



Updated Policies and Procedures for Summer 2021

East Bay United/Bay Oaks Soccer Club

Updated: 06/14/2021

East Bay United Soccer Club Procedures

As informed by the State of California's Guidelines, Alameda County Health Department, and Cal/OSHA.

These procedures are being implemented for all in-person training sessions and practices as permitted by the State of California and Alameda County. The protocol has been shared with Club staff, coaches, parents, and players to ensure its effective implementation. East Bay United Soccer Club staff and coaches will receive instruction regarding the protocol prior to the commencement and continuation of in-person training sessions.

The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.

- In-person training is voluntary.
- Training sessions will be one hour to 90 minutes long; continuing regular training durations.
 - This may be amended at the discretion of the head coach, age group director, assistant coaching director, or coaching director as the see fit.
- Pod/cohort sizes include all rostered & registered players per team and coaching staff.
 - Unvaccinated coaching staff will remain at minimum, 6 feet socially distanced from players.
- EBU will continue to encourage that face masks be worn by athletes during training and games.
 - Coaches, staff, spectators, etc. that are not vaccinated are still required to wear face masks regardless of vaccination status.
- No sharing of drink bottles and other personal items and equipment.
- Players will be required to wear shin guards with socks covering them. Any other protective gear is encouraged to promote player comfort and safety (i.e. heading headbands).

Updates since the last Policies and Procedures Document

Face Masks

- Outdoors, fully vaccinated adults without symptoms do not need to wear face coverings. However, adults who are not fully vaccinated must continue to wear a face covering.
- Player face coverings to be worn when not participating in the activity (e.g., on the sidelines). Players can continue to wear their masks while playing depending upon personal comfort and preferences.

Travel Considerations

- Individuals not vaccinated will be required to get a COVID test before and after tournament play. Vaccinated individuals are not required to but may get a COVID test after the tournament before resuming team training.
- Bus/van travel for members of a team may pose a greater risk. To mitigate COVID-19 transmission risk during bus/van travel, employ universal masking, physical distancing and windows to remain open the full duration of the trip unless not feasible.
- Plan for proper communication of all travel rules, protocols and expectations to everyone in the travel party. When feasible, teams should aim to travel and play the same day to avoid overnight stays.
- Travel by private car limited to only those within the immediate household.
- When traveling to away games, teams must remain in a team cohort, with no mixing with the local teams or other members of the host community.
- Fully vaccinated travelers:
 - are less likely to get and spread COVID-19, and can travel safely within the United States and California
 - should follow CDC travel guidance, and are not required to test or quarantine before or after travel unless they have symptoms concerning for COVID-19 disease.

Spectators

Rules regarding spectators are specific by facility location and are dictated by the facility owner. Both home and away teams will be expected to observe all rules and regulations.

- **Emeryville Center of Community Life:** spectators are allowed in the facility but they must stay off the track and either immediately up against or behind the black fence/gate. Spectators will not be permitted on the field or immediately on the sidelines. Spectators should refrain from mixing with other households and should observe the 6 feet social distancing guidelines. If spectators are not vaccinated, they are asked to maintain wearing a facemask.
- **Alameda Point Soccer Fields:** Spectators are asked to socially distance themselves from other households. If spectators are not vaccinated, they are asked to maintain wearing a facemask. Absolutely no dogs will be allowed in the facility. To minimize trash we are also asking that food and beverage not be brought into the facility.
- **Mills College:** Spectators will be allowed to watch from the far side of the field (space closest to the street) and may not walk around the field or use the track space. Dogs are not permitted. Spectators must observe 6 feet social distance from other households. If spectators are not vaccinated, they are asked to maintain wearing a facemask.

FAQ's

1. Do coaches and players have to wear masks during training?

Players: No. While EBU encourages athletes to keep their face masks on, they will not be required to wear them during heavy activity. If players are sitting on the sidelines or another situation where they are not engaged in high activity, they'll be asked to put their face mask back on.

