



Philadelphia Ukrainian Nationals COVID Health and Safety Plan

Dear Ukies Families,

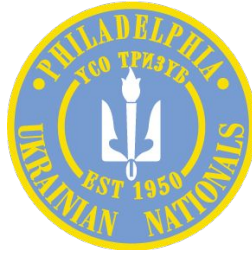
As the COVID pandemic evolves, the focus of our Club will always be the health and safety of our players, coaches, and families. Our decision to run “in-person” camps (can proceed in Yellow Phase per the State and EPYSA), and eventually resume training (can only proceed in Green Phase per the State and EPYSA) will always be based on recommendations and guidelines from the Centers for Disease Control, the State of PA, and EPYSA.

Despite everyone's best efforts, COVID will pose a risk for everyone for the foreseeable future. We are implementing a new series of regulations to adapt to the changing landscape of our world. A small Club taskforce of safety, medical, coaching, and academia was created to assure compliance with these regulations. They have worked to create a safer environment for everyone who enters our facility. It is the Club’s position that the decision to attend “in-person” training is up to each individual player and their families, based on individual situations, and comfort levels. We ask that you communicate with your coach and share your decisions.

In the next few days, the Club’s health and safety plan will be emailed to everyone. It will be effective immediately upon return to activity. It will be posted on the Club’s website. If you should have any questions or concerns, please feel free to contact the Club’s Health/Safety officer Brian Kraft at bkraft@ukrainiannationals.com.

Thank you,

Ukrainian Nationals Board of Directors and Health/Safety Taskforce



KEEPING OUR PLAYERS, COACHES AND FAMILIES SAFE DURING TRAINING:

General Hygiene and Safety Protocols To be followed regardless of which phase, and until further notice from PA Department of Health and the CDC.

- * Wash your hands frequently for at least 20 seconds
- * Have hand sanitizer available at all times (should be at least 60% Alcohol based)
- * No sharing of water, snacks, or equipment
- * No shaking hands, high fives, fist bump, hugs, etc.
- * Social distancing = 6 feet apart * No player or coach can attend if they are feeling sick
- * Sick players or coaches must quarantine as required by CDC/PA Dept. of Health
- * Can only return with a Doctor's approval; must show notice to the Club Safety Officer
- * Disinfect all training equipment- cones, goals, flags etc. after every session
- * Only coaches can touch or move equipment
- * Coaches to wear a face mask as per CDC/PA Dept. of Health at all times
- * Players to wear face mask when not involved in soccer activities or on the bench
- * Player may wear mask during activity at parents or players discretion
- * Scrimmage vests/pinnies washed after every session
- * Each ball sanitized before/after every practice or game
- * Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze
- * Avoid spitting and chewing gum
- * Only one coach may attend to an injured player (with exception if a parent is needed), must wear mask/gloves
- * Minimize contact with other teams before, during and after each session
- * We use disinfectant to sanitize all "high touch" areas in the facility on a regular basis

This is a general list. Please consult PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages

We are committed to immediate action and communication to impacted families should we receive word from any of our Club members of COVID-19

As time goes on, we will continue to assess how we are doing with complying with current COVID-19 guidelines and we will make adjustments as needed

We have tried to be thorough with creating policies and plans to keep all our players, coaches, and families safe

*****Failure to comply with these terms may result in disciplinary action as a failure to adhere to our Code of Conduct. Any breach of protocols will be addressed to the Board for possible disciplinary action**



CLUB COVID-19 GUIDELINES:

We have used information from public health officials to create these guidelines, but in no way guarantee that communicable diseases, including but not limited to COVID-19, will not be present in a facility. People actively infected with communicable diseases might be present in the facility. Implementing these guidelines does not guarantee that a person or persons will not contract COVID-19 or other communicable diseases from persons or contact within the facility.

DAILY SELF-ASSESSMENT:

If you are not feeling well, it is simple, stay home

1. Have you been tested for COVID?
2. Have you been in close contact with someone who has COVID?
3. Do you have a sore throat? Do you have a cough?
4. Do you have a new loss of taste or smell?
5. Do you have a fever? Is your temperature over 100 degrees? Please check your temperature at home, daily.
6. Do you have shortness of breath or difficulty breathing?
7. Do you have chills or repeated shaking with chills?
8. Do you have a headache or muscle pain?
9. Do you have nausea, vomiting, or diarrhea?
10. Have you recently traveled Internationally or taken a cruise?

IF YOUR ANSWER TO ANY OF THESE QUESTIONS IS YES, DO NOT COME TO THE CLUB. Please Contact our Club Safety Officer bkraft@ukrainiannationals.com.

