



Manalapan Soccer Club COVID-19 Program Preparation Plan

The Manalapan Soccer Club has developed the following COVID-19 Program Preparation Plan (“P3”) for practices and games in order to protect the safety of all players, coaches, trainers and their families at practices, games and home. In addition to this P3, the Club will comply with the New Jersey Department of Health guidelines for sports as amended from time to time. This is a living document and will continue to change as the guidelines from governing bodies and state and local governments modify their rules and regulations. Please refer to the Manalapan Soccer Club website (www.manalapansoccerclub.com) to ensure you have the latest version of the document.

The following P3 has been and will continue to be distributed to all Manalapan players and parents in addition to all game opponents. The P3 is broken out into three sections: i) General Responsibilities; ii) Practice Protocols; and iii) Game Protocols.

GENERAL RESPONSIBILITIES

Club Responsibilities

- Develop and revise protocols as the COVID-19 situation evolves across the State
- Provide full communication and education to the teams and families on protocols
- Manage and enforce all protocols with the potential suspension of participation by individuals and/or teams for failure to comply
- Developed and requires that all Manalapan players fill out the Club Communicable Disease Release of Liability and Assumption of Risk Agreement (attached)
- Print and post signs at all fields that reinforce COVID-19 best practices and guidelines. Additional signs will be added to Field A and Field K directing entrance and exit points in order to limit congestion due to the fences.
- Require all coaches, players and parents to notify the Club as soon as a player or coach has been diagnosed or been directly exposed to COVID-19. Upon notification, the Club will communicate with any coaches, trainers or players’ family that may have been in contact with such party
- Enforce 14-day self-quarantine guidelines, which are required if any player and/or family has been diagnosed with COVID-19 or has direct contact with someone (including game opponents) that has been diagnosed. Additionally, if the family has travelled to any of the "hot spot" states on the State self-quarantine list, there is a mandatory 2-week self-quarantine period that must be adhered to. These self-quarantines cover ALL soccer activities.
- To help ensure compliance with the monitoring of coach, trainer and player health and minimize the risk from contagion, the Club is requiring all coaches and trainers (for themselves) and players (by parent) to complete a Health Check prior to each practice and game. The Health Check is an electronic platform in the TeamSnap app that each player and team utilizes (Club paid). To complete the Health Check in TeamSnap, individuals will need to answer 4 questions (below) which have to be answered within 8 hours of the practice or game (system will not allow answers prior to such time period). Coaches will be notified via the app if a player fails any question. Additionally coaches are instructed to review the status of each player prior to each practice or game. If a player fails to fill out the Health Check or fails any questions, they will not be allowed to participate in the soccer event.
 1. Have you experience a fever of 100.4 degrees or higher in the past 10 days?
 2. Have you received a positive result from a COVID-19 test within the past 14 days?
 3. Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 in the last 14 days?

4. In the past 14 days, have you experienced any of the following new symptoms not attributable to another health condition? Select all that apply: cough, loss of smell or taste, runny nose, shortness of breath, sore throat, none of the above
- Consistency of grouping of staff, volunteers, and athletes is to be reinforced to limit exposure to others.

Coach/Trainer Responsibilities

- Follow all protocols
- Fill out Health Check questions in TeamSnap within 8 hours of each practice or game
- Coach/Trainer should stay home if they have tested positive for or, are showing COVID-19 symptoms. If not feeling well at practice, Coach/Trainer should remove themselves from practice but ensure a responsible adult remains until the players can be picked up by their parents
- Comply with the self-quarantine guidelines
- Review the health status of each player in the Health Check on TeamSnap app prior to each practice or game. Players failing or not answering the Health Check are not to be allowed to participate in the soccer event
- Contact parents and send home players if they are not feeling well. Have them separated from other players until parent arrives
- Notify the Club immediately if any coach, trainer or player has been diagnosed with COVID-19 or has come in direct contact with anyone that has been diagnosed with COVID-19
- Bring and use hand sanitizer and ensure players have done so before and after each game or practice
- Enforce adequate physical distancing. Individuals shall remain 6 feet apart from one another whenever possible.
- Ensure all players are not sharing water/equipment (ball permitted)
- Wear a face mask when coaching
- Only the Coach and Trainer handle equipment
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, spitting, etc.
- Be understanding to parents/players that may delay returning to play
- Coach/Trainer is responsible for the actions of their spectators at practices and games