Coaches and staff: fully vaccinated adults will not be required to wear face masks. Non-vaccinated coaches and staff will be required to wear face masks.

2. Do players and coaches have to get COVID-19 tested weekly?

No. Based on Cal North, NorCal, and our understanding of the State's guidelines, testing will not be required.

Players that are not vaccinated will be required to obtain a negative result COVID-19 test after playing in a tournament.

3. Are spectators allowed?

Rules regarding spectators are specific by facility location and are dictated by the facility owner. Both home and away teams will be expected to observe all rules and regulations.

- a. **Emeryville Center of Community Life:** spectators are allowed in the facility but they must stay off the track and behind the black fence/gate. Absolutely no spectators will be permitted on the field. Spectators should refrain from mixing with other households and should observe the 6 feet social distancing guidelines as well as wearing a mask at all times.
- b. **Alameda Point Soccer Fields:** 2 spectators per player will be allowed into the facility as long as they are both wearing masks, submit to health screening/temperature checks, and stay 6 feet away from those not in their household. Absolutely no dogs will be allowed in the facility. To minimize trash we are also asking that food and beverage not be brought into the facility.
- c. **Mills College:** Spectators will be allowed to watch from the far side of the field (space closest to the street) and may not walk around the field or use the track space. Dogs are not permitted. Spectators must observe 6 feet social distance from other households and are required to wear face masks at all times.

State of California: Outdoor and Indoor Youth and Recreational Adult Sports Guidelines

The guidelines outlined in this document took effect on March 5, 2021.

The guidance applies to all organized youth sports and recreation— including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports (hereafter youth and adult sports).

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- **Face coverings** to be worn when not participating in the activity (e.g., on the sidelines).
- Observers maintain **at least 6 feet social distance** from non-household members.
- **No sharing** of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.

Limitations for Inter-Team Competitions and Tournaments

- Only one competition, per team, per day maximum to be played.

Face Coverings

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines). Face coverings to be worn by coaches, support staff and observers at all times.
- Outdoors, fully vaccinated adults without symptoms do not need to wear face coverings. However, adults who are not fully vaccinated must continue to wear a face covering.

Physical Distancing

- Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
- Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).

Informed Consent

- Due to the nature and risk of transmission while participating in Outdoor High-Contact and Moderate-Contact sports, provide information regarding risk to all parents/guardians of minors participating in such sports, and have each parent sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein.
- Factors Affecting the Risk of Transmission
 - Risk increases when face coverings are not worn, and physical distancing is not maintained.
 - Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.

Updated 06/14/2021

- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

Hygiene and Equipment Sanitation

- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.

Returning to Sports After Infection

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness.

Additional Resources

- [COVID-19 Testing Guidance](#) via the American Academy of Pediatrics
- [COVID-19 Interim Guidance: Return to Sports](#) via the American Academy of Pediatrics
- Alameda County's Data
 - <https://covid-19.acgov.org/data.page>
- State of California: [Outdoor and Indoor Youth and Recreational Adult Sports Guidelines](#) (*updated 04/06/2021*)
- Standards Board Readopts Revised Cal/OSHA COVID-19 Prevention Emergency Temporary Standards: [June 4, 2021](#)
- [Beyond the Blueprint for Industry and Business Sectors](#) - Effective June 15
- [COVID-19 Public Health Recommendations for Fully Vaccinated People](#)

COVID Testing Locations

Free COVID-19 testing can be found at CVS Pharmacy, Walgreens Pharmacy, RiteAid Pharmacy, and more. Contact your local store for more information and how to schedule.

