



Ukrainian Nationals Soccer Club - COVID-19 Safety Protocols

Updated 3/10/21 – Spring Season

Masks

All coaches, spectators, referees, players should wear masks at all times. The only time when players or referees do not have to wear masks during participation is if they meet an exception in the Commonwealth of Pennsylvania's Order Requiring Universal Face Coverings. Section 3 of the Order provides an exception that allows an individual to remove their mask if wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition or a disability. Proof of meeting the exception is not required. For fully vaccinated individual's, masks should be worn in public places which includes soccer activities.

Quarantine

Reduction of quarantine duration for a "close contact" - For an individual who is considered a "close contact" with a COVID Positive case, quarantine should ideally be for 14 days from the last time they had contact with you; however, for individuals who do not develop symptoms, quarantine can end after Day 10 without testing or after Day 7 if a specimen collected on or after Day 5 tests negative on a diagnostic test (i.e., PCR, antigen). Symptoms should be monitored for a full 14 days.

Travel Restrictions

Elimination out-of-state travel restrictions. The state is no longer requiring that people who are traveling to Pennsylvania from another state, as well as Pennsylvania residents who are returning home from out of state, to test negative for the virus within 72 hours prior to arrival or quarantine.

Spectators

2 Spectators per player are allowed at games and scrimmages. We still are asking that there are no spectators at practices. Core public health measures such as face covering (mask-wearing), 6 feet social distancing, and hand hygiene still must be followed.