



Ocean Township United Soccer Association

# RETURN TO PLAY

ACTION PLAN

Updated March 24, 2021

PROUD MEMBER OF



# OTUSA Safety Protocol



## Overview

### General

- Please have your child take their temperature at home before arriving to the fields if they have a fever of (100.4) or higher, do not attend and notify your coach
- Make sure there is at least 6 feet distance between players & coaches (and players amongst themselves if required by CDC) when not playing

### Parent Responsibilities

- All parents stay in cars and do not congregate at the field complex
- Do not drop off more than 10 minutes prior to session start
- Be ready to pickup immediately at the end of the training session
- During drop off, please stay in cars until fields are cleared and ready for your team
- Call or text your child when you arrive for pick up and tell them where your car is located

### Player Responsibilities

- ***All players to wear a mask when exiting their car to walk to the field and when leaving the field headed to the car***
- Must follow the appropriate enter/exit path to practice field (see Field Enter/Exit Process slide)
- Report directly to a practice cone on your designated field. Do not congregate with other players
- Leave immediately after the session is finished in accordance with the Field Enter/Exit Process slide)

***Additional details on Parent Responsibilities on page 9***

***Additional details on Player Responsibilities on page 10***

# OTUSA Safety Protocol



## When to Quarantine

### *If I test positive for COVID-19, how long do I have to self-isolate for before returning to play?*

*If you tested positive for COVID-19 and have symptoms, it is critical that you self-isolate (stay in your home and away from others) for:*

- 10 days after symptoms first appeared **and***
- 24 hours with no fever without the use of fever-reducing medications **and***
- Other symptoms of COVID-19 are improving (Note: Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).*

### *If I was exposed to an individual with COVID-19, how long do I have to quarantine for before returning to play?*

*The safest option is to stay home for 14 days. If you cannot stay home for 14 days due to economic or other hardship, there are two options:*

- **No Test Option:** Stay home for 10 days. If you stay symptom free for 10 days, quarantine ends. Monitor symptoms, wear a mask, and social distance through day 14.*
- **Test Option:** Stay home for 7 days. Get tested at Day 5, 6, or 7. Stay home while awaiting results. If the test is negative and you stay symptom free, quarantine ends. Monitor symptoms, wear a mask, and social distance through day 14.*

*Quarantine guidelines apply to individuals who have been fully vaccinated and to those who have already had Covid-19*

# OTUSA Safety Protocol



NJ.GOV COVID-19 – TESTING RECOMMENDATIONS

Additional information from the NJ.GOV COVID-19 website (<https://covid19.nj.gov/index.html>):

## ***How long do I have to quarantine after returning from out-of-state?***

*Travelers and residents returning from **any U.S. state or territory** beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following recommendations from the CDC:*

- Travelers should consider getting tested with a viral test (PCR, not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.*
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time.***
- If travelers test negative, they should **quarantine for a full 7 days after travel.***
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.***



# NJYS Return to Play Guidelines

## *Parent Responsibilities*

- Ensure your child is healthy and check your child's temperature before activities with others.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- Ensure washing (e.g. hands) takes place after every training.
- Ensure clothes and equipment (clothes, cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your coach immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- Do not leave car when dropping off.
- Dropoff child from parking spot that is preferably next to an open space
- There is no attending training. Parents must drop of player and stay in the car or leave the premises
- For pickup, do not block any parking spots and try parking in a spot that is preferably next to an open space
- Ensure player is wearing a mask when leaving car to go to field
- Call or text your child when you arrive for pick up and tell them where your car is located.



# NJYS Return to Play Guidelines

## *Player Responsibilities*

- Take your temperature before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Utilize your designated location and do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.



# Social Media

**For the latest updates on our Return to Play guidelines, Tryouts and more, visit us on our social media platforms**



Facebook

<https://www.facebook.com/Ocean-Township-United-Soccer-Association-362733581477/>



Instagram

<https://www.instagram.com/otusa1975/>



Twitter

<https://twitter.com/OceanTwpSoccer>



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