

Pine-Richland Soccer Club (PRSC)

Covid-19 Tryout Plan

Richland Park - July 26, 2020

To limit the spread of COVID-19, Pine-Richland Soccer Club (PRSC) will implement the following protocols for tryouts on July 26. The protocols were established using state, county, and PA West Soccer guidelines.

All attendees are required to read the Covid-19 tryout Plan document and asked to adhere to the plan described herein.

A Participation Waiver is required prior to participation in any PRSC activity by every coach, team manager, player and referee acknowledging the risks of possible exposure to illness from infectious diseases including COVID-19. The waiver can be downloaded from the PRSC website. Submit your completed waiver electronically to PRSC Risk Manager, Tanya Cilka at tanyacilka@gmail.com. Printed copies will be available on-site.

Every individual is responsible for monitoring his/her own health and minimizing exposure risk to others.

1. When suffering from any illness, stay at home
2. Wash hands frequently with soap and water; when soap and water not available use hand sanitizer with at least 60% alcohol
3. Avoid touching face
4. Wear a mask when out in public, except when playing a game or training

No individual should attend tryouts if not feeling well or recently exposed to COVID-19 or someone who is suspected of having COVID-19.

Check-in process:

- Parents are to check in player with Coach Jason at designated check in location when you arrive
- Players and parents are required to wear masks during the check-in process
- Coaches will wear masks for check-in
- A player health assessment will be conducted at check-in by asking:
 - Have you been in contact with a person with COVID-19?
 - Have you had a cough, fever, or loss of taste or smell?
- Parents will be asked to wait in car during tryouts
- Players will be assigned a designated spot to keep water bottle- please only bring a soccer ball and water bottle

During tryouts:

- Training groups will be spaced out on the field in order to maintain social distancing
- Staggered break times will be used to avoid groups together at once
- Players will be assigned a numbered pinnie for the tryout that only they will use
- Players will not be required to wear masks during playing or training activities because they are exercising

- Coaches will wear masks and may lower or temporarily remove them when communicating/coaching from a distanced position. Social distancing will be maintained. Coaches will wear masks for closer interactions
- The players will be engaged in contact in small sided games and we will be limiting the number of active players at a time
- There will be no throw-ins in order to minimize touching the soccer balls with hands. Note, however, that they are likely to occur as the new protocols may be difficult for players to remember during play. We will make every effort to minimize handling of the ball with the hands
- There will be no large group huddles, high fives, fist bumps, or handshakes. Contactless sportsmanship practices will be maintained

After tryouts:

- Players will return pinnie to designated spot
- Players will leave the field and return to parent at car