



Manhattan SC Return to Play-Guidelines

Introduction

Manhattan SC has created the following Return to Play guidelines effective September 2020. **These guidelines will be amended/updated periodically. The most updated guidelines will be posted on the MSC website.**

All parents, players, and staff should familiarize themselves with the symptoms and spread of Covid-19 by using the resources of the CDC, NYC DOH, and by following the basics of hygiene to help protect yourselves, your families, and your communities.

IN ALL CASES, players, coaches, and staff members should NOT attend sessions when feeling sick or displaying any symptoms associated with COVID-19 or other flu-like illnesses. MSC reserves the right to remove any coach, player, or staff member from training sessions who appears symptomatic, fevered, unwell, or is otherwise in violation of the guidelines presented in this document.

MSC staff and coaches will manage each session from check-in to exit.

At Home Pre-Arrival Checklist:

1. Players, coaches, and staff must complete and submit the daily online MSC Covid-19 "Team-Screen" before arrival at the field. This screener will display a "GO" (cleared for practice/game) or "FAIL" (stay home).*
2. All players, coaches, and staff must check their temperature at home before coming to the field. We reserve the right to run temperature checks as a condition of entry to sessions and for those who do NOT submit screening, we will record verbal responses to screening questions **from parents and/or players. For a player to participate in any MSC related activity, they must pass our screen.**

Arrival at the Field:

1. Only MSC coaches, players, referees, and staff are permitted on the training field during scheduled practices- No one else.
2. Players must always wear masks/face coverings when entering and leaving the field and on or around the field except when playing/training. Players may choose to wear masks/face coverings when playing/training.
3. Players must remain outside the field until the start of practice but under no circumstances should players (or parents/caregivers) congregate outside the field at any time before or after a practice session. Social distancing (min 6 feet) always applies and all parents/ family members caregivers/players/ must wear masks while waiting outside.



4. Wherever possible, players should NOT be accompanied by more than one adult to **practices/games. Only the player is allowed on the field during practices.**
5. Players may not eat at or near the field.
6. Players must bring their own water bottles and should mark their names clearly on their water bottles. No sharing of water or other beverages permitted.
7. If a player/staff member arrives at a session without pre-screening, we will accept and record verbal responses to the screening questions.
8. Single points of entry and exit (where practical) will be identified in advance for each field and marked by signage where practical. Sessions will not overlap under any circumstance. Players should not enter the playing field before a scheduled session and only then with the permission of coaches and staff members on site.

Field Sessions/Games

1. Coaches and staff members must always wear masks/face coverings before, during, and in-between sessions. MSC will supply masks for coaches and staff as needed.
2. Players must always wear masks on the field EXCEPT when training/playing, and optional even while actively training. Players should supply their own masks/face coverings.
3. Players should sanitize their hands before and after each session and are responsible for providing their own hand sanitizer to each practice. Hand sanitizer will also be available at the field.
4. Coaches should sanitize their hands before and after each session
5. Supplemental hand sanitizer and masks will always be available on-site during sessions.
6. Pinnies may be used in training sessions, but not shared between players or sessions. The coaching staff will be responsible for laundering pinnies before use at another session.
7. No team huddles, fist bumps, handshakes, high fives, or hugs are permitted.
10. No spitting (saliva/water/beverage) on the field.
11. MSC must keep an attendance record (inclusive of all players, coaches/staff in attendance) for each session of instruction.

Practice/Game Pods

1. Players will be assigned to a "pod" that will consist of all players registered/rostered to their team. In the case that one MSC team consists of 2 teams registered in the league, a "pod" consists of all players on their league team. In this case, the MSC team will consist of 2 pods.
2. Players within a pod will only practice and play games with other players in their pod. No player will play for or practice with more than one pod.
3. During practices, each pod should remain at least 6 feet away from all other pods at all times. Contact between players from different pods is not allowed.
4. If a player needs to permanently move to a different pod for whatever reason, the player must refrain from all in-person MSC activities for 3 consecutive days, before returning to play with the new pod. Switching pods should be kept to a minimum and will require a report submitted to the Health and Safety Committee.



Bus Policy

1. Players, driver, coaches, and all persons on the bus must wear masks at all times
2. Only one player will be allowed per bench.
3. Conversations should be kept to a minimum.