The reason behind this set of questions is being able to prescreen our players and their families. If we can eliminate those who are openly symptomatic or may have been exposed, then we dramatically lessen the risk of infection at our facility. This will lead to a better sense of safety for all. We hope to cut down on those who could carry the virus from entering the facility, but it is not absolute. It is a further layer of protection.

If we are made aware of a possible symptomatic or positive COVID-19 player or coach, we will immediately contact the Montgomery County Dept. of Health and work with them to contact all whom had contact with said player or coach and follow all recommendations of the Dept. of Health and the CDC.

NOTE: The confidentiality of all medical information will be respected, and information will not be disclosed except as otherwise required and provided hereunder to effectuate the purposes and provisions of this health and safety plan.



CHECK-IN:

Check-in procedure will be in place in which there will be staff members upon arrival.

Players must stay in the cars until the coaches are ready to greet them at the check-in area and the previous session has concluded. Masks will be required for both staff and players during this process. Failure to comply to this will result in a refusal by the coach. You will be asked if you have done the self-screening and if any answers to the questions were a Yes.

Players will then walk to their designated field and station (i.e. "pod") and must place their items in their marked area. Once they are safely inside their player area, masks may be removed but players must stay inside their individual pod. No other players or coaches are permitted to enter their "pod" for any reason.

Parents, guardians, and family members are not permitted to leave their cars for any reason in drop off area. Drop off times will be staggered to allow minimal contact between player groups and other teams.

We will utilize a staggered drop off time schedule. If use of restroom is needed, everyone MUST wear a mask to enter the building.

No In-person coach/parent communication will take place at this time. Please email your coach directly if you have questions.

No congregating of families outside of their cars at this time in the drop off area.

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EQUIPMENT:

Players will be required to bring their own ball for sessions rather than use ours. We will be painting markers on the turf. However, if cones and agility ladders are needed, they will be properly disinfected between sessions. Do not pick up another players ball with your hands, use only your feet to touch their ball. Players will not be permitted to move or touch the cones but bring their own if preferred. Parents please make sure to sanitize your child's soccer balls and any other equipment before and after practices.



FIELD DEPARTURE:

Players are to use designated entrance and exit gates to the turf fields to keep traffic moving in one direction. This does not apply to the grass fields.

The turf will be divided into large stations (Pods). After the session, please have players use supplied hand sanitizer or disinfectant, place mask on their face and they will use the designated exit and proceed directly to the parking lot and are expected to leave promptly after each session.

SPECTATORS:

Until we are out of Stage 1 of the Green phase, no parents will be allowed to spectate at the fields. After players are dropped off at the check in area, they may park in the lot. Parents may practice social distancing, wearing a mask, and remain in the picnic grove area and utilize the takeout service at the Club house.

PICKUP:

We will utilize a staggered pickup time/location schedule to be determined.



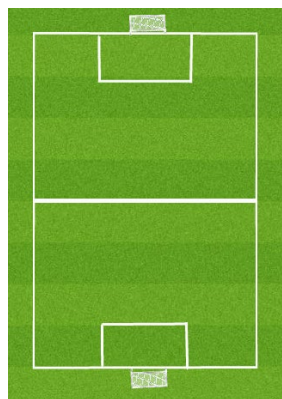
WHAT TRAINING WILL LOOK LIKE (See EPYSA phased Return to play plan below):

1. Players are advised to sanitize their hands prior to arrival at their training session; players are responsible for bringing their own hand sanitizer to practice.
2. Coaches are advised to sanitize their hands prior to and in between each training session; coaches are responsible for bringing their own hand sanitizer to practice.
3. Training sessions will be 75min in duration.
4. Training groups are limited to 1 Coach to 9 players. No more than 25 persons per field. These groups and numbers will remain the same during our first stage of return to training.
5. Players will be positioned at a distance of at least 6 feet apart at ALL TIMES during the session.
6. A strict NO CONTACT policy will be enforced during training sessions.
7. No shared equipment will be permitted during training sessions.
8. Coaches, players, and staff must wear masks while on the campus.
9. The Club reserves the right to remove a player from training should he/ she appear sick (ex... coughing, febrile, generally appearing unwell).

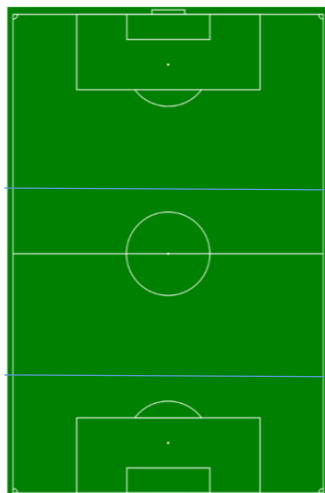
NOTE: In the case of a COVID Positive player or coach, the Club reserves the right to cancel sessions for that team to allow players to self-monitor for symptom development.

