

Myerstown Soccer Club Health and Safety Plan
Updated – September 2021



Myerstown Soccer Club's (MSC) COVID risk mitigation procedures aim to decrease the risk of the spread of COVID-19. Masks are NOT required for practice or game. Parents often ask whether it is ok to send their child to soccer if he/she is not feeling well. Below are the guidelines established for soccer attendance:

Children **may not** attend soccer if they exhibit any of the following:

- **Temperature of 100 degrees or higher.**
 - A player must be fever free for 24 hours (without medication) before he/she may return to soccer.
- **Has had one or more episode of vomiting or diarrhea within 24 hours before soccer.**
 - A player must be vomit free for 24 hours before returning to soccer.
- **Has a contagious conditions such as strep throat, flu, pink eye, impetigo, scabies, or ringworm.**
- **If an antibiotic has been prescribed, players must be on the antibiotic for 24 hours before returning to soccer.**

MSC asks that each of your children have an identified water bottle with their name on it and a bag to store it when they are not drinking. MSC asks that each child has at least a 4oz bottle of hand sanitizer in their bag so when they use the restrooms our coaches can remind them to utilize it.

Know that the spread can be decreased, but it truly comes down to parents talking with kids about how they feel and being completely honest with yourselves and your coaches.

These procedures are designed to keep our players and volunteers healthy and reduce the spread of any contagious illness.

If you have any questions or concerns about these guidelines, please feel free to contact the MSC Director of Health and Safety at safety@myerstownsoccerclub.org.