



COVID-19 SAFETY STANDARDS

May 2022

Summary: Two years ago, when the emergence of COVID-19 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, 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 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. Teams can also utilize Team Snap for health monitoring as well.
- All players must log into their Mass Soccer account and sign the online waiver before playing.
- To allow maximum flexibility for the spring and fall seasons, team rosters will remain open.

Before every game:

- To participate, players must show no signs or symptoms of COVID-19 at game time.
 - 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 are encouraged to follow good hand hygiene both before and after playing and we recommend that each team have their own supply of hand sanitizer.

At the field:

- Players should continue to monitor themselves for symptoms of Covid 19 and self-isolate and follow state guidelines if they develop symptoms.
- 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.
- Non vaccinated players should continue to maintain 6 feet distance on the sidelines.
- Players should continue to use their own food/water and personal equipment. Items including, but not limited to, gloves, shin guards, pads, and water bottles.
- Players must refrain from spitting. Players should cover their coughs and sneezes with a tissue or elbow.
- Any pre-game discussion should be done with the official and one team representative from each team and are encouraged to maintain 6 feet of distancing.
- If a question needs to be asked of an official during a game, we encourage only 1 player to approach the official.
- We recommend that the game balls should be sanitized before and after each game.
- If a player begins to feel ill with COVID-19 symptoms during the game, they should immediately leave the game and premises.
- For end of the game sportsmanship, we recommend that each team and player continue to show some form of sportsmanship with the other team. This can be either verbally saying “good game” or fist bumps if a player feels comfortable with this gesture.
- 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.

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. (will assist contract tracing if needed)
 - EMWSL encourages that all players should take care to thoroughly clean their gear (i.e., balls, uniforms, shinguards, goalie gloves, etc.) after play.
 - EMWSL representatives who manage game equipment (i.e., goals, scoreboards, soccer nets) are encouraged to clean their hands and the equipment before and after handling.
 - Officials can use voice commands or modified whistles to officiate games.
 - If a player tests positive for COVID-19 within 10 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 overseen 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 (Divisional Director and President) of a possible COVID-19 exposure case.
- Any postponement of games will be decided after this discussion of exposure.**

Teams cannot make this decision themselves and must involve the Division Director at a minimum. Postponements will only be discussed if a team cannot field a team due to a full quarantine and that a league officer is part of the decision.

- 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.