



## **BURLINGAME SOCCER CLUB**

[www.burlingamesoccerclub.org](http://www.burlingamesoccerclub.org) | [admin@burlingamesoccerclub.org](mailto:admin@burlingamesoccerclub.org)

### **PROCEDURES & POLICIES**

#### **Prevent Spread and Physical Distance Policy**

- Players will be encouraged, as always, to keep their hands to themselves and kids will be strategically spread apart during activities.
- Items will not be shared amongst separate players. Any shared items or locations will be disinfected before another group can use it.
- Coaches and players will wear a face mask.
- Parents should wear a face mask when and dropping off and picking up their player(s).
- Coaches and players will need to cover coughs and sneezes and use hand sanitizer right after doing so.
- Frequently touched surfaces will be cleaned regularly.
- Food/Snacks are prohibited.
- Water and drinks ok. No sharing allowed.

In our phase 1, this will be stable group of 1 (no interactions).

Each group will be assigned a “Training Box”. There will be a 15-30 minute gap between the sessions which will allow for a thorough sanitization of the equipment (and court if training at the Burlingamer). This gap will also allow one group to exit before another group is allowed inside.

We strongly encourage our players **NOT TO USE THE RESTROOMS UNLESS ABSOLUTELY NECESSARY**. Please have your players use the bathroom at your home before coming to the training.



## **Club guidelines, coaches'/players'/parents' responsibilities & covid-19 questionnaire**

1. BSC Club Guidelines – Please [CLICK HERE](#) to review.
2. BSC Coaches' Responsibilities – Please [CLICK HERE](#) to review.
3. BSC Players' Responsibilities – Please [CLICK HERE](#) to review.
4. BSC Parents' Responsibilities - Please [CLICK HERE](#) to review.
5. Covid-19 Questionnaire – Please [CLICK HERE](#) to review.

### **Hand & Equipment Hygiene Policy**

#### *Hand*

All players and coaches will engage in hand hygiene at the following times:

- Arrival to the facility and after the sessions (each player and coach should bring their own hand sanitizer and Club will provide hand sanitizer on the site as well)
- After using the toilet (use toilet ONLY IF ABSOLUTELY NECESSARY)

Players will be supervised when they use hand sanitizer to prevent ingestion.

#### *Equipment*

All coaches will sanitize:

- The balls (provided by the club) after each session
- The cones after each session
- The court (after each session; if the session at the Burlingamer)

### **Isolation, Sick Child, and Sick Staff Policy**

Sick children and staff are required to stay home and will not be allowed in the program. "Sick" is someone exhibiting, but not limited to, the following symptoms: cough, shortness of breath, fever (temp 100.4°F or higher), sore throat, chills, vomiting, and/or diarrhea.

Should your child develop any of the symptoms above, please notify your team coach immediately and email the Club at: [admin@burlingamesoccerclub.org](mailto:admin@burlingamesoccerclub.org)

Coaches and will be vigilant in monitoring symptoms in players and themselves and will notify the club if they or a player is showing symptoms of being sick (symptoms listed above).

Players and Staff who arrive sick or become sick while at the facility will be sent home immediately.

- Coaches and Players who become sick while at the facility will be isolated from well groups.



- A designated space at the field/Burlingamer will be used as an isolation area.
- Coaches entering the isolation area will be required to wear personal protective equipment (PPE) including:
  - Face mask
  - Gloves
- One coach will maintain a physical distance of at least 6 feet and will supervise any sick children in the isolation area until a parent/guardian arrives to pick them up. Children will be made as comfortable as possible.
- Parents will be notified if a member of their group becomes sick. The group will remain in their current phase for one week of additional monitoring.
- Participants will be warned that the program can be cancelled due to an illness in the program or a change in State, County or Federal guidelines.

Sick staff members and children should not return until they have met one of the criteria below:

- Have been tested for COVID-19 and the test has come back negative, and all other flu- like symptoms have been gone for 14 days.
- Consulted with their doctor about resuming public activities.

A record that a doctor was consulted may be required to be readmitted into the training program.

## **Staffing Requirements & Policies**

- Upon arrival, the coaching staff will have their temperature checked and complete an informal health screening of answering a set of questions, such as “do you feel sick?”
- If the temperature check and informal health screening was passed, the staff will then sanitize their hands to start their shift.