Contact Tracing

- If a club member tests positive for COVID-19 that member must notify the Manhattan SC GM (eddie.sutton@manhattansc.org) within 24 hours and immediately cease attendance at any club-related activities.
- Manhattan SC will report as required to state and local health departments and will assist in contact tracing efforts as directed by those agencies and notifying those who may have been in direct contact with that individual.
- Confidentiality will be maintained to the greatest extent possible.
- If directed by state and local health agencies, the team or training group will be subject to an immediate 10-day quarantine.

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19

In general, you need to be in close contact with an individual to contract the disease. In this case, exposure/contact means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more, regardless of whether either party is wearing a mask
OR: Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example)

Asymptomatic player/staff with exposure to an individual with suspected or diagnosed COVID-19 infection:

- Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 10 days and **monitored** for any symptoms consistent with infection.
- If asymptomatic for **the entire duration of 10 days** since the last exposure, they can return to participation.

Symptomatic player/staff with suspected or laboratory-confirmed COVID-19 infection:



Cannot attend club events until:

- Cleared by a physician, with completed Return to In-Person Activity Form

OR

At least 3 days (72 hours) have passed since the resolution of fever (defined as ≥ 100.0 degrees F) without the use of fever-reducing medications **and resolution of all other symptoms (i.e. shortness of breath, cough, stomach ache, headache, nausea/vomiting, diarrhea, chills, night sweats, fatigue, etc),**

AND

- At least **10** days have passed since symptoms first appeared.

Player/staff with laboratory-confirmed COVID-19 who have not had any symptoms:

Cannot attend club events until:

- **10** days after the date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

Questions regarding Manhattan SC's COVID -19 protocols should be directed to Eddie Sutton.
GM/Manhattan SC

eddie.sutton@manhattansc.org

917-459-9418

Resources: CDC definition of COVID exposure: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

CDC recommendations for isolation duration:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

WHO criteria for releasing patients from COVID isolation: <https://www.who.int/news-room/commentaries/detail/criteria-for-releasing-covid-19-patients-from-isolation>

WHO comment on when COVID transmission can occur (the basis for 10 days of isolation recommendation):

<https://www.who.int/news-room/commentaries/detail/transmission-of-sars-cov-2-implications-for-infection-prevention-precautions>

NYC Parks Affirmation:

https://www.nycgovparks.org/download/ballfieldpermits/Athletic_Field_Permitting.pdf

JAMA review July 2020: <https://jamanetwork.com/journals/jama/fullarticle/2768391>



Pre-Event Screening Questions (Team-Screen)

I understand that being in proximity to others increases the risk of contracting COVID -19, and this risk cannot be eliminated regardless of the care taken by MSC. I know, understand, and appreciate the types of injuries and illnesses inherent in MSC activities, including COVID-19. I hereby assert that participation is voluntary and the Participant/Parent knowingly assumes all inherent risks of the activity and have explained these risks to my child if completing this form on their behalf *

YES, I understand and agree.

NO, I do not agree.

Have you, your child or anyone in your household had any contact with a person confirmed or suspected to have COVID-19 in the past 10 days?

Have you, your child, or anyone in your household tested positive for COVID-19 through a diagnostic test in the past 10 days?

Have you, your child, or anyone in your household been in contact with anyone who has been directed to self-isolate, quarantine, or refrain from MSC in-person activities in the last 10 days?

Has your child traveled abroad or to a **non-contiguous** state for **more** than 24 hours in the last 10 days? Contiguous states are NJ, PA, CT, MA, VT
Please see the official New York State Travel advisory at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

Does your child have a temperature greater than or equal to 100 degrees Fahrenheit?

Does your child have any of the following symptoms? Cough, shortness of breath, troubled breathing, fever, chills, muscle pain, diarrhea, vomiting, headache, night sweats, headache, runny nose, sore throat, or a new loss of taste and/or smell?



Is anyone in your household awaiting the results of COVID-19 diagnostic test that is NOT random (i.e., school, work, etc.)?

For anyone who receives a Stop/Fail:

Please contact Eddie Sutton at eddiesutton@manhattansc.org to determine when your child can return to MSC activities. *