**Masking:**

Everyone involved in sport activities must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Secretary of Health’s Universal Face Covering Order. Coaches, athletes, and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Coaches, athletes, and spectators must wear face coverings while actively engaged in workouts and competition as well as when on the sidelines, in the dugout etc. unless they meet an exception in the Face Covering Order.

Section 3: Exceptions to Covering Requirement

 The following are exceptions to the face covering requirements in Section 2. All alternatives to wearing a face covering, including the use of a face shield, should be exhausted before an individual is excepted from this Order.

B. If wearing a face covering would either cause a medical condition, or exacerbate an existing one, including respiratory issues that impede breathing, a mental health condition or a disability.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* MLSA will adhere to all recommended masking policies
* MLSA will require a note from the player’s Doctor to qualify for exception B noted above.

**Occupancy**

Everyone must adhere to latest gathering limits.

[https://www.governor.pa.gov/covid-19/sports-guidance/ https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Event-Occupancy.aspx](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Event-Occupancy.aspx)

* **MLSA will adhere to the latest gathering limits as noted in the PA Department of Healths' maximum occupancy calculator for outdoor events.**

**Federal, State and local Requirements**

MLSA will adhere to all current guidance from the CDC, the PA Dept. of Health, the Allegheny County Health Department and Mt. Lebanon Municipality.

**Capacity Limitations** - PA has adjusted the size permitted to attend events. Outdoor events are permitted 20% of capacity. Indoor events are permitted 15% capacity. If you’re unsure of the capacity of the facility you’re using, please consult your local municipality.

*PA Capacity Limits:*

<https://www.governor.pa.gov/newsroom/gov-wolf-revises-mitigation-order-on-gatherings-and-lifts-out-of-state-travel-restrictions/>

Effective April 4 the limits will expand to 50% capacity for outdoor events and 25% capacity for indoor events.

Governor’s website: <https://www.governor.pa.gov/newsroom/gov-wolf-effective-april-4-more-options-for-restaurants-and-other-businesses-mass-gathering-maximums-increase/>

Please note: Masking and social distancing will still be required.

**CDC Guidance**

Sports leagues, teams and their coaches must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.

[https://www.governor.pa.gov/covid-19/sports-guidance/ https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html](https://www.governor.pa.gov/covid-19/sports-guidance/)

* MLSA will adjust our focus on practices to be based on individual skill building rather than competition to limit the chance of contact.

**COVID Contact**

MLSA designates Lisa Borrelli Dorn at community@mlsa.org as the primary point of contact for all questions related to COVID-19, and all parents, athletes, officials and coaches will be provided with her contact information.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

**Action Plan**

The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

MLSA has a plan in place to account for this section.

* MLSA will communicate any COVID-19 news related to a player, coach or spectator contracting the illness through its website ([www.mlsa.org](http://www.mlsa.org)), via social media, via email from MLSA, and via communication from your team’s coach (if applicable).
* MLSA will communicate any positive test results for COVID-19 to the Municipality and the Mt. Lebanon Recreation Department (without disclosing the individual’s name) so that fields or facilities may be closed, cleaned or otherwise addressed, as necessary.
* MLSA will maintain the confidentiality of any individual who tests positive for COVID-19.
* MLSA will schedule games and practices such that there is adequate time for the location to be cleaned (as appropriate) and vacated in time for the next MLSA event.

**Education**

The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* COVID-19 symptoms and monitoring-Stay home if you have a fever (temperature of 100.4 or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Notify your coach immediately if you experience these symptoms during your practice or game. Parents will be notified immediately if a child is sick. Parents must monitor for these symptoms and take their child’s temperature prior to each practice or game. Do not send your child to their practice or game with any of these symptoms. MLSA will make handwashing facilities or hand sanitizer (with at least 60% alcohol) available at every game.

