



**WINTER
ACTIVITIES
COVID-19
RESOURCE GUIDE**

KIDS FIRST

WINTER ACTIVITIES OVERVIEW

The Steel Sports philosophy can be summed up in two words: Kids First. It follows then that our number one priority at all times is the physical and emotional well-being of our players on and off the field.

Steel Sports has developed the following guidance for its Winter programs and practices.

This guidance is founded on the latest medical information available from the following organizations:

The World Health Organization (WHO) <https://www.who.int/>

The Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/>

U.S. Soccer Federation (USSF) <https://www.ussoccer.com/>

USA Baseball <https://www.usabaseball.com/>

These Recommendations are provided to assist Steel Sports in safely running Winter practices and programs while reducing infection risk in the setting of the ongoing COVID-19 pandemic.

COVID-19 is a serious and potentially fatal infectious disease caused by the SARS-CoV-2 virus. This virus can be transmitted from person-to-person through the air or through contact with contaminated surfaces.

Whenever possible Steel Sports will limit the use of indoor facilities, however where States permit indoor sports activities, we will utilize this option rather than not running activities.

We will however seek assurances from any facilities used regarding the following:

- 1. Is there HVAC system sufficient to insure appropriate air circulation?***
- 2. Do they, as we do, promote limited number of people in their facility to allow for social distancing?***
- 3. Do they, as we do, support the wearing of masks at all times, including when players are active?***
- 4. What is their contact tracing protocol?***

These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements.

Each State will have unique regulations governing Winter Indoor activities. The specific regulations regarding wearing masks while participating in activities will be continuously reviewed and updated when appropriate.

Participation in Winter activities is optional, and we respect whatever decision parents make based on their comfort level. Thank you in advance for your help in ensuring these steps are followed.

Within each club and region, we may well experience progression and regression in permitted levels of activity, numbers that can participate, and required PPE protocols. All clubs will follow their local and regional guidelines.

These are intended as minimum guidelines for Steel Sports Winter practices and programs. It is intended to supplement – not replace – any state/provincial, local, territorial/national or tribal health and safety laws, rules and regulations with which similar organizations must comply.

Additionally, the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Steel Sports makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19.

All Steel Sports coaching staff will undergo internal health screenings and training to ensure we protect the ongoing health and safety of all participating athletes, and their families.

WINTER ACTIVITIES

GENERAL HEALTH GUIDELINES

The following practices should be reinforced to help mitigate transmission of any communicable disease including COVID-19.



Frequently wash hands with soap and water for at least 20 seconds or use hand sanitizer.



Cover mouth and nose when sneezing or coughing.



Regularly clean all commonly used equipment.



Social distance. Do not shake hands. Maintain a distance of 6 feet whenever possible.



Avoid touching face. Wear a face mask when indoors and when near others. States may require masks to be worn during activities.



Stay home if you feel sick. Contact your health care provider.

COVID-19

LOOK FOR SIGNS OF POTENTIAL EXPOSURE

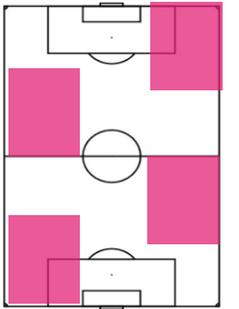
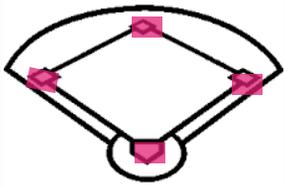
Please remain vigilant and look for warning signs. Check the CDC website for a full up to date list of potential symptoms related to COVID-19, some of which are

- Fever or chills
 - Cough
- Shortness of breath or difficulty breathing
 - Fatigue
- Muscle or body aches
 - Headache
- New loss of taste or smell
 - Sore throat
- Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

WINTER ACTIVITIES

PLAYER GUIDELINES

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable diseases. Participation in Winter activities is optional; however all players must follow the guidelines set forth.



