



## COVID-19 Health and Safety Protocols

APL PAGS is providing general COVID-19 guidelines to enhance the safety for the league participants, spectators, coaches, and referees. We look forward to working with teams and clubs to constantly review and update our safety protocols, mitigation plans, and best practices.

As the league encompasses clubs from different counties and states throughout the mid-Atlantic region, it will be critical that all away teams be made aware of any specific local or state mandates in order to be prepared to participate. **It will be the responsibility of the home club (team) to provide any and all COVID-19 regulations to the visiting team no later than the Thursday prior to each scheduled match (this is further explained in our FAQ document).**

### General Safety Protocols:

- Home team is required to communicate and specific local, county, or state mandates to away team a minimum of 48 hours in advance of league match
- We encourage a limit of 1 spectator per player for all matches until further notice
- Face coverings to be worn at all times by everyone unless actively participating in a match
- If anyone feels sick or has a fever of over 100 degrees they should not attend the game
- Anyone that has had close contact with a confirmed positive COVID-19 case should not attend the game
- **All** people planning to be onsite at any match should bring a face covering, sanitizer, etc.
- Social distancing is required at all times by players (not in game) and spectators

### League Protocols

#### Players and Coaches:

- No coach or player should attend a game if they have any COVID-19 symptoms
- If anyone feels sick or has a fever of over 100 degrees they should not attend the game
- Mark specific areas for players on the sideline and bench area to remain 6 feet apart
- Please arrive at a reasonable time prior to your match, remain in your car or away from field until the field is clear from a previous match
- Everyone at a game is required to wear a face covering upon arrival, face covering to be worn by everyone at all times when not actively participating in a warm up or match play, coaches to wear face covering at all times
- Do not provide benches as they do not allow for social distancing
- Do not shake hands, share water bottles, etc.
- Soccer balls should be sanitized before the game, at half time, and after the game

- Players and coaches should sanitize their hands each time they come off the field, avoid touching eyes, mouth, nose, etc.

#### **Parents and Spectators:**

- **APL PAGES strongly encourages limiting spectators to 1 per player**, final decision up to home club/team or facility rules
- Anyone with symptoms of COVID-19 should not attend game
- All spectators must wear masks at all time while at the soccer facility
- Spectators should be socially distanced (in clearly marked areas) to comply with social distance guidelines of at least six feet
- Tents, Tailgating, and group gatherings are prohibited
- It is recommended that anyone over the age of 65 or with a pre-existing health condition not attend

#### **Referees:**

- Anyone with COVID-19 symptoms cannot work any matches, officials should take their temperature prior to officiating
- Referees are required to wear face coverings at all time when not actively officiating a match
- Physical contact of any kind is prohibited
- May use artificial or electronic noise makers instead of whistles

#### **Field Information:**

- Teams will be located on one side of the field and spectators on the other
- Spectators and teams will be required to sit at least 3 yards (9 feet) off the sideline and have 2 yards (6 feet) between each other (facility may designate area with paint or cones)

#### **NOTICE:**

**Home team is responsible for communicating appropriate COVID-19 rules and regulations to away team a minimum of 48 hours prior to the match. This should include any state, county, local, or facility mandates.**

#### **Additional Resources**

- <https://www.youtube.com/watch?v=kEhNyxKopsg>
- <https://www.youtube.com/watch?v=LMBzjaVRChY>
- [https://uscenterforsafesport.org/wp-content/uploads/2020/04/SS\\_Digital-Safety-Flyer-041620.pdf](https://uscenterforsafesport.org/wp-content/uploads/2020/04/SS_Digital-Safety-Flyer-041620.pdf)