



West-Mont United S.A. Game and Training Protocols (Travel & Intramural)

Before Arrival to facility:

- Comply with **ALL** Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional WMUSA directives/requirements.
- **If a player, coach, or spectator reports to you of any of the following:** Covid-19 exposure, Covid-19 testing pending, COVID symptoms (headache, sore throat, etc) – The family **and** coach **MUST** report this immediately **to the head of Health & Safety Steve Small and your zonal director:**
 - Intramurals/adult league: Rick Evans – rick@westmontunitedsoccer.org
 - Academy (2015-2013): Jesse Martinez – jesse@westmontunitedsoccer.org
 - Zone 1 Boys (2012-2008): Matt Rice – matt@westmontunitedsoccer.org
 - Zone 1 Girls (2012-2008): Stefanie May – stef@westmontunitedsoccer.org
 - College Prep (2007-2003): Steve Small – stevesmall@westmontunitedsoccer.org
 - College Prep (2007-2003): Mark Chambers – mark@westmontunitedsoccer.org
 - **If you are showing any signs of COVID-19 or have been exposed to COVID-19 in the last 14 days, do not attend training/games.** Sick persons must stay at home and follow appropriate health guidelines. Signs include: Persistent cough (dry or wet), shortness of breath, sore throat, runny nose. Additional symptoms include muscle pain, headache, and new loss of taste or smell.
- All players, coaches, spectators, referees are to check their temperature before arriving on site. If over 100.4, **do not attend.**
- **MASKS are not required at this time.**

Games/Training

Players and Coaches

- Players and coaches are encouraged to bring their own sanitizer.
- **MASKS are not required for players & coaches (if you wish to wear one, you can)**
- Do not share water bottles, food, etc.
- Sanitize hands after leaving the field and between each game.
- Do not come onto the field/bench area until the other teams have vacated the field.

Spectators

- Anyone displaying symptoms of COVID-19 is prohibited from attending.
- Masks are not required
- Spectators are encouraged to bring their own sanitizer.
- Avoid handling of the soccer ball if it comes to you.

COVID-19 Rules/Policy

West-Mont United S.A. is committed to supporting all of our participants and their safety with thorough safety precautions and crowd mitigation. Following these Rules/Policy, WMUSA's goal is to provide a safe and enjoyable experience for all players, coaches, officials, and families while eliminating any unnecessary risk.

Crowd Management and Mitigation Practices

- Limiting spectators, 2 spectators per player maximum.

Scheduling and Operational Adjusted Practices

- Create game schedules that allow proper spacing to reduce number of participants on-site.
- Create spacing in schedule to allow teams to completely leave bench area and field prior to next teams arriving.

Enhanced Sanitizing and Safety Protocols

- Increased cleaning and sanitizing of rest rooms, porta johns, common areas, etc.
- Enhanced pre-event training for staff to maintain safety.
- Hand sanitizing stations will be strategically placed throughout the facility.

Game Adjusted Practices

- No post game handshakes, fist bumps, etc.
- No spitting will be allowed on field, sidelines, etc.
- Teams **MUST** wait until field and bench area is vacated prior to entering the field for next scheduled match.

General Health and Safety Protocols

- WMUSA will provide specific and detailed pre-event communication through email or other form of electronic communication.
- WMUSA will require all staff, players, coaches, managers, and match officials to submit a COVID-19 waiver in order to participate in the event.
- WMUSA will have a planned response and plan in place of a reported COVID-19 infection.
- All participants, spectators, etc. are encouraged to bring their own sanitizer, PPE, etc.

Confirmed Case Policy

COVID-19 Policy: Confirmed Case

SUMMARY: When there is a confirmed case of COVID-19

- The participant or staff member must self-isolate for minimum of 10 days
- All persons who may have had contact with confirmed individual will be notified

- Specific area(s) where individual was present will be thoroughly cleaned and disinfected
- Confirmed case will be reported to proper government agencies
- **Purpose:** To ensure the health and safety of all associated with WMUSA, its staff, participants, and spectators.

Policy:

1. Recognizing Symptoms

Anyone suspected of being infected with COVID-19 will be requested to seek medical attention immediately if they are exhibiting the following warning signs:

- Fever (associated with one or more of below)
- Trouble breathing, cough, and/or sore throat
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

2. Confirmation of Exposure: if notified of an individual's confirmed case of the COVID-19 virus, we will immediately begin following the appropriate steps to mitigate further spread.

a. Confirmed case of participant or staff of WMUSA.

- i. Require isolation of individual for 14 days
 1. 14-day isolation period resets with new case in household
 2. Per CDC, individual can return when they have no fever, no symptoms.
- ii. Conduct a confidential interview, identifying all persons that came into close contact with diagnosed individual
- iii. Report gathered information to notify local healthy agency
- iv. Inform staff and families of their potential exposure to a diagnosed individual, while making sure to protect their privacy
 1. Provide each contact with guidelines for isolation, symptoms, seeking help, and preventing spread of virus.
- v. All areas where infected individual was present will be thoroughly cleaned & disinfected immediately
- vi. Identify and investigate increased and unusual absences and connect those with symptoms with

proper health care sites to be tested & provided
immediate care

Helpful Resources

1. Centers for Disease Control and Prevention (CDC) website
 - a. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
2. Occupational Safety and Health Administration (OSHA) website
 - a. <https://www.osha.gov/SLTC/covid-19/>
3. World Health Organization (WHO) website
 - a. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. Pennsylvania Department of Health website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
5. Commonwealth of Pennsylvania website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>