



USAFL National Championships COVID-19 Operations Safety Plan

The following Covid-19 safe practices will be implemented along with Premier Sports at the tournament fields at Onion Creek Soccer Complex. These guidelines are subject to change as we get closer to the tournament.

Social Distancing

- Clubs will be required to social distance from each other when setting up their team base at the field.
- The event layout will minimize queueing where possible.
- Sufficient break time in between matches will be scheduled to allow competing teams to clear the field prior to the next teams taking the field.
- Game times will be staggered throughout the day with teams arriving at various times throughout the morning and departing at staggered times in the afternoon.

Water Runners/ Water Breaks

- There must be NO sharing of water bottles and NO water runners. There will be 4 x 10min quarters each game to enable hydration.
- There will be water stations available and every player and team should bring their own water or personal water bottle to top up.

Equipment

- It is recommended that athletes utilize their own supplies/equipment as much as possible:
 - Includes Water Bottles, Jerseys, Towels, as well as ANY and ALL sports equipment whenever possible, including but not limited to, balls, pinnies, gloves, etc.
- Footballs will be sanitized before and after each game by field marshalls/umpires.

Sanitization & Hygiene

- All commonly touched surfaces will be sanitized by staff on a regular basis throughout the event.
- Hand sanitizer dispensers will be on tables at points of ingress-egress in the food area and other common areas throughout the venue.
- Contactless transactions will be conducted as much as possible.
- Hand washing stations will be provided at restrooms. All restroom facilities will be sanitized and unused prior to use on Saturday and then again Saturday after completion of play.
- All medical staff will either wash hands with soap and water for 20 seconds (where available), use an alcohol-based hand rub (ABHR) with greater than 60% ethanol or 70% isopropanol, or utilize gloves in between treatment of each athlete. If gloves are used, they will be changed after

each athlete is treated using correct CDC donning and doffing techniques. All PPE equipment that is used will be disposed into acceptable bio-hazardous waste bags/containers.

- Frequently touched surfaces and objects such as treatment tables and any rehabilitation tools used will be cleaned and disinfected per CDC guidelines between each athlete to further reduce the risk of germs on surfaces and objects, therefore reducing the risk of transmission of the virus

Masks

- Masks are recommended for players when not playing and for where attendees cannot adequately social distance - along with club operations personnel, umpires and spectators.
- Masks are recommended for all attendees at indoor locations including hotels, restaurants and bars or wherever required at local venues.
- Masks will be readily available at Tournament Central.

Food & Beverages

- We will be adhering to CDC guidelines for food services at events including use of disposable food service items, socially distanced tables, touchless payment and limiting any self serve options.

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the USAFL makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials in your community and/or state if you have specific questions about your return to training and competition.

Sources

<http://www.austintexas.gov/covid19>

<https://www.austintexas.org/plan-a-trip/covid-19-resources/>

<https://www.austinmenssoccer.com/covid-19-information/>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

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

“Returning To Training Considerations Post COVID-19.” United States Olympic & Paralympic Committee - Sports Medicine, Version 0.12 <https://www.teamusa.org/coronavirus>.

Portions in this document were also derived via recommendations from the following sources....

- Center for Disease Control
- The United Soccer League One
- Christopher Ahmad, MD, Head of Sports Medicine at Columbia University Medical Center
- The Emory Sports Medicine, Emory Soccer Medicine Physician Group