



# Lexington United Soccer Club

LUSC is committed to offering an enjoyable soccer experience while prioritizing the safety of all participants. The COVID-19 protocols that LUSC, its players and parents/guardians must follow to participate in LUSC activities include the [Commonwealth of Massachusetts Phase IV, Step 1](#) requirements, the Massachusetts Youth Soccer [COVID-19 Soccer Protocols](#) and the [Town of Lexington Recreation guidelines](#). LUSC will release updated guidance if any of these underlying documents change the requirements for running activities. Thank you in advance for your cooperation.

As required by Massachusetts Youth Soccer, LUSC has assigned a COVID Safety Officer. The COVID Safety Officer is responsible for contacting the local public health department to review their guidelines and recommendations and working together with all members of LUSC to ensure that the guidelines and procedures as provided by Massachusetts Youth Soccer and the local health department are adhered to as required. You may raise any questions or concerns about LUSC COVID protocols and practices to Stacey Hamilton, Past President of LUSC and LUSC COVID Safety Officer, at [safety@lexingtonunited.org](mailto:safety@lexingtonunited.org).

Each team is required by Mass Youth Soccer to have a designated COVID Coordinator to assist with attendance tracking at all practices & games, individual spacing for gear and breaks, and sideline monitoring during games, including asking people to separate if they are not 6 feet apart. **Please respect and support the role these parent/guardian volunteers are performing to keep all of us safe and able to hold soccer activities.**

**Please note that the prior Massachusetts Youth Soccer In-Game Rule Modifications are no longer in effect, and all rules return to how the game is traditionally played.**

Key points of the combined requirements above include the following:

## **Players and coaches must be in good health**

- Players, coaches, group coordinators and spectators in high-risk categories should not participate or attend organized sport activities. List of high-risk categories can be found [here](#).
- A player shall have no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill with COVID-19 in 14 days.
- A parent or guardian must take the player's temperature before going to soccer activities and if it is above 100, the player shall not come.
- Prior to arrival, parents and coaches must successfully complete the HealthCheck in TeamSnap. If HealthCheck indicates the player or coach did not pass, do not attend soccer activities and reach out to your coach and/or team COVID coordinator for guidance. If a player has any signs or symptoms of COVID-19 while at a soccer activity, they will be sent home and instructed to contact their healthcare provider. They will not be allowed to return to soccer activities until they are cleared by a healthcare provider. A doctor's note must be provided to the LUSC Registrar in advance of their return to soccer activities.

- A negative rapid COVID test for a player is NOT clearance to play if they have shown or experienced any signs or symptoms of COVID-19 – the player must have a doctor’s note if they have shown or experienced any signs or symptoms of COVID-19.
- Parents must notify the team Coach and the LUSC COVID Safety Officer ([safety@lexingtonunited.org](mailto:safety@lexingtonunited.org)) if their player has a known case of COVID, is exposed to a known case of COVID, or they are otherwise notified directly or indirectly by any school or town health employee that they are subject to any type of COVID restriction on their activity. The LUSC COVID Safety Officer will advise on any steps to take re soccer activities, as well as any team or club notifications that may need to occur.
- All participants should make sure they are aware of the [Massachusetts COVID-19 Travel Advisory](#).
- Per Lexington Public Health, if a player is not allowed to attend in-person school, due to either an exposure notice or quarantine guidance from the school, then this attendance restriction automatically extends to participation in soccer activities. Players cannot return to soccer activities until they have completed the restriction timeline and/or actions set by the school.

### **Players, coaches and spectators will limit contact**

- Players should not arrive more than 5 minutes before their scheduled activity time or warm-up period. There are 20 minutes between each soccer activity to allow for distanced arrival and dismissal. In some cases, warm-up periods before games will be shortened to maintain spacing.
- Appropriate distancing must be maintained upon arrival, during breaks, and at departure.
- No carpooling with other members of the team is recommended. If transportation of a non-family member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as an open window. Per Mass Youth Soccer, team-based social gatherings should not occur until all other COVID-19-specific restrictions regulating sports leagues are fully lifted.
- LUSC will follow group size and spacing limits recommended by [Mass Youth Soccer COVID-19 Protocols](#), which require adequate spacing for at least 6 feet social distancing for all individuals, including those at adjacent fields surfaces.
- Players must use their own equipment and sanitize it after every session using a product from the [list of disinfectants meeting EPA criteria for the use against the novel Coronavirus](#).
- Each player must have their own water bottle, face mask and personal hygiene products (hand sanitizer, facial tissues, etc.).
- Each player must use their own personal space 6-8 feet from anyone else to put their water bottle and personal belongings and take their water breaks.
- No sharing of water bottles, drinks, food or any other personal items is permitted.
- Players and coaches should not high five, fist bump or have any other physical contact (other than players normal transitory contact during the flow of actual play) during sessions.
- If the spectator area allows for at least of 6 feet of social distancing between family units, then spectators are allowed. Note: This updated Mass Youth Soccer policy is in force unless the facility has stricter limits, in which case those should be followed.
- Parents and spectators should not enter the playing field at any time and must always maintain 6 feet from all designated player personal spaces. This means the parent or spectator is at least 8-10 feet from the actual sideline. For games, this 8-10 foot buffer includes room for the assistant referee to do their job and maintain distance from those on the sidelines. For games, this includes at least 6 feet of space between family units – don’t crowd the midline!
- The parent or spectator of an individual player may be called over by a coach to the coach/player sideline to address a first aid or injury situation that requires close contact or mask removal.

## **Players, coaches and spectators will wear masks**

- Players are required to wear face coverings when arriving and leaving any LUSC activity.
- Only face coverings that secure with loops around a player's ears are acceptable. Players may not use gaiters, tie-back masks or face shields, per Mass Youth Soccer. No masks with air valves or mesh masks will be allowed.
- Face coverings must be worn when a player steps onto the playing field. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- Players must wear a face mask at all times on the sidelines or in any huddles except when 6 feet or more from another player for a "mask break" to catch their breath, drink, or eat.
- Coaches and COVID Coordinators must wear a face covering AND maintain 6 feet of physical distance at all times.
- Spectators must wear a face covering AND maintain 6 feet of physical distance from those not in their immediate household at all times.
- While a quick mask break while physically distant is allowable, spitting, nose clearing on the field, or spitting on gloves is not allowed.
- Per Mass Youth Soccer, if weather conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled. Players should bring multiple masks and change them frequently for situations such as drizzle or intermittent rain.
- Facemasks remain required under state law even for those who are vaccinated.

## **Safety practices continue post-session**

- Players and spectators must not handle any equipment other than their own. Coaches and coordinators are the only ones who may handle cones, goals, balls, and other on field equipment. Equipment is cleaned between groups and at the end of sessions; in some cases, new equipment will be used for different groups if supplies permit.
- All waste must be placed in trash receptacles by the respective player, coach, parent or spectator. Nothing should be picked up by anybody other than the originator of the waste.
- Players and families should leave the training facility as soon as possible after the end of their training session. No recreational play, shooting on goal, or congregating on the sidelines or in the parking lots.
- If you need to speak with a coach, please set up a separate time for a phone call, instead of approaching them before or after practices and games.

***NOTE: The Town will NOT have porta-potties available and may limit water fountain usage - please plan accordingly. Bathrooms at Lincoln and Center are expected to be open – this is at the discretion of the Town.***