Divisions will have each team taking their own sideline (players, parents, fans). Teams will not share a sideline with the other team.
 - Players in the Bantams, Junior, Intermediates, Microns and Protons Divisions will have the players on both teams stand in between the two fields being used. Parents and spectators will be on the opposite sidelines of each field, spread out and away from the field. They should NOT be standing right on the sideline. Please socially distance yourselves. Be away from the players, coaches and other spectators.
 - For the Pee-Wees, Atoms and Neutrons Divisions, please see below.
- Parents MUST be masked at games and need to be well away from the players. Spectators should not be lined up close together. Please spread out and keep your distance from each other. Please note that LMSC does NOT have the manpower to enforce sideline conduct. We are however STRONGLY asking all parents and spectators to be well away from the field, well away from the players and well away from each other.
- Players are not to share water bottles with other players and are not to share snacks with each other. Players are to bring their own snacks and not share them with anyone other than family members.
- Coaches must ensure “social distancing” when talking with the players before the game, at halftime and after the game. Players are not to bunch together into a tiny space to listen to the coaches. Players and coaches need to be a minimum of six feet apart from each other when the coach is talking.
- **ALL** players must bring their own soccer ball to practices and games. Staff members will not bring soccer balls. It will be the responsibility of the players to clean their ball after each use. Be sure to know the proper size of the soccer ball that your group will use (size 3, 4 or 5).
- Unlike “normal years,” coaches may not bring pinnies to practices or games. For practices, each player must bring a white shirt and a dark shirt to each session. At practices, coaches will divide players into a white shirt team and a dark shirt team for scrimmages and competitive activities.
- For intramural soccer, unlike previous years, teams will not be given a goalie pinnie for the players to share when playing goalie. Players may bring their own goalie shirt if they want or may wear a different color shirt when playing goalie, but pinnies and shirts are NOT to be shared by players in 2020.
- Parents are considered to be “non-essential” at training. Parents and spectators are required to stay away from the practice field once they drop off their child, either staying in their car or at a location that is far enough away from the players that they will not affect them.
- Only coaches, referees and field crew are to move equipment. This includes soccer goals and cones.
- It is highly recommended that players not carpool with other players. LMSC will not enforce this, but strongly recommends it, based on the guidelines set forth by Governor Wolf.
- Coaches will designate an area for players to place their gear bags. Players’ gear bags must be spaced far enough apart so that players will not crowd each other during water breaks or after the game.

- Players and coaches are not to spit on or near the field. If they must spit, they need to go into the trees.
- Players need to be instructed on properly covering their mouths if they have to sneeze or cough. This should be taught by the parents. Coaches will remind them of this if they do sneeze or cough.
- If a player demonstrates any health symptoms, including excessive tiredness, flush face, excessive fatigue, regular coughing or regular sneezing, the player will immediately be removed from the playing area and kept well away from the other players and staff. We will then try to contact a parent of the player to come and take the player home. We will also recommend to the parent that they take the player to see their family physician.
- Parents are responsible for doing a temperature check on their children before practices or games. If a player tests 100.4 degrees or higher, the player is not to go to soccer.
- Governor Wolf recently published a list of states where people need to self-quarantine for 14 days if they have been in one of those states. Please have your child NOT attend summer camps or travel team training if you have been in one of these states in the last week. Please visit:
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx#:~:text=If%20you%20have%20traveled%2C%20or,days%20upon%20return%20to%20Pennsylvania.>
 for more information on these travel restrictions. Players will need to wait 14 days before they re-join their team.

GLADWYNE PLAYGROUND DIVISIONS (2015 and 2016 births)

- Parents and spectators are to be well away from the soccer fields. They may watch the games while staying close to the wall next to the parking lot or over by the hill. In order to ensure the safety of **everyone's children**, parents are NOT to be lined up along the sideline next to the fields.
- If a parent must go onto the field to attend to their child, the parent MUST be masked up. The player should be removed from the field and taken well away from the action.
- As a courtesy to ALL of the players, it is very important that parents NOT be standing right on the sideline that their child is playing on.
- Referees, staff coaches and parent helpers are required to be masked at all times. They will be asked to leave the field if they do not comply with this.

MANDATES TO ALL LMSC COACHES:

If a team has a player on their team who has come into contact with a person who might have Covid:

1. IMMEDIATELY keep the player away from the team until the person that the player comes in contact with knows if he/she tests positive for COVID using the genetic test. If the contact is not getting tested for COVID, the player may not return to the team for 14 days.
2. IMMEDIATELY notify both LMSC V.P. Dale Haines (lmscdale@gmail.com) and LMSC President Biff Sturla (soccer@lmsc.net).
3. If the contact is COVID-19 negative by the genetic test, the player may return to the team immediately.
4. If the contact is positive, recommend that the player get tested by the genetic test for COVID 5-7 days after being exposed to the contact. If the player tests negative and is showing no signs of symptoms, he/she may return to team activities. If the player does not want to get tested, they are prohibited from attending team events for 14 days after exposure to the COVID positive contact.

If a player on your team should test positive (or if a coach tests positive) by the genetic test:

1. IMMEDIATELY notify your team that someone has tested positive. Do NOT provide a name to maintain patient confidentiality.
2. IMMEDIATELY notify both LMSC V.P. Dale Haines (lmscdale@gmail.com) and LMSC President Biff Sturla (soccer@lmsc.net) that someone has tested positive. Again, do not provide a name to maintain patient confidentiality.
3. All activities for that team MUST BE suspended. All players on the team are recommended to get tested for COVID 5-7 days after last exposure to the teammate or quarantine for 14 days after exposure. Team activities may not resume until all players test negative or four weeks after the first person tests COVID positive.

If you have questions, comments or concerns about our LMSC Health and Safety Plan, please feel free to address them with me as soon as possible.

Sincerely,

Biff Sturla
President
Lower Merion Soccer Club
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