

Dear Parents,

Since July 6th, many of our travel players have finally been able to return to our fields for small group practices with a limited number of teammates while following phase 1 of the return to play guidelines previously communicated. Two weeks ago, we were able to safely move to phase 2, which included full team training. The entire board thanks all of you, your children, and our coaches and trainers for adhering to these protocols which, by doing so, has now allowed us to move to phase 3, the ability to scrimmage other local teams and join local tournaments in preparation for our fall travel season, scheduled to being the weekend of September 26/27th. Though many towns moved to phase 3 two weeks ago, we decided to take a more conservative approach and wait until the original phase 3 start date of August 17th.

We understand that this will be the first time many of your children will be back out with their friends and teammates in quite some time in a competitive environment, and we wanted to make sure that we do our very best to provide you and your child with the best possible level of comfort as they step back on the field. Many individual families, and in fact many teams, are not going to schedule any scrimmages, or participate in any tournaments until the season starts. Not only do we fully support that, but all of our coaches know the decision to participate in these events are decided by individual families based on their level of comfort, and that the decision to opt out of any pre-season scrimmage or tournament is to be fully respected.

Though we are lifting the restrictions as far as competitive play, we are still mandating all of our safety protocols remain in place for all teams as outlined below. Though each individual tournament will have their own protocols, any team that participates in any event must adhere to at least our guidelines, regardless if the tournament does not mandate the same level of protocols.

I urge you to read thru the below protocols and understand what is expected of our coaches, our trainers, our players and you as parents in order to make sure that all of the children in our club are as safe as possible on our fields. Please always err on the side of caution... if your child does not feel 100%, please do NOT let them come to practice. Make sure you follow the states executive order and quarantine for 14 days if your child or a family member has just returned from one of the states on their list. We are all in this together and it is all of our responsibility to protect each other and our community.

If you have any questions or concerns on these protocols, please do not hesitate to reach out. It is so important to keep an open and honest line of communication between the club and its members to make sure that we are doing the best possible job we can to keep all of our players healthy as they slowly return to playing the game that they love.

Wishing you and your family continued health,

-Russ Bank

President, POBSC

POBSC Return to Play Rules and Protocols for U10+

All rules are subject to change based on government and/or league direction

Any individuals who are considered high risk, or are in contact with someone considered high risk, should not participate in organized sport activities.

- **Phase 3 – Starting August 17th**

- Full team competitions in local tournaments only
- Intra-club and/or scrimmages vs local clubs
- **Practices should still include distanced drills for the majority of the time.** Excepting these select training activities, social distancing should continue to be observed
 - If a player or family does not feel comfortable participating in a small-sided games or set plays, do not pressure the player to join. Allow the player to watch from a socially distanced vantage point where he or she can still learn from the training activity.

- **Players**

- **Must wear masks when arriving and leaving practice**, not during
- Bring and use hand sanitizer upon arrival and departure from practice
- Other than limited small sided competitions and set plays, maintain social distance of at least 6 feet **AT ALL TIMES**, this includes water breaks and other breaks when trainers/coaches are addressing team as well as walking into and out of Soccer Park.
- Bring & use own ball, water bottle and equipment and space items from others on sidelines. If a drill calls for a shared ball it is not to be touched with hands or played to another player's chest or head at any time.
- Cover coughs and sneezes with towel, tissue or inside of elbow, use hand sanitizer after
- No high 5's, fist bumps, handshakes, hugs, group celebrations, huddles, etc.

- **Coach/Trainer**

- Training/scrimmages/tournaments are optional, any family not comfortable returning to play cannot be penalized with future playing time or placement
- Must wear mask when within 15 feet of players
- Ask players how they are feeling, if they are experiencing any symptoms of Covid-19, chest pain, cough, etc. and monitor players to see if they show any of these symptoms during practice. Any players who are should be sent home and told to consult with their healthcare provider
- Record a list of all participants, who brought and picked up each, and any other individuals present at each event and submit that list to tracing@pobsc.com after each practice. List must include date and start/end time. **Failure to submit this after each practice will result in loss of ability to practice for that team**
- Sanitize all personal training equipment before and after each small group session
- No use of shared pinnies, instruct players to wear light or dark shirts as needed or purchase pinnies that each player can have as their own

- **Both Players & Coaches/Trainers:**

- **Must NOT attend practices if the player or coach/trainer or any of their family members recently returned (within 14 days) from one of the following states per NYS executive order: Currently Alabama, Alaska, Arizona, Arkansas, California, Delaware, Florida, Georgia, Hawaii,**

Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Virgin Islands, Wisconsin

- **Parents**

- Confirm to coach that players have not shown any signs of Covid-19 or been in contact with anyone that has been ill in the past 14 days. Should that change, immediately email tracing@pobsc.com as we are required to maintain contact tracing reports. Your name will be kept anonymous
- Must take players temperature prior to practice, any temperature over 100.4°F and player should stay home
- Make sure player always has sanitizer with them
- Clean/disinfect players equipment & clothing after training
- Are not permitted to stay on sidelines during training
- Avoid carpooling
- Depart from the field immediately following practice

- **Soccer Park**

- **Parents may not enter the park.** Please drop players in the drop-off area in the parking lot upon arrival, coaches will walk each group back to that spot for pickup
- Players/Coaches should use the gravel path to enter the park and the paved path to exit (stay to the right)
- Coaches must wear LISJL/POBSC ID Badges to enter the park. If you have not done so, please email evp@pobsc.com to arrange pickup

- **Positive Covid Tests:**

- If any member of a team who was at practice or a member of their immediate household tests positive, the team will pause until we receive guidance from the department of health.

- **Any questions, at any point, about anything during this phase, please do not hesitate to call**

- Russ Bank – President - 516-528-5380
- Brian Wood – Executive Vice President - 973-600-7995