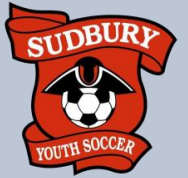


Sudbury Youth Soccer

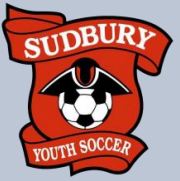
Policies and Procedures



Overview

Welcome to Sudbury Soccer! We are delighted to host you this season and look forward to the games. The following document outlines the procedures for teams playing at our facilities:

- Basic details – address and field rules
- Field Map
- COVID Policy
- Self Certification
- Face Masks and Social Distancing
- Spectator Policy and Regulations
- Coach/COVID Manager Policy and Regulations
- Parent Responsibilities
- Player Responsibilities
- Contact



Fields

Cutting Field (Turf)

429 Maynard Rd, Sudbury, MA 01776

Haskell Fields (Grass)

40 Fairbank Rd, Sudbury, MA, 01776

Lincoln Sudbury Regional High School (Turf)

390 Lincoln Rd, Sudbury, MA 01776

Turf Field Notes:

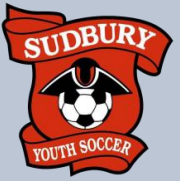
- No metal cleats, molded cleats or soft shoes only
- No gum chewing or food items
- No dogs are allowed on the field
- No tent stakes
- Only water is allowed on the field, no Gatorade or other sports drinks
- Benches and bleachers are not to be used

Grass Field Notes:

- All dogs in the Town of Sudbury shall be restrained, kept on a leash or under the direct and complete control of a responsible person at all times.

Haskell Field Layout



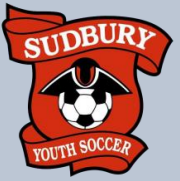


COVID Policy

Sudbury Soccer has a detailed COVID Policy which is available at our website
<https://sudburysoccer.org>

Key Sudbury Soccer policies for the Spring 2021 season include the following preparations:

1. COVID Safety Officer appointed for liaison with Board of Health, Parks and Recreation, BAYS, MYSA and Sudbury Soccer.
2. COVID Team Managers assigned for every team. Responsible for assisting the coach with track and tracing, self certification and managing the spectators and families of both home and away teams on game day.
3. Self certification required for participation
4. Clearly outlined roles for Coaches, COVID Team Managers, Parents and Players.



Self Certification

Sudbury Soccer parents confirm that by sending their child to training or a game, their child is healthy and free of any COVID symptoms

- Fever (temperature of 100.0°F or above), felt feverish, or had chills?
- Cough?
- Sore throat?
- Difficulty breathing?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting)?
- Abdominal pain?
- Unexplained Rash?
- Fatigue?
- Headache?
- New loss of smell/taste?
- New muscle aches?
- Any other signs of illness?

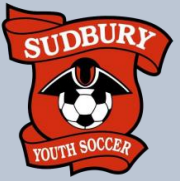
SUDBURY SOCCER ASSUMES THAT VISITING TEAMS WILL CARRY OUT THE SAME OR A SIMILAR PROCESS WITH THEIR OWN FAMILIES, COACHES AND PLAYERS AND THAT IT IS THEIR RESPONSIBILITY TO NOT LET PLAYERS WITH ANY OF THE SYMPTOMS ABOVE TRAVEL AND PARTICIPATE IN THE GAMES.



Face Masks and Social Distancing

Sudbury Soccer will enforce the following guidelines and restrictions for the adherence to social distancing and the use of personal protective equipment (herein referred to as 'PPE'):

1. All visitors will be required to wear a mask or face covering at all times. This includes but is not limited to:
 - a. Players
 - b. Parents
 - c. Coaches
 - d. Officials
 - e. Spectators
2. For clarification, a visit to a facility begins when an individual exits their own personal vehicle and concludes upon re-entry to a vehicle.
3. Visitors masks may be lowered for brief periods of time (0-30 seconds) for fresh air and a break if one or more of the additional following criteria is met:
 - a. An individual is distanced more than 6 ft from another
 - b. Medical requirement or emergency
 - c. Consuming food or beverages.