- Every player/family must acknowledge that they have read this form, understand its contents and agree to all protocols set forth.
- Each player will need to complete a simple health survey/evaluation before attending an Winter event or program which will be emailed to you prior to the first session.
- Do not participate in any practice or program if you have had any signs or symptoms of COVID-19 in the past 14 days or have been exposed to someone who has symptoms or tested positive for COVID-19.
- All players with suspected cases of Covid-19 will be restricted from attending official club activity for 14 days. This includes symptomatic and asymptomatic cases.
- Players with a case of COVID-19 are restricted from attending all club activities for a period of 10 days from confirmed date of onset.
- Please observe general health guidelines.
- Players must remain in their car until 15 minutes prior to practice.
- Players must follow all signage and social distancing while entering the facility.
- Players must wear a mask/face covering when entering and leaving the training facility.
- Players must wear a mask/face covering as and when State regulations and guidelines require.
- NO high 5's, handshakes or any body contact until appropriate stage of training.
- NO sharing of water. Please label water bottles.
- NO spitting of water/fluids or chewing of gum/seeds/food at the facilities.
- NO cell phones to be out during activity.
- Do not touch other players personal belongings.
- NO sharing of equipment.
- Only coaches can move cones and equipment.
- Return to your designated place for breaks.
- Players should bring personal hand sanitizer.
- Bathrooms may not be available at each site, please plan accordingly.

Throughout the Winter season, we expect state and national guidelines may change which will impact our protocols.

These changes will be communicated to families as they occur.

WINTER ACTIVITIES

PARENT PROTOCOL

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease.

ALL parents must follow the guidelines set forth.

THERE WILL BE NO SPECTATORS INSIDE ANY FACILITY DURING THE WINTER PROGRAMS AND PRACTICES.



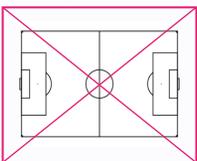
- Health screening and acknowledgement of risk forms for each player must be completed and updated prior to every session or program.
- All parents with suspected or laboratory confirmed cases of Covid-19 will be restricted from attending Steel Sports activities for 14 days. This would also include any children in the same household.
- This includes symptomatic and asymptomatic cases.
- Families will be asked to conduct a temperature and symptom check.



- Please observe general health guidelines.
- You **MUST** wear a mask if you walk your child through the facility to the practice area.
- **DO NOT ENTER THE GYM/FIELD.**
- Please comply with all signage and coach instructions.
- Ensure your child's equipment, ball and water bottle is clearly labelled.



- Specific parking instructions will vary by location, please follow all specific signage and alternate parking spaces if available.
- Please remain in vehicle and observe social distance protocol.
- Please limit car pooling with other team members.



- **NO SPECTATORS.**
- Please socially distance whenever arriving and departing.
- Wear a mask if you leave your vehicle.

WINTER ACTIVITIES

REPORTING & COMMUNICATION

RESPONSE

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.



Please report suspected or diagnosed cases of COVID-19 to a senior Steel Sports person in your region immediately.

Suspected cases include asymptomatic athletes and confirmed exposure.

Families need to be aware of State Travel restrictions and potential quarantine protocols that would impact participation in our Winter programs or practices.

ATHLETE RETURN TO PLAY CHECKLIST FOLLOWING EXPOSURE

- Participation will be restricted until 14 days have passed since exposure.
- Maintained temperature (lower than 100.4 degrees F) without the use of fever-reducing medications, for 48 hours.
- NO signs of respiratory symptoms (e.g., cough, shortness of breath)
- For information regarding the basics of Coronavirus testing follow the link below:

<https://www.fda.gov/consumers/consumer-updates/coronavirus-testing-basics>

CONFIRMED CASE OF COVID-19 PLAYER / STAFF

- Participation will be restricted until 10 days have passed since positive test results or onset of symptoms AND no Fever for 24 hours
- Other symptoms are improving



Contact Steve Jones sjones@steelsports.com
with any additional questions

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