

Orlando City SC Training Center



COVID-19 Training Protocol



Orlando City SC Training Center COVID-19 Return to Training Protocol

Table of Contents

- I. Introduction**
- II. General Hygiene**
- III. Preparing to Train**
- IV. Check-in for Training**
- V. Team & Individual Equipment**
- VI. Training Sessions**
- VII. Training Facility Map**
- VIII. Emergency Action Plan**



I. OVERVIEW

This document outlines **Orlando City SC Training Center** guidance to return to training following The Orlando City SC season of play due to the COVID-19 Pandemic.

This document has been reviewed and approved by the **Orlando City SC** COVID-19 Task Force; whose members include the following:

Dr. Craig Mintzer, CMO Orlando City SC, CMO

Dr. Mullner, Club Physician

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Skylar Richards, Director of Physiology & Head Athletic Trainer

Note that this guidance is in addition to – and does not supersede – any restrictions and other guidance or regulations provided by governmental authorities (e.g., county, state, province). Also, at a minimum, the applicable local health regulations must permit groups of a sufficiently large number to gather to allow for training to occur.

Parents and guardians should read this document carefully, be thoroughly aware of all safety recommendations, and ensure their family follows them.

A. Core Principles

This guidance is based on the U.S. Soccer Federation's PLAY ON Initiative (see below for further information). While this document focuses on Phase I and Phase II (return to training) of U.S. Soccer's initiative, there are certain core principles that consistently apply to all participants (coaches, players, instructors, administrators) throughout:

- **Social distancing** measures, keeping space of at least six (6) feet (about 2 arms' length) between individuals at all times before, during and after training sessions, in accordance with [CDC guidelines](#).
- **Personal Protective Equipment ("PPE")**, or cloth face coverings, should be utilized upon arrival to and departure from training sessions, and – for players – when not physically active during training sessions. PPE should



cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow [CDC guidelines](#).

- **Quarantine and isolation** measures for individuals exposed to or infected with COVID-19, in accordance with [CDC guidelines](#).

As a reminder, returning to play is a personal choice, and each player should decide for himself or herself whether or not he or she wishes to resume team activities, whether in a small group or full team environment. Any player who is not comfortable returning to the post season training because of COVID-19 should know that no adverse action will be taken as a result of that decision. Our coaches and staff will communicate directly with all players and parents/guardians to better understand the safety policies in place and work together to protect against the spread of COVID-19.

Prepare for no facility access, including bathroom. Use prior to arrival.

B. Safe Sport

In our collective return to play, it is important for all parents and guardians, along with coaches, staff and volunteers to remain vigilant and ensure a playing environment for children that is free of emotional, physical and sexual abuse and misconduct. As was the case prior to the COVID-19 pandemic, MLS Club Academies will continue to follow U.S. Soccer's [Safe Soccer Framework](#).

C. Additional Resources

Players and parents are encouraged to refer to the following publicly available COVID response resources:

- United States Soccer Federation
 - [PLAY ON Initiative](#) ○ [Phase I](#) ○ [Phase II](#)
- Canada Soccer Association
 - [CSA Return to Soccer](#) ○ [Ontario Soccer](#) ○ [BC Soccer](#) ○ [Soccer Québec](#)



GENERAL HYGIENE

The following hygiene requirements apply through all phases of our return to play.

A. General Health

- If you are sick or have symptoms of an illness:
 - Stay home, regardless of what is causing your illness and call your primary care physician.
 - If you are confirmed or suspected to have COVID-19, practice isolation measures in accordance with [CDC guidance](#) and contact your primary care physician.
 - to discontinue isolation and return to team activities, you must obtain appropriate clearance from your primary care physician.
- If you have been in close contact with someone who is suspected or confirmed to have COVID 19, practice quarantine measures in accordance with [CDC guidance](#).
- Parents should communicate with the coach or staff and advise if their child has had any possible exposure to COVID-19, either inside or outside of your team training or environment.

B. General Hygiene

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
 - Use soap and water for a minimum of twenty (20) seconds.
 - When soap and water is not available, use hand sanitizer (i.e., anti-bacterial solution of at least 60% ethanol or 70% isopropanol).
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.



- Follow with washing or sanitizing your hands.
- Dispose of tissues in a sealed trash can.
- Avoid spitting and coughing.
- Wear PPE (cloth face covers) when not physically active.

C. Physical Interaction

- Maintain social distancing.
- Avoid activities involving high levels of group interaction (e.g., team huddles).
- Avoid general physical interaction including hugging, “high fives” or passing objects by hand.
- Participants and any additional persons on site (employee, volunteer, parent) should avoid close contact and maintain social distancing.
- Distance yourself from anyone exhibiting signs of sickness, including but not limited to [COVID-19 related symptoms](#).

