



Lou Ramos Center:
Winter League
Protocols

In line with CDC, the Lou Ramos Center has adopted the following guidelines for its programming at the LRC. Following these protocols is essential to our operations, and those who cannot, or do not comply, may be asked to leave the facility either temporarily or permanently, without return of any tuition or fees. These guidelines may be updated at any time. In addition, while we believe these guidelines reflect best practices, they cannot fully prevent or mitigate the spread of the disease.

Crowd Management and Mitigation Practices

- Accurately assign number of teams/divisions based on facility size and layout.
- Within facility divide fields into zones to further control participants and spectators in each zone.

Scheduling and Operational Adjusted Practices

- Create game schedules that allow proper spacing to reduce number of participants on-site.
- Create spacing in schedule to allow teams to completely leave field area and field prior to next teams arriving.

Sanitizing and Safety Protocols

- Provide staff with PPE as needed.
- Increased cleaning and sanitizing of rest rooms, common areas, etc.
- Increase signage and messaging to inform participants.
- Enhanced pre-event training for staff to maintain safety.
- Hand sanitizing stations will be strategically placed throughout the facility.

League Game Adjusted Practices

- Players, coaches and referees must go through designated temperature check in prior to entering field.
- No post game handshakes.
- No spitting will be allowed on field.
- Referee will sanitize soccer ball before each game.
- Teams must wait until field area is emptied prior to entering for next scheduled match.
- Teams will be designated to sit on opposite sides of fields at the halfway line. Home team

General Health and Safety Protocols

- LVU will provide specific and detailed pre-event communication through email or other form of electronic communication.



- LVU will require all staff, players, coaches, managers, and match officials to submit a COVID-19 waiver in order to participate in the event.
- LVU will have a planned response and plan in place of a reported COVID-19 infection.
- All participants, spectators, etc. are encouraged to bring their own sanitizer, PPE, etc.

Lehigh Valley United and Event Staff

- All staff will wear face coverings when in a situation where social distancing is not an available option.
- Anyone symptomatic individual is to stay home; each staff will be required to have temperature taken upon arrival.

Players and Coaches

- Players and coach that are displaying symptoms are prohibited from attending.
- Players are to adhere to social distancing rules when not playing in the game. Players and coaches are encouraged to bring their own sanitizer.
- It is mandatory for all players to wear a mask if not engaged in game or warm up.
- It is always mandatory for coaches to wear face coverings during the match.
- Do not share water bottles, food, etc.
- Sanitize hands after leaving the field and between each game.

Spectators – What are our thoughts about spectators?

- Spectators will be separated in clearly marked areas to comply with social distancing.
- Spectators are always required to wear face when in any situation where social distancing is not an option.
- Anyone displaying symptoms is prohibited from attending.
- Spectators are encouraged to bring their own sanitizer.

Referees

- Referees are encouraged to wear face coverings when not on the field officiating.
- Soccer balls will be disinfected by referees before each game.

COVID-19 Policy: Confirmed Case – LRC Winter League

SUMMARY: When there is a confirmed case of COVID-19

- The participant or staff member must self-isolate for minimum of 14 days
- If anyone in immediate family is diagnosed with virus, isolation period must start over until all members of household are symptom free for 14 days
- All persons who may have had contact with confirmed individual will be notified
- Specific area(s) where individual was present will be thoroughly cleaned and disinfected



- Confirmed case will be reported to proper government agencies and to our governing body
- Per CDC guidelines, individual can return to team activities (trainings, games, meetings, etc.) when they have no fever, no symptoms, and receive two (2) negative tests in a row at least 24 hours apart

Purpose: To ensure the health and safety of all associated with Lehigh Valley United, LRC Winter League, its staff, participants, and spectators.

Policy:

1. Recognizing Symptoms

Anyone suspected of being infected with COVID-19 will be requested to seek medical attention immediately if they are exhibiting the following warning signs:

- Fever (associated with one or more of below)
- Trouble breathing, cough, and/or sore throat
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

2. Confirmation of Exposure: if notified of an individual's confirmed case of the COVID-19 virus, we will immediately begin following the appropriate steps to mitigate further spread.

a. Confirmed case of participant or staff of Lehigh Valley United and LRC Winter League.

i. Require isolation of individual for 14 days

1. 14-day isolation period resets with new case in household
2. Per CDC, individual can return when they have no fever, no symptoms, and have two (2) negative tests at least 24 hours apart

ii. Conduct a confidential interview, identifying all persons that came into close contact with diagnosed individual

iii. Report gathered information to notify local healthy agency

iv. Inform staff and families of their potential exposure to a diagnosed individual, while making sure to protect their privacy



1. Provide each contact with guidelines for isolation, symptoms, seeking help, and preventing spread of virus.
 - v. All areas where infected individual was present will be thoroughly cleaned & disinfected immediately
 - vi. Identify and investigate increased and unusual absences and connect those with symptoms with proper health care sites to be tested & provided immediate care
- b. Confirmed case of a parent or caregiver diagnosed with COVID-19
 - i. Require isolation of individual and his/her family for 14 days
 1. 14-day isolation period resets with new case in household
 2. Per CDC, individual can return when they have no fever, no symptoms, and have two (2) negative tests at least 24 hours apart
 - ii. Conduct a confidential interview identifying all individuals that came in close contact with diagnosed person
 - iii. Report gathered information to notify local health agency
 - iv. Identify and investigate increased and unusual absences and connect those with symptoms to proper health care sites to be tested & provided with immediate care



Helpful COVID-19 Resources:

1. Centers for Disease Control and Prevention (CDC) website
 - a. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
2. Occupational Safety and Health Administration (OSHA) website
 - a. <https://www.osha.gov/SLTC/covid-19/>
3. World Health Organization (WHO) website
 - a. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. Pennsylvania Department of Health website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
5. Commonwealth of Pennsylvania website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>



*Please reference our facility map below which will give you a better understanding of how foot traffic will flow



