

RETURN TO PLAY PROCEDURES  
Queen of All Saints Activities Association  
Effective September 11, 2020

This document is to be used as a quick reference guide for starting soccer and volleyball practice for the Fall 2020 season. QASAA and CYC looks forward to starting the soccer and volleyball season, however it is everyone's responsibility to make sure we are acting in the most responsible way to ensure the safety of all players, coaches, officials and spectators. This guideline will be updated as local health departments guidelines are updated.

CYC plans on starting the Soccer and Volleyball season September 25, 2020

## **The below guidelines are mandatory and must be followed by everyone.**

As of September 11, 2020, St. Louis County Department of public Health amended the Youth Sports Guidelines, St. Louis County will be moving to a new "Phase" and will remain in this "Phase" until further notice.

St. Louis County Department of Health has created a new classification for sports, the new classification is Moderate-frequency of contact soccer and volleyball fall into this new classification.

Effective September 11, 2020, the following restrictions and requirements apply to all **Moderate-frequency of contact** sports:

### **For players younger than 14 years of age or in middle school:**

- Full team practices are allowed, with no limit on the number of participants, but a limit of 2 coaches.
- Games and competitions with other teams from the Region are allowed.
- **NO** tournament style competitions are allowed, such as bracket style play where multiple teams play back to back.
- **NO** handshakes or fist bumps should take place
- **LIMITED** spectators are allowed – one person per athlete (including parents and guardians) is allowed to attend if the athlete needs transportation to the game, as long as those spectators comply with all requirements for facial coverings and social distancing

### **For all players:**

- Social distancing should be maintained as much as possible during practice and games.
- Masks/face coverings **MUST** be worn anytime an individual is not doing vigorous physical activity.
  - To include but not limited to meetings, standing on sidelines, and injured
- Coaches **MUST** remain in mask/face coverings at all times.
- Players and coaches should sanitize hands and equipment regularly.

Hand hygiene is essential, we must promote frequent and effective hand hygiene with soap and water. The bathrooms must be unlocked for all practice and games. The key to unlock the bathrooms are located in a lockbox next to the BBQ pit, the code is 6603. Hand sanitizer will be located at the check in stations.

### **Waiver**

Every player must complete a CYC COVID-19 Waiver before being allowed to participate in a practice or game. **This Form only needs to be completed one time.**

<https://www.teamsideline.com/sites/archstl/form/4099/Wvr-Queen-of-All-Saints>

### **Screening**

**Every coach, player and volunteer** entering the field/gym **MUST** be screened to include a check of their temperature before entering. A QR code will be provided once you enter the screening area for you to complete the questionnaire online. **QASAA is asking the screening questionnaire be completed before you enter the complex. You will be asked to show the workers the email you received from CYC**

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**showing you have completed the questionnaire.**

<https://www.teamsideline.com/sites/archstl/form/4288/Screen-QAS>

Each individual will be asked if they are experiencing or have experienced the following within the past 24 hours:

- Fever (temperature greater than 100.4 degrees Fahrenheit)
- New or worsening cough
- Shortness of breath or trouble breathing
- Sore throat, different than your seasonal allergies
- New loss of smell and/or taste
- Diarrhea or vomiting
- Abdominal pain

Ask if they have a close contact who has been diagnosed with COVID-19 in the past 2 weeks.

If they answer yes to any of the above COVID-10 questions they should be sent home immediately.

Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual **MUST** quarantine for a minimum of 14 days from the last date of exposure to the positive COVID-19 individual. **If the exposed individual has a negative COVID-19 test, they still must quarantine for 14 days.**

Positive individuals or the parent of the positive individual **MUST** notify the coach and/or Queen of All Saints Activities Association Athletic Director ASAP. QASAA President will make appropriate notifications to the St. Louis County Health Department and CYC District Coordinator.

Individuals returning to sports after a COVID-19 diagnosis **MUST** consult with both their own health care provider and the Department of Public Health. Only the Department of Public Health can release a Saint Louis County resident from quarantine or isolation.

### **Sport specific procedures**

#### **Soccer**

- Parents will drop off at screening station located in the parking lot at the top of the stairs.
- Pick-up will be at the sidewalk next to the cafeteria.
- Every player should bring their own soccer ball
- Equipment such as cones and goals should only be moved by the coaches and should be disinfected after each practice
- It is not recommended pinnies be used, if they have to be used they must be cleaned after each practice

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## Volleyball

- Parents will drop off at the screening station located by the double doors once they have been screened the players shall return to their vehicles and wait for the coach to signal the team to enter the gym
- Gym doors shall remain closed during practices.
- Players will exit the building through the double doors located inside the gym
- The nets should be setup and taken down by the coaches only
- Coaches are responsible to disinfect all hard surfaces inside the gym to include the nets, poles, and door handles after each practice
- Volleyballs should be cleaned with disinfectant spray and allowed to air dry



### References:

[CYC Return to Play Safety Guidelines](#)

[St. Louis County Department of Health](#)

[CYC COVID-19 Safety Guidelines](#)

[CDC Cleaning and Disinfection Tool](#)

[CDC Handwashing Guidelines](#)