### *Absent Staff Plan and Substitutes*

Coaches are to stay home if they exhibit any symptoms of being sick. If they must be absent from a shift or if they become sick, they must inform their age group Director and the Club as soon as possible.

## **Field Arrival and Departure Process**

### *Arrival*

- Upon arriving at any Burlingame/Hillsborough field or the Burlingamer (field assigned for your team training), parents will be directed, by staff and/or signage, to the appropriate facility entrance for their child’s program.
- BSC coach will be there to coordinate the drop-off and pick-up. BSC coach



will then direct the players to the field (or inside the facility if at the Burlingamer). Coaches will check players' temperature and ensure that players sanitize their shoes and hands.

- Coach will then check the players' temperature using the contactless infrared thermometers
- Temperature screening will be conducted with the following steps:
  - Participants forehead will be scanned using a no-contact thermometer
  - Participants who have a fever of 100.4 0 (38.0 0 C) or above will be scanned twice more to confirm results.
  - If after the second test, they still test 100°F or higher, the camper will need to leave the area immediately for the remainder of the day. Staff must also disinfect all surfaces and areas that the dismissed player may have touched. If the camper has a temperature of 100°F or higher, a new pair of gloves is required and the non-contact thermometer should be disinfected and sanitized before additional participants are checked.
  - Participants who have a fever will not be admitted to the staging area next to the court.
  - Participants must be on time to drop-off and for pick up to avoid conflict with other groups' schedule.

### *Departure*

- Similar to Arrival, parents should wait in their car, in the designated area for pick-up
- There will be signs for drop off and pick up. Coach will coordinate and direct children to pick-up area.

## **Medical Conditions and Vulnerable/High Risk Group Guidelines**

If you're not comfortable participating yet, please do not participate.

The program is not designed for those that are in the high risk category and you should consult with your doctor about joining the in person training. People of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Children with allergies, medical conditions, disabilities, or other pertinent health related information should notify the Club and send message to head coach prior to first training session or class.



## **Return to Play Phases - [please CLICK HERE for a DETAILED PLAN](#)**

**PHASE 0:** Online/Remote Training - [BSC Training @ Home](#)

### **PHASE 1:** RETURN TO IN-PERSON TRAINING

One Player, One Ball

Equipment Sharing (club provides the equipment): **Each player will be given their own a set of cones and a ball to use for the session. The balls and cones will be sanitized between each session (before next group is allowed to use them).**

Person to Person Contact: **NO**

Coaching box (area designated for coach who is demonstrating from a distance): **YES**

Physical Distancing Protocols: **YES**

Contact Tracing Protocols: **YES**

Physical Distancing Protocols: our current minimum is 121 ft<sup>2</sup> (standard requirement is 36 ft<sup>2</sup>)

[BSC Training @ Home](#)-style training + in-person optional after signing the liability waiver.

Contact Tracing Protocols: assigned training spaces, groups, and trainers.

### **PHASE 2:** PROGRESSION BASED ON PUBLIC HEALTH MEASURES

Multiple Players, One Ball - No Touch

Equipment Sharing: **YES**

Person to Person Contact: **NO**

Coaching box: **NO** (but still practice social distancing)

Physical Distancing Protocols: **YES**

Contact Tracing Protocols: **YES**

Equipment Sharing: Passing the ball with feet.

Physical Distancing Protocols: our current minimum is 121 ft<sup>2</sup> (standard requirement is 36 ft<sup>2</sup>)

Contact Tracing Protocols: assigned training spaces, groups, and trainers

### **PHASE 3:** PROGRESSION BASED ON PUBLIC HEALTH MEASURES

Multiple Players, One Ball - With Touch Equipment Sharing: **YES**



Person to Person Contact: **YES**

Physical Distancing Protocols: **NO**

Coaching Box: **NO**

Contact Tracing Protocols: **YES**

Equipment Sharing: Passing the ball with feet.

Person to Person Contact: Competitive activities and games with physical touch within the Laws of the Game.

Contact Tracing Protocols: assigned training spaces, groups, and trainers.

#### **PHASE 4: PROGRESSION BASED ON PUBLIC HEALTH MEASURES**

Multiple Players, One Ball - With Touch

Equipment Sharing: **YES**

Person to Person Contact: **YES**

Coaching Box: **NO**

Physical Distancing Protocols: **NO**

Contact Tracing Protocols: **NO**

Traditional soccer training.