D. Equipment & Training Gear

- Where possible, use individual equipment.
- Do not share personal equipment or gear (e.g., water bottles, towels, flags, etc.).
- Soccer balls may be shared.
- See Section IV (Team & Individual Equipment) below for further details.
- Sanitize sports or exercise equipment after each training session.
- Wash all training gear at home after each training session.

II. PREPARING TO TRAIN

These recommended practices address players’ advance preparation for each training session. Note that the same standards should apply for all coaches, staff and volunteers.

A. Medical Clearance

All players must receive medical clearance from their respective primary care physicians prior to participation in any Training Center activities.



● **For high-risk individuals**, written clearance from your primary care physician is required for return to full participation in team activities. Such high-risk individuals include, but are not limited to people of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

● **For a player who has tested positive for COVID-19:**

- Home isolation in accordance with [CDC guidance](#).
- Written confirmation of COVID-19 negative status and written clearance from your primary care physician for return to full participation in team activities. Such written confirmation should be provided to your coach or designated staff member.
- Must be CDC Criteria including 10 days resolution of symptoms.
- It is also highly recommended for an athlete to seek cardiac clearance before beginning physical activity.

● **For a player who has experienced known COVID-19 exposure in the past fourteen (14) days:**

- Home quarantine in accordance with [CDC guidance](#).
- Written confirmation of COVID-19 negative status and written clearance from your primary care physician to return to full participation in team activities. Such written confirmation should be provided to your coach or designated staff member.



- The player will not be able to come back until the player has quarantined for 14 days.

Please note: The CDC defines a “close contact” as “any individual who was within six (6) feet of an infected person for at least fifteen (15) minutes cumulative minutes over a 24 hour period, starting from two (2) days before illness onset (or, for asymptomatic patients, two (2) days prior to positive specimen collection) or positive test specimen collection until the time the patient is isolated.”

If a player tests positive for COVID-19, the players will treat all teammates that have trained with such player (i.e., in small group or in full-team training) in the two (2) days prior to the positive test as “close contacts” – even if that is a more conservative approach than what is required under CDC or Health Canada guidelines.

Those close contacts must self-quarantine for fourteen (14) days following their last possible exposure. This may result in your post season training team ceasing all team activities for two (2) weeks.

Please see the [CDC site](#) for further information on contact tracing.

- **For a player who experienced any illness during shelter-in-place:**

- Written confirmation from your primary care physician that you are COVID-19 negative. Such written confirmation should be provided to your coach or designated staff member.

- **For a player who experiences the onset of any new [COVID-19 symptoms](#) (as further described below):**

- Contact your primary care physician and follow the applicable medical advice.
- Report such symptoms promptly to your coach or designated staff member.

B. Standardized Screening Assessment

- All players must conduct a daily Standardized Screening Assessment (the “Self-Screening”) to ensure no one who is ill or feeling unwell attends trainings. The Self Screening consists of a questionnaire and a temperature check for low grade fever (equal to or greater than 100.4 F) at home before training. The Self Screening form is attached as Appendix A.



- If you do not have access to a thermometer, please contact your Coach and a thermometer will be provided free of cost for your use at home.

- Do not participate in activities if you have any symptoms, including the following:
 - COVID exposure in past fourteen (14) days
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever equal to or greater than 100.4° F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and or productive
 - Joint aches and soreness
 - Vomiting or diarrhea
 - Rash
 - New loss of smell or taste

- If a “yes” is reported on the survey
 - Do not go to the training facilities or fields if you are exhibiting any of the above symptoms.
 - If a positive symptom is reported, the individual CANNOT come to the facilities
 - The individual will remain at home
 - A follow-up interview will be initiated
 - Per the results of the interview, the Covid task force/OC medical team will then triage the individual to the next appropriate step
 - This may include additional Covid testing, a physician exam, diagnostic testing, or more steps
 - Communicate your health status to your coach or team administrator within twenty-four (24) hours
 - If under 18, the Parents (not the Player) should communicate with the coach.



C. Getting Ready for Training

The following are best practices when preparing at home prior to your departure for your training sessions:

- Prepare and pack your two water bottles (to limit the need for refills) for training.
 - You should not share water bottles and it is not recommended to use public water fountains.
 - Clearly mark your name on your water bottles.
- Players should get dressed at home in their training gear so that they can arrive at the training site ready to train and avoid the use locker rooms or changing areas.
- Players should pack and bring to training their own towel and personal sanitizing supplies, including hand sanitizers. Towels and sanitizing materials should be clearly marked and not shared.
- Bring appropriate PPE for use before, during and after training.
- Wash your hands before departing for training.
- Use the restroom as there will be no access inside the facility during training.

D. Travel to Training

The following are best practices when traveling to training sessions:

- Travel with as few people as possible to training (e.g., one parent and one child).
- Carpooling or ridesharing is highly discouraged.
- For families who must ride together with no other alternatives:
 - Only rideshare with a family or individual who have complied with the social distancing and sheltering guidelines established by their local government or public health officials.
 - Rideshare with the same individuals each training.



