



COVID-19 SAFETY STANDARDS

January 2021

Summary: The emergence of COVID-19 This past year has put us all in incredibly challenging and unprecedented times. With the well-being of our players and officials as its central priority, Eastern Massachusetts Women's Soccer league (EMWSL) will follow the standards set by the Commonwealth of Massachusetts to help ensure the health of our community. EMWSL will continue to monitor regulations and best practices and evolve these standards accordingly. We thank you in advance for your commitment to following the current guidance from the CDC, state, and local health authorities and these important EMWSL protocols. If you have any questions at any time, please reach out to your team manager who can then reach out to the board.

Before the league season starts:

- Team Managers will send all team members all the key information needed on the league (i.e., safety policies, game rules, facility info, etc.)
- Captains must ensure their online roster is up to date and all the players have current Mass Soccer membership. This is a critical tool for contact tracing, so this requirement must be taken seriously for the good of our community effectiveness against the spread of COVID-19.
- All players must log into their Mass Soccer account and sign the online waiver before playing.
- To allow maximum flexibility for the fall and spring sessions, team rosters will remain open and league schedule will be posted.

Before every game:

- To participate, players must show no signs or symptoms of COVID-19 for 14 days. Captains will be reminded before each game to confirm that all their players are free of symptoms. COVID-19 symptoms include cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss

of taste or smell, diarrhea, feeling feverish or a measured temperature greater or equal to 100.4.

- To participate, players coming from outside Massachusetts must comply with the Massachusetts Covid-19 Travel Order.

- Any players added to the roster during the season must be on the team's official digital roster and have a signed waiver on file with Mass Soccer.

- All players must achieve proper hand hygiene both before entering and exiting the field/facility, either through hand washing with soap and water or by using an alcohol-based hand sanitizer. We recommend that each team have their own supply of hand sanitizer.

At the field:

- Players should attempt to limit the time they are congregating at the field prior to and after each game as much as possible. League schedules will allow for buffer time to minimize player crossover. We know a few players may need to be on the field just before game time if goal set up is needed.

- Players should arrive to the playing area dressed in their gear and fully prepared to play.

- No spectators are allowed for any part of any games.

- Players should adhere to the signage located on the premises which may mark things such as one-way entrances, one-way exits, social distance spacing, etc.

- Congregating of any kind at the field or in the parking lots (even with face coverings) is discouraged.

- Whenever possible, teams should position themselves on opposite sides of the field. Use of structured benches or bleachers is prohibited. Teams must use the same sideline area for the duration of the game.

- Players who help set up or take down game equipment (i.e., goals corner flags, etc.) must clean their hands and the equipment before and after handling.

- Players must use their own food/water and personal equipment. Items including, but not limited to, gloves, shin guards, pads, and footwear must not be shared.

- Players must refrain from spitting. Chewing of gum, sunflower seeds & tobacco are not allowed. Players should cover their coughs and sneezes with a tissue or elbow.

- It is recommended that players frequently sanitize their hands throughout their game.

- Any pre-game discussion will be done only with the official and one team representative from each team with at least 6 feet of distancing.

- If a question needs to be asked of an official during a game, only a captain can approach the official.

- Face coverings and social distancing of six feet are required when participants are not actively engaged in game play. This includes entering, exiting, walking around the premises, team huddles, and standing on the sidelines.

- Game balls should be sanitized before and after each game and if time permits at half time.

- Players should wear facial coverings at all times, unless unable due to a documented medical condition or disability.

- If a player begins to feel ill with COVID-19 symptoms during the game, they should immediately leave the game and premises.
- Players, coaches, and staff should refrain from high fives, handshake lines, and other physical contact with teammates, opposing teams, coaches, staff, and referees. For end of the game sportsmanship, we recommend that each team return to their sideline and give a shout out of “Good Game”.
- There is a “leave no trace policy.” All players must be sure to clean every trace of belongings and trash from their field and sidelines before they leave.
- All players must leave the field immediately after their game concludes. All items left at the field will be disposed of.

After the Game

- Every captain must submit their game results.
 - Referees will submit each team’s roster after each game with the players who attended marked as they do now. (this will assist contract tracing if needed)
 - All players should take care to thoroughly clean their gear (i.e., balls, uniforms, shinguards, goalie gloves, etc.) after play.
- All EMWSL representatives will achieve and maintain proper hand hygiene both before entering and exiting the field/facility, either through hand washing with soap and water or by using an alcohol-based hand sanitizer.
- EMWSL representatives, including officials, will wear face covering when safe to do so and maintain social distancing of 6 feet from players, officials, and other persons at all times.
 - EMWSL representatives who handle game equipment (i.e., balls, scoreboards, nets) will clean their hands and the equipment before and after handling.
 - Officials will use voice commands or modified whistles to officiate games.
 - If a player tests positive for COVID-19 within 14 days of having played in a EMWSL game, we ask that they notify their EMWSL Team Manager by phone as soon as possible.
 - If informed of a positive COVID-19 test, EMWSL will follow the disclosure and contact tracing protocols of the state, county, city, and facility. Any communication required of EMWSL will be handled in accordance with health regulations and will ensure the confidentiality of the identity of the reporting person.
 - If a player tests positive for COVID-19, they should follow the protocols regarding quarantine and contact tracing from the department of health. Teams should inform EMWSL if they are unable to play due to COVID-19 cases or concerns.
 - If a player is found in violation of any of these standards, it is grounds for immediate dismissal from the game and possible further disciplinary action as determined by EMWSL. Please cooperate with all EMWSL representatives as they remind you of safety protocol requirements and suggestions. All are intended for the well-being of our players, staff, and entire community.
 - As noted in the waiver, it is important to highlight again that, while EMWSL is following the standards set by the Commonwealth, in its policies and practices designed to reduce the risk of exposure/contracting COVID-19, EMWSL is not able to guarantee

that players will not be exposed to, or contract, COVID-19 either in connection with their participation, or other aspects of life. Each player should make the decision best for them regarding their participation.

- These policies and procedures will be adjusted as necessary to stay up to date with regulations and best practices.