

# ICFC COVID-19 Risk Management Plan

## Communications

- Pre-Program Management Plan: The ICFC Board will disseminate information to all members, players, parents, and spectators about the COVID-19 risk and practices that should be undertaken to mitigate risks. Any further information will be disseminated by way of TeamSnap communications, social media, and web site announcements.
- Self-Reporting Of COVID-19 Symptoms: Be prepared to disseminate information to concerned parties about any COVID-19 incident while complying with all regulatory requirements and privacy laws.

## Pre-Weekly Kickoff

- Symptom Checking: On a weekly basis, players will submit a waiver form via TeamSnap confirming the absence of any COVID-19 symptoms, including cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.
- No Congregation: Players should only congregate within their own 4v4 squad prior to a kickoff. All teams should spread out across the entire playing field facility during warm ups.

## During Match Play

- Match Schedules: Match schedules will be posted via TeamSnap, and captains will be responsible for managing attendance confirmations each week.
- Field Locations: Matches will be spread out across the entire space of Georgie Lenz Soccer Fields, and the TeamSnap schedule will show where each team plays.
- Score Recording: Captains will be responsible for recording and uploading scores via the TeamSnap application. We will no longer congregate as a large group between matches.

## Post-Event

- No Congregation: Players should quickly exit the playing location after the event and go directly to their cars without congregating with other teams or spectators in common areas.

## Social Distancing

- 6 Ft. Rule: All players and spectators should practice social distancing of 6 ft. whenever possible, especially in common areas.
- Pre- and Post-Event Social Distancing: Social distancing should be practiced by players and during all instruction, explanation of rules, pre-game strategy, and post-game briefing sessions.
- Pre-Game Warm Ups: During pre-game, players should maintain the 6 ft. distance if possible during warm ups and drills and should only have close contact during actual competition.
- Social Distancing Monitors: Team captains should help maintain social distancing between players, and spectators where applicable.
- No Handshakes/Celebrations: Players should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- Spectator Social Distancing: Spectators should follow social distancing of 6 ft. whenever possible. Where social distancing is not feasible, spectators should wear face coverings and wash hands or use hand sanitizer (60% alcohol) frequently.

## Personal Protective Equipment (PPE) And Personal Disinfectants

- Sanitization: The club will provide hand sanitizer for use between play periods as well as antibacterial wipes for disinfecting player provided equipment.

## Playing Equipment

- Player-Managed Equipment: The Club will distribute 1 ball and net to each team captain on Week 1. Each team is responsible for this ball and net through the season. Equipment will be collected at the pavilion shed at the last match.
- Water Bottles: Bottled water or sports drinks will not be provided at any point by White Twp, S&T Bank Arena, or ICFC. Players should bring their own water bottles to all team activities to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation.

## Facilities

- Rest Rooms: Occupancy should be limited to one person at a time.

## Personal Discipline

- Hygiene/Hand Washing/Touching Face/Laundering: Players should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.
- Healthy Practices: All players should practice healthy habits including adequate hydration to keep mucous membranes moist, consume a varied, vitamin-rich diet with sufficient vegetables and fruits, and get adequate sleep.
- Registering in the Tuesday evening division indicates a higher level of commitment in adhering to the disciplines mentioned above, as well as continued adherence to CDC guidelines for reducing spread of the SARS-CoV-2 virus in preventing COVID-19. Choosing the Tuesday evening division also indicates an ability and choice to refrain from other Green-Phase, public activities during the 7-week season, such as dining out.

## When Someone Gets COVID-19 Or Has Close Contact

- Educate: Make sure that members understand that any sick person should not attend any activities and that they should notify the COVID coordinator if they or any other staff member or player becomes sick with COVID-19 symptoms, tests positive, or has had close contact with someone who has COVID-19 symptoms or has tested positive.
- **If during the season an ICFC player is confirmed to have tested positive for COVID-19, ICFC will immediately cease 4v4 league activities for the season.** Prorated refunds will be issued to all players in that event. ICFC is not equipped to handle the expenses or logistics that would be required to operate in that environment.
- If COVID Symptoms Exhibited During Event: If a player or member exhibits symptoms during an event, they should immediately be separated and sent home or to a healthcare facility, depending on the severity of the symptoms. They should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation.
- Player Or Staff Member Return To Sports Activity: See [CDC guidelines on When You Can Be Around Others After You Had Or Likely Had COVID-19](#). Here is a summary:
  - They believe or know that they had COVID-19: Players can be with others after: 3 days with no fever, and symptoms improved, AND 10 days since symptoms first appeared. Depending on healthcare provider's advice and availability of testing, a player or staff member might get tested to see if they still have COVID-19. If they are tested, they can be around others when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.
  - They tested positive for COVID-19 but had no symptoms: Players can be with others if they continue to have no symptoms after 10 days have passed since the test. Depending on healthcare provider's advice and availability of testing, they may get tested to see if they still have COVID-19. If they have been tested, they can be around others after they receive two negative test results in a row, at least 24 hours apart. If they develop symptoms after testing positive, they must follow guidance above for "They think or know that they had COVID-19, and had symptoms."
  - They have been around a person with COVID-19: Players who have had close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop

illness. It is possible that someone could be able to spread COVID-19 for up to 14 days even if they do not have symptoms. According to CDC, "...factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), whether the individual has symptoms (e.g., coughing likely increases exposure risk) and whether the individual was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment). Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure but 15 min of close exposure can be used as an operational definition. In healthcare settings, it is reasonable to define a prolonged exposure as any exposure greater than a few minutes because the contact is someone who is ill. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the person cough directly into the face of the individual) remain important."

- Player Has Close Contact: Anyone with close contact with a person exhibiting symptoms should also be separated and sent home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.
- Cleaning / Disinfecting Surfaces: Any areas, surfaces, or shared objects used by a sick person should be closed off and not used until after cleaning and disinfecting. If possible, it is recommended to wait at least 24 hours before cleaning and disinfecting.
- Notification: Notify local health officials, staff, and family members immediately of any lab confirmed case of COVID-19 while complying with local state and privacy and confidentiality laws as well as with the Americans With Disabilities Act.
- Multiple Infections: If 3 or more team members test positive for COVID-19, work with state and local health care officials about continued operation of the sports league. (Source: TX Checklist For Youth Sports Operators.)