

10/7/21

Dear PSC Community -

PSC would like to remind all teams of the importance of adhering to PSC's COVID-19 Safety Mitigation Measures below. Our experience has shown that a best practice is to assign a weekly Parent COVID Safety Monitor to practices and games to prevent close contact exposure, as defined by the Alameda County Public Health Department:

[Have you had close contact with someone with COVID-19?](https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/close-contact-infographic-eng-2020.10.12.pdf)

<https://covid-19.acgov.org/covid19-assets/docs/isolation-quarantine/close-contact-infographic-eng-2020.10.12.pdf>

PSC's mitigation measures have been created in close coordination with public health officials and State and County guidance with a goal of preventing individual exposure and significantly lowering the need for a team quarantine.

Thank you,
Piedmont Soccer Club

PSC Revised COVID-19 Mitigation Measures

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 requires players, unless vaccinated, to wear masks at all times during practices, except when 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 substantial transmission.
- **PSC requires players, unless vaccinated, 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.** Instead we recommend a team assign a canopy/chair coordinator to space individual chairs 6 feet apart, under a canopy.
- 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.
- 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> shown on page 4.

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. These guidelines from PSC are not mandated for visiting teams, but we would appreciate it if you would adhere to the same protocols as our players, coaches and spectators:

- *Unvaccinated players to wear masks except when socially distanced and catching breath or drinking water.*
- *Vaccinated players to wear masks if they are within 6 feet of others and not on the field.*
- *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.*

[Show Up for School / COVID-19 Flowchart for Parents](#)

COVID-19 Flowchart for Parents

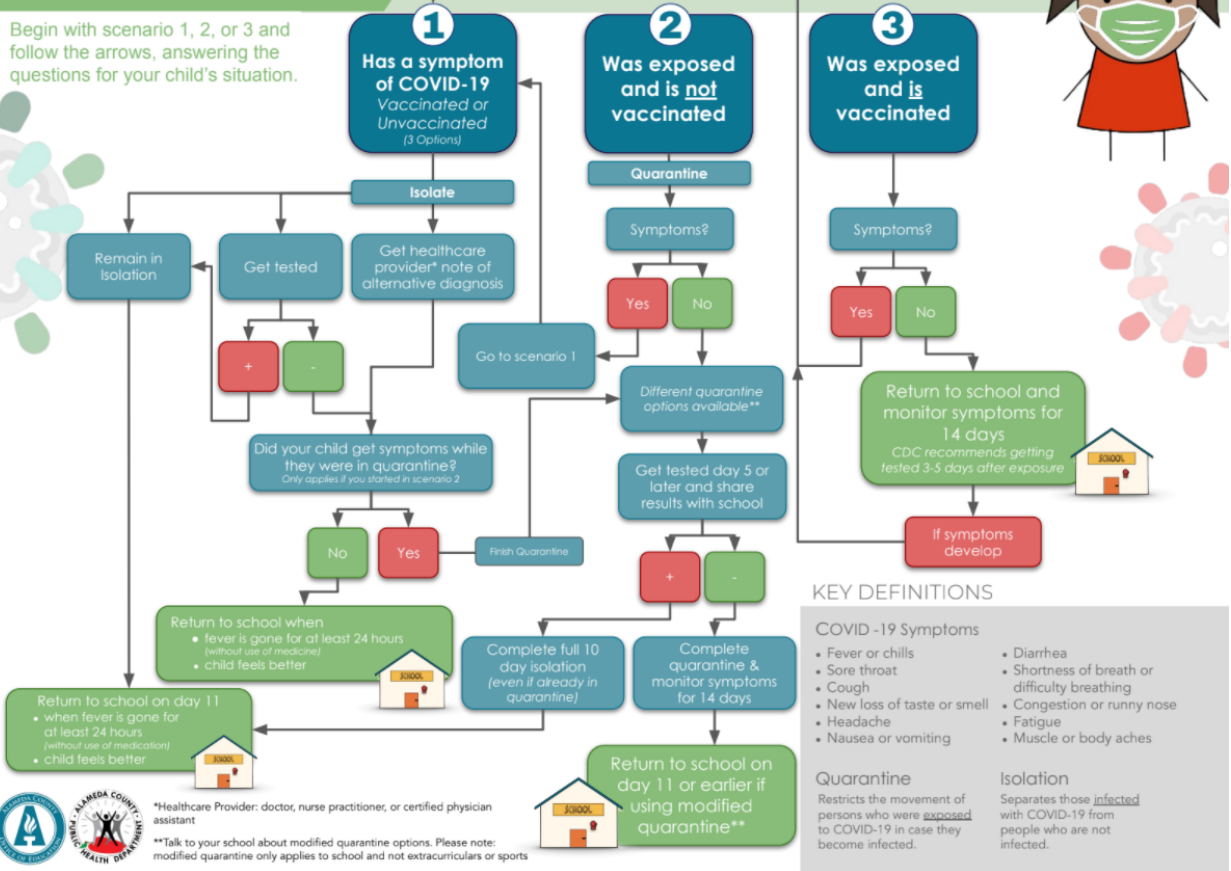
Updated 9/22/21

MY CHILD...

These protocols are based on guidance provided by California Department of Public Health (CDPH)



Begin with scenario 1, 2, or 3 and follow the arrows, answering the questions for your child's situation.



KEY DEFINITIONS

COVID -19 Symptoms

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

Quarantine
Restricts the movement of persons who were exposed to COVID-19 in case they become infected.

Isolation
Separates those infected with COVID-19 from people who are not infected.



*Healthcare Provider: doctor, nurse practitioner, or certified physician assistant
**Talk to your school about modified quarantine options. Please note: modified quarantine only applies to school and not extracurriculars or sports