Parent Responsibilities

- Check player's temperature before any team related event. Keep player home if they had a temperature of 100.4 or higher or any other COVID-19 symptoms
- Fill out Health Check questions in TeamSnap within 8 hours of each practice or game
- Notify the Club immediately if your player becomes ill, been diagnosed with COVID-19 or has come in direct contact with anyone that has been diagnosed with COVID-19
- Comply with the self-quarantine guidelines
- Ensure your player has sanitizing products and plenty of water
- Stay in car or adhere to social distance requirements if you remain by the field. Parents must stay at least 5 yards away from the sidelines. Individuals shall remain 6 feet apart from one another whenever possible.
- Ensure washing (e.g. hands) takes place before and after every training
- Ensure clothes and equipment are sanitized before and after every training

Player Responsibilities

- Stay home if you do not feel well or have exhibited any COVID-19 symptoms
- Comply with the self-quarantine guidelines

- Fill out Health Check questions in TeamSnap within 8 hours of each practice or game
- Tell your coach if you do not feel well been, diagnosed with COVID-19 or has come in direct contact with anyone that has been diagnosed with COVID-19
- Bring and use hand sanitizer before and after soccer activities
- Be open and transparent with Coach
- Respect and practice physical distancing. Individuals shall remain 6 feet apart from one another whenever possible. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others.
- Place bags and equipment at least 6 feet apart
- Do not touch or share anyone else's equipment, water, food, or bags
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, spitting, etc.
- Players must wear masks to and from the fields
- Wash hands thoroughly and immediately after events
- Wash and sanitize all equipment before and after event
- Cover your coughs and sneezes with a tissue or the inside of your elbow

PRACTICE PROTOCOLS

- Follow all posted or e-mailed protocols
- Coaches MUST wear masks
- Players must wear masks to and from the fields
- Players must spread out bags at least 6 feet apart to help with social distancing
- Social distancing should be respected whenever possible. When face coverings are not worn, efforts should be made to maintain at least 6 feet from others.
- Enter and leave the field as detailed on posted signs.
- Please have your team depart the field and parking lot promptly upon the completion of practice to facilitate social distancing
- Do not share water bottles, balls or other items between non-family members
- Masks may be worn on the field but are not required.
- Parents must stay at least 5 yards away from the sidelines and should be at least six feet from other non-household contacts
- Parents should wear masks but not required if social distancing is respected
- Parents should have no contact with players or team during practice
- Encourage practice activities that do not involve sustained person-to-person contact between athletes and/or coaching staff and limit such activities in indoor settings. For example, focus on individual skill-building activities when possible.

GAME PROTOCOLS

- Follow all posted or e-mailed protocols
- Coaches MUST wear masks
- Do NOT bring benches. Adverse to social distancing. Have players sit on their bags at least 6 feet apart. If a bench is already at the field, make sure the players are at least 6 feet apart if used
- Players must wear masks to and from the fields
- Enter and leave the field as detailed on posted signs.
- Game times are staggered to give teams and spectators the opportunity to safely arrive at the field after the previous teams have departed. Please have your team depart the field and parking lot promptly upon the completion of the game to facilitate social distancing
- Social distancing should be respected whenever possible

- Players should wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc.
- Do not share water bottles, balls or other items between non-family members
- Masks may be worn on the field but are not required.
- Parents must stay at least 5 yards away from the sidelines and should be at least six feet from other non-household contacts
- Parents should wear masks but not required if social distancing is respected
- Parents should have no contact with players or team during practice
- Game balls are to be sanitized prior to the game, at half time and at the end of the match. For MSC home games there will be a spray container with cleaner at the fields to be used to clean the ball
- No contact after matches to include handshakes, high fives, etc.
- Additional guidelines for Referees include:
 1. There will be no coin toss, the away team will get the first kick off
 2. Will maintain their distance on the field of play when possible
 3. Will not touch players at any point
 4. Will maintain a safe distance when issuing a card