APPENDIX A - PARTICIPATION LIMITS

The opening of the Green Phase limits the number of participants on a field. Best practices and other professional recommendations are no more than 25 participants per field (both halves) and training in small groups with a ratio of 1 coach per 9 players. Spectators are not recommended as players and coaches come first, but may be required for younger players.



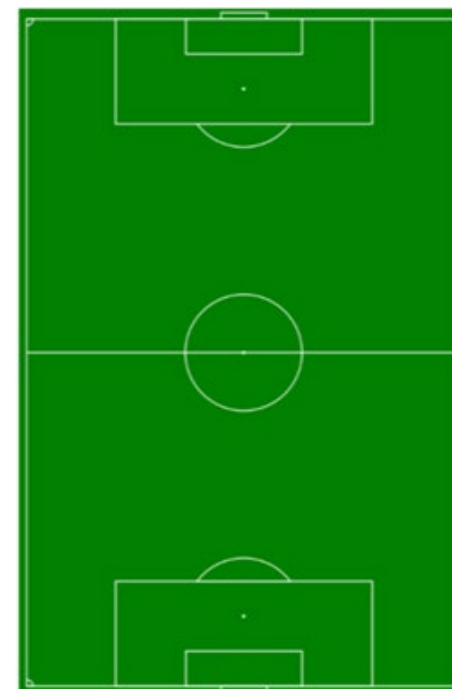
4v4 = 10 people
8 players and
2 coaches per field



7v7 = 16 people
14 players and
2 coaches per field



9v9 = 20 people
18 players and
2 coaches per field



11v11 = 25 people
22 players and
3 coaches per field

STAGES OF RESTART

In accordance with the Commonwealth of Pennsylvania recreational and amateur sports can only operate in Green. Sanctioned soccer activity can only take place in Green. Travel is now permissible throughout all counties, but you still must personally assess the risks. Not all counties will turn Green at the same time. Remember, as we move into additional stages, be respectful of those clubs or teams that are not at the same pace of integration and not yet ready for travel or play an outside team. Please note the CDC scale on risk is included in each stage.

STAGE 1

Increasing Risk.

Club members only. Strictly local, community based. Acclimate and reintegrate. Smaller numbers.

STAGE 2

More Risk.

Full teams may be integrated for training. Contact may be allowed. Scrimmages may be played internally with other teams within your club. Higher numbers.

STAGE 3

Higher Risk.

Friendlies/Scrimmages in any Green counties. Typical pre-season type activity. Out of state travel not permitted. Increasing numbers and geography.

STAGE 4

Highest Risk.

All counties are green. Most government restrictions are lifted. Full and regular competitions may occur. Limited inter-state and regional travel recommended.

RESTART 2020



Return To Play

Stage I

All Hygiene protocols are in effect unless otherwise noted.

- County must be designated as “Green”
- Facility/fields must be legally open.
- Club only activity only may begin.** Play is limited to your currently registered players and coaches. This includes the 19-20 season *and* players who have registered with your club for 20-21.
- Small group training- no more than 25 per field. Ratio of 1:9 coach to player recommended.**
- No competitions, i.e. league play or tournaments
- Players and coaches may travel to train from Yellow counties. Individual must assess the risks.
- Carpooling not recommended. If carpooling is necessary, same group should always travel together.
- Social distancing required
- No activities with body contact
- Consider injury risk strategies as endurance, strength and soccer skills come back into focus.
- Spectators not recommended at the field.
- Coaches must wear masks/face covering. Players must wear when not engaged in activity.

Allow 2-3 weeks in this stage for acclimating to training and developing new habits, as well as for viewing any symptoms and the possible need for tracing and tracking.

RESTART 2020



Return To Play

STAGE II

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Full teams may be integrated for training.
- body contact is allowed in training
- Scrimmages, friendlies etc... may be played within your club.
- Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
- No competitions, i.e. league play or tournaments
- No goal celebrations involving physical contact with others
- No pregame/post game line-ups handshakes or fist bumps
- Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline- maintain six foot distance from Assistant Referee and players.

Allow 2-3 weeks in this stage for players' acclimating and physical preparedness, as well as continued tracing and tracking purposes as may be necessary.