**Distancing**

Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes, coaches, and officials should not congregate.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* Coaches should remind players to stand apart during breaks at practice or when warming up, during team huddles on game day, and when waiting to be substituting in a match.
* Coaches must establish a plan for enforcement in the event that such rules are ignored.
* Ensure that all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least six feet apart.
* The coach is the only person to handle cones, disks, etc.
* All training must be outdoors, and coaches must strictly enforce social distancing per the current phase guidelines.
* Wash and sanitize your own equipment after every session.
* The use of scrimmage vests/pinnies is not permitted, so athletes will need to wear distinguishing apparel during scrimmages.
* Increase your communication with parents – they need to know what you are doing as a coach and what the MLSA is doing as a club to maintain their kids’ safety.
* Have fun and stay positive – players and parents are looking to you to stay calm, supportive, and caring during this challenging time.

**Screening/Monitoring**

Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* Actively promote the health and safety of your players. Inquire how the athletes are feeling, and send them home if they act or discuss feeling ill. Specifically ask if anyone they know has contracted COVID-19, if they feel feverish or have recently registered a temperature of 100.4 degrees or higher, have a cough, or have lost their sense of smell or taste.

**Water Bottles**

All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* Coaches and Officials will be reminded that all players must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
* Parents will be reminded that all players must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.

**Saliva**

Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* MLSA will remind players not to bring saliva exposure items to MLSA Events including Chewing Gun and Sunflower Seeds.
* MLSA will remind players and Coaches not to engage in saliva exposure actions such as spitting or licking fingers.

**Physical Contact**

Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Parents/players/coaches will be reminded to:

* No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.
* Do not touch or share anyone else’s equipment.
* Bring your own ball to training, and label it as your own.
* Practice social distancing, and place bags and other equipment at least six feet apart from your teammates’ equipment during sessions.
* Wash and sanitize all equipment before and after every training session.
* Water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own bag when not in use.
* Avoid carpooling.
* Shower immediately upon returning home.
* Bring hand sanitizer to every game and practice, and use it before starting, at halftime and other breaks, and after the game.

**Equipment**

Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. Follow the CDC guidance for cleaning and disinfecting.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

* Ensure that all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least six feet apart.
* The coach is the only person to handle cones, disks, etc.
* Members will be reminded to disinfect non-washable equipment like cleats, balls, guards and gloves.

**Scheduling**

If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or practice at a complex must adhere to the gathering occupancy limits using the maximum occupancy calculator above.

<https://www.governor.pa.gov/covid-19/sports-guidance/>

**Food**

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

[https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/ https://www.governor.pa.gov/covid-19/sports-guidance/](https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/)

* MLSA will not be running concession stands for the foreseeable future. If we did, we will make sure concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry

**Staffing**

Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.

* MLSA has a plan in place to replace coaches in cases where the existing coach is quarantined for any reason. This plan can be executed immediately with no delay.

**Traffic**

Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

* MLSA has built in enough time within our schedules to account for the transition of teams on the field of play. Parents are reminded to leave the playing field immediately after each game with their party to ensure a build up of traffic is avoided.

**Quarantine Requirements** - The CDC has set new quarantine standards.

* Individuals who have tested positive for Covid-19, if symptom free for 72 hours, may end quarantine after 10 days.
* Individuals who have been exposed to someone testing positive for Covid-19 must quarantine for 14 days.

*CDC Quarantine Instruction:*

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

**Travel Quarantine** - PA’s travel quarantine has been lifted. This permits teams to travel to out-of-state games, tournaments, regional league, and national league play without having to quarantine or test upon return home

*Travel Quarantine Guidance:*

<https://www.governor.pa.gov/newsroom/gov-wolf-revises-mitigation-order-on-gatherings-and-lifts-out-of-state-travel-restrictions/>

The information in our Return to Play documents are meant to align with all laws, mandates, and directives from the government agencies afforded the authority to do so.

We will make every effort to adjust our documents as changes occur and alert you to those changes. When a discrepancy occurs please follow the information provided by the state or federal government agency.

As we did last fall, we urge you to identify a contact with either the State Department of Health or, those living in a county with a health department, your county health department. They will be able to give the most current instruction on quarantining, contact tracing, masking, etc.