Spectator Policy and Regulations

Sudbury Soccer adheres to the following guidelines:

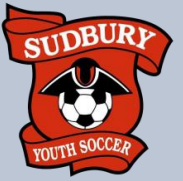
1. Only two (2) spectators per player are allowed
2. If a participant's parent is the Head/Assistant Coach they do not count as their one spectator and another spouse or parent/guardian may attend as a spectator for that player.
3. In the event that there are siblings on the same team or in the same practice game then two spectators is permitted per participant.
4. Smaller children or player's siblings are allowed to attend with the spectator. They must stay with the family unit.
5. No gatherings before or after games on the field or in parking lots



Coach/COVID Manager Policy and Regulations

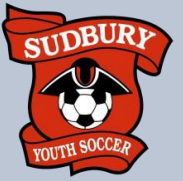
Sudbury Soccer adheres to the following guidelines:

1. Take attendance of own team, including coaches
2. Only 3 coaches allowed on team sideline
3. All coaches must wear MYSA credentials
4. Ensure that players and coaches are masked and socially distant when not playing
5. Sudbury does not generally provide pinnies. If teams wear the same uniform color, the opposing team may wear pinnies, if they allow, or Sudbury players will be instructed to wear a lighter or dark tee shirt. Coaches should discuss this several days before the game
6. No team meetings allowed at the end of the game



Parent Responsibility

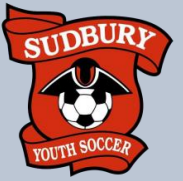
1. Ensure your child's health! Take temperature daily. A temperature over 100.4F (38C) most often means you have a fever triggered by illness or infection.
2. If your child ever has symptoms as outlined by the WHO, CDC or specifically by Sudbury Soccer and our self-certification guidelines do not send them to a practice or game. Public health urges you to stay home and isolate until:
 - a. You have no fever for at least 72 hours AND
 - b. Other symptoms have subsided or improved AND
 - c. At least 7 days have passed since your symptoms first appeared.
3. Notify the Sudbury Soccer COVID Safety Officer immediately if your child becomes sick with any of the aforementioned symptoms.
4. Adhere to physical and social distancing requirements outlined in this policy.
5. Adhere to PPE requirements and guidelines outlined in this policy.
6. Ensure your child's uniform or playing clothing is washed after every session.
7. Do not assist the coach with equipment or enter the field of play or bench areas at practice or games.
8. Ensure your child has sanitizer and their own water bottle for every practice and game.
9. Ensure your child arrives promptly at the start of sessions/games and departs immediately, reducing any socializing or gatherings at facilities.
10. Ensure your child has a face covering for all practices and games. Note that only face masks with ear loops will be permitted on the field.



Player Responsibility

Whilst the majority of this policy and procedures are directed at and implemented by reliable adults, players and young participants still have a role in their own continued safety and enjoyment at Sudbury Soccer facilities:

1. Players should practice, encourage and share proper hygiene in their team. Wash hands frequently with soap and water and use an alcohol based sanitizer at all practices and games.
2. Have your own sanitizer and water bottle at all practices and games.
3. Wear a face covering at all times as instructed by parents and coaches.
4. Only face coverings with ear loops will be allowed on the playing field. No gaiters are allowed.
5. Lanyards for face masks are not allowed.
6. Practice physical and social distancing at all times. This includes arriving and departing practices or games.
 1. Bring your own equipment and do not use other participants.
 2. Do not touch coaching equipment. Coaches are responsible for this!
 3. No group celebrations e.g. hugs, huddles, handshakes or high fives.
 4. Follow instructions from coaches and officials or staff at all times.



Contact

If parents, players, families, coaches or any other individuals or groups have questions or concerns surrounding this policy please see key contact information below:

- Visit our website at <https://sudburysoccer.org>
- Contact our COVID Safety Officer at sudburysoccer@aol.com
- Contact our Technical Director at sudburysoccer@gmail.com

More information on other guidelines that Sudbury Soccer will be following and adhering to can be seen below:

- Visit <https://mayouthsoccer.com>
- Visit <https://bays.org>

A full list of Sudbury Soccer contact information can be found at <https://sudburysoccer.org/who-contact>