Vaccination Clinic Locations

Free COVID-19 vaccinations are widely available for youth 12 and older as well as adults. Visit this link for more information on where to find locations: [vaccines.gov](https://www.vaccines.gov)

Youth Vaccination: Pfizer-BioNTech (age 12+)

<p>Oakland/Emeryville</p> <p>Walgreens Co. #11706 301 E 18th St Oakland, CA 94606</p> <p>CVS Pharmacy, Inc. #09226 3320 Fruitvale Ave Oakland, CA 94602</p> <p>Walgreens Co. #10526 3250 Lakeshore Ave Ste B Oakland, CA 94610</p> <p>Kaiser NC - Fabiola Pharmacy #115 3600 Broadway Oakland, CA 94611</p> <p>CVS Pharmacy, Inc. #09929 2000 Mountain Blvd Oakland, CA 94611</p> <p>CVS Pharmacy, Inc. #09553 4349 Ca-123 Emeryville, CA 94608</p> <p>Alameda</p> <p>SAFEWAY PHARMACY #951 867 Island Dr Alameda, CA 94502</p> <p>CVS Pharmacy, Inc. #09255 931 Marina Village Pkwy Alameda, CA 94501</p> <p>Walgreens Co. #9248 2300 Otis Dr Alameda, CA 94501</p>	<p>Albany/El Cerrito/Berkeley</p> <p>SAFEWAY PHARMACY #2940 11450 San Pablo Ave El Cerrito, CA 94530</p> <p>SAFEWAY PHARMACY #676 1500 Solano Ave Albany, CA 94706</p> <p>Walgreens Co. #2314 1050 Gilman St Berkeley, CA 94710</p> <p>Walgreens Co. #15025 2190 Shattuck Ave Berkeley, CA 94704</p>
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Parental Consent for Child to Participate in Youth Soccer

Name of Child: _____

Name of Parent or Guardian: _____

Name of Child Team and Age Group: _____

Name of Club: **East Bay United Soccer Club**

As stated in the Guidelines, COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions. In addition, general information regarding COVID-19 and recommended precautions that everyone should take can be found on the [CDC website](#). The Guidelines set forth the specific risks related to COVID-19 that youths face in returning to organizing sporting competition.

Reading East Bay United Soccer Club's full summer policies and procedures is strongly suggested before signing this parental consent waiver. Due to the nature of the pandemic, rules and regulations, and policies coming from Federal, State, and Local authorities, our policies are subject to change. Policies and procedures can be viewed online: www.ebusoccer.org/covid-19

COVID-19 ASSUMPTION OF RISK AND RELEASE AND WAIVER

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of any groups of people other than in your own household. East Bay United Soccer Club ("EBU") has put in place preventative measures suggested by the Centers for Disease Control and Federal, State, and Local Government to reduce the spread of COVID-19; however, EBU cannot guarantee that you or your child will not become infected with COVID-19. Further, attending EBU facilities, programs or childcare could increase your family's risk, your risk, and your child's risk of contracting COVID-19. By signing this agreement, I acknowledge the highly contagious nature of COVID-19 and voluntarily assume the risk that my child and I along with my family may be exposed to or infected by COVID-19 by attending EBU facilities, programs or childcare and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at EBU facilities, programs or childcare may result from the actions, omissions, or negligence of myself and others, including, but not limited to, EBU employees, volunteers, and program participants and their families I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child or my family may experience or incur in connection with my child's attendance at EBU or participation in EBU programming ("Claims"). On my behalf, and on behalf of my family and children, I hereby release, covenant not to sue, discharge, and hold harmless EBU, its employees, agents, and representatives, of and from any and all

Updated 06/14/2021

Claims, including all liabilities, claims, actions, suits, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of EBU, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any EBU program.

In signing below you also agree to comply with the Guidelines and such other applicable federal, state, local, Club and NorCal Premier Soccer laws, regulations, policies, procedures and guidelines.

I have read and understood the Guidelines and have had the opportunity to ask questions of EBU with respect to my child's return to competition. I understand that my child's participation is voluntary and that I am free to withdraw my child at any time.

Signature of Parent/Guardian: _____

Date: _____