

Mt. Lebanon Recreation Department
Return to Play Plan
COVID-19 Health and Safety Guidelines
Spring Soccer (Preschool and Kindergarten)
03/01/2021

The Mt. Lebanon Recreation Department will resume offering the program listed above under strict guidelines to protect the health and safety of our patrons and staff. We will follow the latest guidance from the Allegheny Health Department, the PA Department of Health and the CDC.

Advanced registration is required. Advanced registration is required in order to control the number of participants, prevent crowding and enable physical distancing. Registration will be available online at https://mtlrec.activityreg.com/ClientPage_t2.wcs

Arrival and departure instructions- Participants will arrive no earlier than 5 minutes prior to their practice or game time and all must leave the field promptly at the conclusion of the session.

Spectators- Spectators are restricted to three (3) family members per participant.

Young children- For children not yet in kindergarten, one parent or guardian must stay at the field for the duration of the practice or game.

Regardless of age, children must be capable of observing all the rules and regulations while at the fields.

Masking Requirements- Everyone attending soccer practices and games, including coaches, officials, athletes, staff, and spectators, age 2 and older must wear face coverings (masks or face shields). If 6 feet of distance can consistently be maintained, face coverings are not required.

Practice physical distancing- Physical distancing among participants, coaches and parents will be enforced at all times. Please stay 6 feet apart from others at all times. During down time, coaches, players and parents should not congregate. No shaking hands, fist bumps, or high fives. No unnecessary physical contact with teammates, other athletes, coaches, or spectators. There may be times during activities on the field when participants will be closer than 6 feet.

Limit shared equipment- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. Soccer participants are highly encouraged to bring their own ball. Balls will be passed back and forth among coaches and participants. This is unavoidable.

Activity Modification- Practices and games will be modified to mitigate the risk of spreading the virus. Focus at practices will be on individual skill building rather than competition. Teams will be made up of smaller rosters to play 4 vs. 4 to limit the chance of contact.

Schedules- When multiple games are to be held at the same field, adequate time shall be scheduled between contests to minimize interaction between players. Practices will be

scheduled with 20 minutes in between the next practice time and there will be 30 minutes in between games.

Signage- Appropriate signage will be in place to direct patrons and inform them of the proper procedures, as well as to remind them of distancing, masking and other requirements.

Water, drinks and snacks- All players, coaches, and parents must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used. Drinks should be marked with the child's name on them. Food and snacks of any kind are prohibited.

COVID-19 symptoms and monitoring- Stay home if you have a fever (temperature of 100.4 or higher), 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. Notify your coach immediately if you experience these symptoms during your practice or game. Parents will be notified immediately if a child is sick. **Parents must monitor for these symptoms and take their child's temperature prior to each practice or game. Do not send your child to their practice or game with any of these symptoms.**

Volunteer coaches will also check their own temperature before each practice and game and monitor players for symptoms during this time. If individuals participating in soccer show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.

Volunteer coaches will be required to self-report any symptoms should they begin to experience symptoms during the practice or game.

Hand sanitizing- Volunteer coaches and players will be required to use hand sanitizer, containing at least 60% alcohol, during water breaks and after using the restrooms. Participants are expected to bring their own sanitizer each day. Hand sanitizing will be enforced by the coaches.

In general, protect yourself and others. Don't come to the program if you feel sick or are otherwise at risk. Practice good hygiene by covering coughs or sneezes with a sleeve or elbow. Avoid any other activities that increase the risk of exposure to saliva, such as chewing gum, spitting, licking your fingers, etc.

Plan of Action for COVID-19 Related Illness:

- Should a program participant, employee, instructor, visitor or volunteer display COVID-19 symptoms during a recreation department program, he/she should be immediately removed from the group, masked if not already, and isolated. If the person who is ill is a minor, the parent or guardian will be notified immediately and they will need to pick up their child as soon as possible. Testing for COVID-19 will be recommended for the person who is ill.
- The COVID-19 point person for the Recreation Department will contact the Allegheny County Health Department, get their determination about isolation or quarantine needs, and comply with those recommendations.

- Employees or instructors who are uncomfortable or unable to return will be directed to the Human Resources Manager.
- Areas used by a sick person will be closed and not used until they have been cleaned and disinfected (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). We will wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, we will wait as long as possible.
- Those who have had [close contact](#) with a person diagnosed with COVID-19 will be advised to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

COVID-19 Point of contact- Patrick Cannon is the recreation staff person responsible for responding to COVID-19 concerns. You may contact him at 412-343-4513 or via email at pcannon@mtlebanon.org. If you or someone in your household has been exposed to a probable or confirmed case of COVID-19, please contact him immediately.

Questions?- If you have any questions, you may call the recreation center at (412) 343-3409.

All rules and policies are subject to change. Failure to follow these instructions will be grounds for revoking program privileges.