

PSC Revised COVID-19 Mitigation Measures

9/15/21

Dear PSC Community-

In response to the spread of the highly contagious Delta variant, Piedmont Soccer Club (PSC) is revising mitigation measures to contain the spread of COVID-19 while reducing the possibility of individual or team quarantining. PSC's primary objectives are to have a healthy and happy season and protect our members, of whom 87% are under 12 years old.

These PSC mitigation measures are informed by current state and county guidance found at the California Department of Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/HomeAndCommunity.aspx>

PSC will continue to monitor the guidance and modify these mitigation measures where appropriate.

The current mitigation measures will be a team effort across players, parents, coaches, team managers, and opponents:

Players

- PSC now **requires** players to wear masks at all times during practices, unless socially distanced and drinking water. This mask protocol includes arrivals and departures, and any breaks on the sidelines. Masking will help limit possible exposures and quarantines if there were a COVID case on a PSC or an opposing team.
 - Masking is not required by State or local guidelines at this time, but the California Department of Public Health recommends unvaccinated individuals wear masks during activities like soccer, in areas of "substantial to high transmission". Alameda County currently is an area with high transmission.
- **PSC requires** players to wear masks as tolerated during games (home and away). If needing to catch breath, try to do so at a social distance of 6 feet or more from others. This could be during re-starts (goal-kicks, kick-offs, throw-ins, substitutions, etc).
- On the sideline at practices and games, please remove masks only while drinking water, and maintain a 6 foot social distance while drinking. Promptly place mask back on after finished.
- No worn equipment (goalie gloves and jersey, pinnies) are to be shared.
- Sanitize hands after every practice and game.

Parents

- Please discuss the mitigation measures above with your child.
- Do not send your child to practice or games if your child is feeling sick, and do not attend practices or games yourself, if you are feeling sick.
- Please ensure your child has his/her own mask, water bottle, shin guards, soccer ball, and pinnie at every practice and game. At games, bring an individual camping chair for your child to use during sideline breaks.
- If carpooling with another family, PSC asks that all people within the car wear masks at all times, and when possible, keep the windows down.

- When on the sidelines of games or practices, please practice the same safety measures we are asking of the coaches:
 - Practice social distancing
 - If vaccinated, wear a mask if you come within 6 feet of others
 - If unvaccinated, please wear a mask at all times
 - Do not spectate at practices or games if feeling sick

Professional and Parent Coaches (and Team Manager if on the sideline at games)

- Do not attend practice or games if feeling sick.
- Masks required at all times if not vaccinated.
- If vaccinated, masks to be worn when within 6 feet of any player, parent or other coach.
- No Team Benches are allowed. Individual sideline chairs must be spaced 6 feet apart.
- Team Cheers before and after the game may only be done while wearing masks. No physical contact to be made via “high-fives” or handshakes within the team or with the opponent.
- Please let the PSC Board know if you experience any resistance or concerns by players or parents.
- Team snacks, while not encouraged, are allowed provided players sanitize their hands and remain 6 feet apart while eating.

Team Managers

- Please reach out to your team’s opponents to inform them of our mitigation measures (see below) in advance of Home Games, with the expectation that guest teams will also follow these PSC requirements.
- Likewise, it will be good to inform Away Opponents of the protocols PSC teams will adhere to when we visit their fields.
- We recommend parent spectators sit in separate areas for each team to limit sideline contact across families.
- Please let the PSC Board know if you experience any resistance or concerns by visiting opponents so appropriate PSC action can be taken.
- For each practice and game, assign a parent to attend and be "COVID Safety Monitor" to ensure the mitigation measures are followed. COVID Safety Monitors will:
 - Ensure personal chairs/cones for players are 6 feet apart
 - Remind players to wear masks unless drinking or catching breath
 - If there is a team snack, ensure players sanitize hands and stay 6 feet apart
 - Remind parents to model good safety practices while spectating

PSC has shared with Coaches the notification and isolation procedures for any team member who informs PSC of a suspected COVID-19 exposure or positive test. These are modeled off a similar guide for school: <https://www.acoe.org/page/2229>

Please help PSC by regularly communicating and positively reinforcing the mitigation measures above. We look forward to a great fall season together.

Thanks,
Piedmont Soccer Club Board of Directors

To share with opposing teams:

Piedmont Soccer Club (PSC) Safety Protocols:

For the safety of our players, parents and coaches, PSC has asked our own teams and families to adhere to the following guidelines. We respectfully request that teams visiting our home fields follow the same protocols:

- Players to wear masks except when socially distanced and catching breath or drinking water
- On the sideline, players to sit 6 feet or more apart. No team benches.
- Team cheers before and after the match will be masked
- Unvaccinated coaches and parents to wear masks while at the game
- Vaccinated coaches and parents to wear masks if they are within 6 feet of others