Return To Play

Stage III

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Typical pre-season activity may occur
- Scrimmages, friendlies etc., may be played with clubs from any Green county.
- Local protocols and procedures should be shared with any visiting team.
- Play Days with multiple teams/clubs not recommend, but if held responsibly, must be within the limits of public gathering size.
- Strongly recommended to stay local.
- Limiting travel still recommended
- No inter-state travel permitted. Must stay within Pennsylvania

Return To Play

STAGE IV

All Hygiene protocols are in effect unless otherwise noted. This stage of Restart to be addressed by Eastern Pennsylvania Youth Soccer and its Board of Director

- Most Government restrictions have been lifted.
- Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel
- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel. Also subject to restrictions on public gathering size.
- Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
- Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.
- Be advised travel outside of your area is still comes with caution. Limited travel still recommended.

Return To Play

Reverting to an Earlier Stage

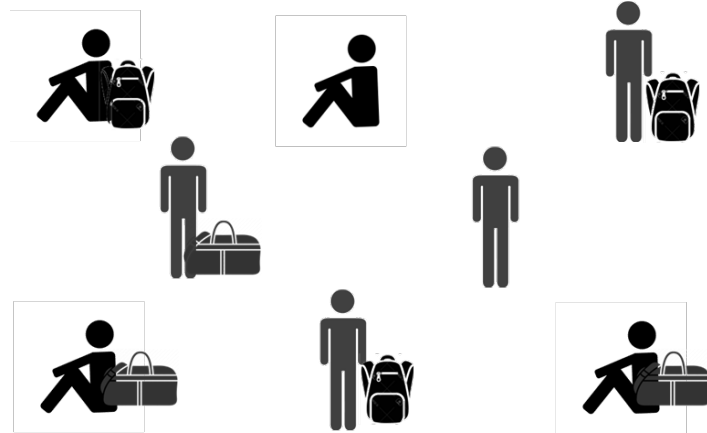
Be advised that you should be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- A cluster of infections occur**
- Inability to maintain COVID-19 prevention and response protocols**
- Inability to track and/ or isolate players and staff**
- External factor exposes a COVID-19 risk to your team or club**
- Changes to public health guidelines regarding group gatherings**

Final Stage

COVID-19 is no longer considered a public health risk and there are no more federal state or local restrictions.

**SOCIAL DISTANCING REQUIRED IN ALL RESTART STAGES
AND UNTIL FURTHER NOTICE FROM THE CDC and
PENNSYLVANIA DEPARTMENT OF HEALTH**



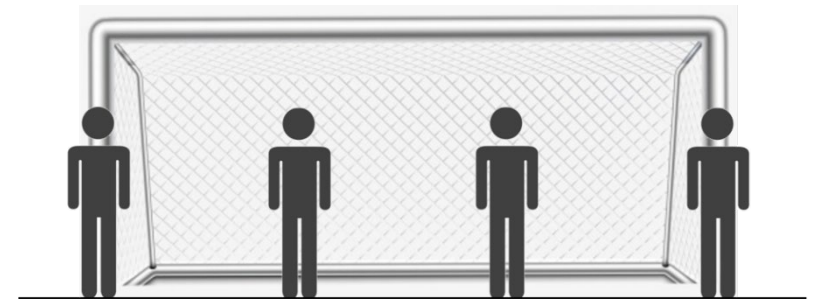
Social distancing during team talks
and with individuals equipment



Social distancing on team bench



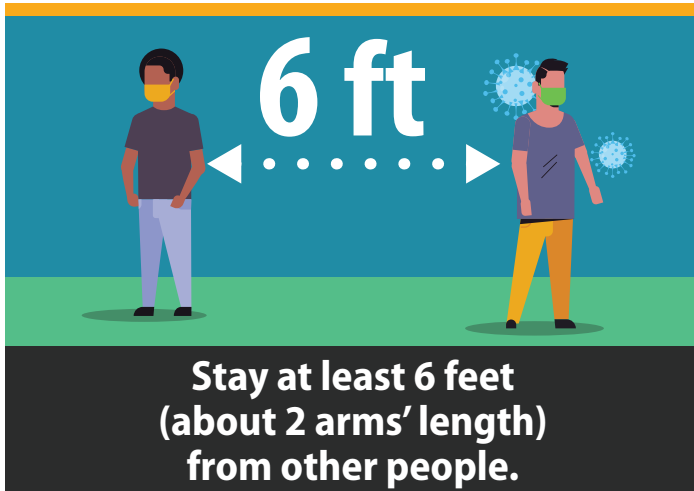
NO SHARING DRINKS, SNACKS or EQUIPMENT



Social Distancing = 6 feet apart
Full Size Goal = 24 feet

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)