- Ensure that all passengers have passed both the preliminary and daily clearance

requirements outlined in this section.

- to the extent possible, maintain safe distancing within the vehicle during loading, transport and unloading.
 - Limit the number of stops between departure site and training destination.
 - Wear your PPE in the vehicle.
 - Wipe down seats, armrests and other commonly touched surfaces between use.
- In accordance with the Safe Soccer Framework, a player and an adult who is not the player's parent or legal guardian should not be alone in the vehicle together.

Prepare for no facility access, including bathroom

Parking

Parking will be recorded on the first session and then maintained for consistency from that point forward. These parking locations will be properly distanced from each other and allow for players to be waved in to maintain 10 feet of social distancing until they reach the check in area. This also allows for contact tracing to be performed quickly if needed.

E. Arrival to Training

- When participating in small group sessions, they will provide designated groups with specific and different training times (e.g., Group A trains at 6 pm, Group B trains at 7 pm).
- For all training sessions, they will work with player groups to stagger individual arrival times so that participants can enter the facility or field individually.
- The staff will assign areas to enter the field and to exit the field to prevent crossover.
 - Designate an “entrance” time for each coach and player.



- Players should wait in their cars until their specific time to enter the facility or field.
- It is recommended that only the player departs the vehicle.
- It is recommended that the driver either leaves the training facility or stays in the parking lot, remaining in the vehicle and observing all social distancing measures.
- Players should use hand sanitizer to sanitize hands upon arrival.
- Players should practice social distancing at all times.

No facility access, including bathroom

F. Check-in for Training

Staff will maintain a player attendance list for all training sessions, utilizing a designated “Check-in Station” with a staff member in attendance as the designated “Safety Officer” to vet the arrival of each player.

- The station will provide appropriate products to sanitize your hands upon arrival for training (i.e., anti-bacterial solution of at least 60% ethanol or 70% isopropanol).
- Only one player will be permitted to approach the Check-in Station at a time.
- Should a line form at the Check-in Station, those waiting should adhere to social distancing measures with pre marked locations for standing in line that will also serve for the departure line while waiting for their transport.

[In-person Check-in / Digital Check-in]

- *[Upon arrival at the Check-in Station, the player will be asked by the Safety Officer to confirm that he has performed the Self Screening and that he answered “no” to all standardized screening questions in the Self Screening. If the player provides such confirmation, he will be permitted to participate in the training.]*
- *[As an alternative to an in-person check-in, may consider creating a digital check-in process, including the digital submission of the Self Screening. Such process must still include a Check-in Station at the training session whereby the Safety Officer confirms digital receipt of the Self Screening.]*



- *[It is important that the ensures compliance with all applicable privacy laws if gathering and storing the Self Screening information (including the temperature check) electronically.]*

G. Preparation Areas

- The training field will be prepared by the staff to accommodate social distancing measures, including the following “personal prep stations”:
 - There will be a line of cones (6 feet apart) in an area to the side of the training field, with one cone assigned per participant (player, coach, etc.).
 - When a player arrives, a cone will be designated as his “personal prep station” for the duration of the training session. The player should place his bag, water bottles, towels, etc. at this cone.

H. PPE (Cloth Face Coverings)

- PPE used by players should be new or clean for each training session; and disposed of or thoroughly cleaned (e.g., re-usable cloth face coverings should be washed in warm/hot water using laundry detergent) after each training session.
- Provided all hygiene and social distancing measures are followed, PPE is not mandatory for players during training (i.e., when physically active).
- For players that choose to wear PPE while training, the following should be considered:
 - Discuss with your primary care physician if any medical conditions pre-dispose you to avoid the use of a face cover while participating in physical activity.
 - PPE should be breathable and not prevent or disrupt ventilation.
 - PPE should not obscure your vision.
 - PPE should not pose a risk to another participant.
 - PPE should be in good maintenance, at the responsibility of the individual.
- Each Coach and staff member will wear PPE at all times during training sessions.



Emergency PPE will be held in 2 places.

-Exam room in the ATC area

-the facilities office located in the first team area

- If multiple symptomatic people are reported in tandem, both these areas will be utilized.

I. For Parents and Guardians during training

- Parents and guardians are discouraged from attending training and should stay away from the training field.
- Accompanying parents and guardians are encouraged to stay in their cars or depart the area while their child is training.
- Note that anytime there is one coach alone with players, there should be one adult (designated staff member) observing from a distance, in accordance with the Safe Soccer Framework.
- Parents and guardians should not congregate together at training sessions and should follow social distancing guidelines at all times.

Prepare for no facility access, including bathroom

III. TEAM & INDIVIDUAL EQUIPMENT

A. Team Equipment

- The Staff will set up training fields with minimal equipment use to limit any potential transmission of viruses.
 - Players should not pick-up field equipment, move goals or handle other necessary training equipment.
- The Staff will ensure that all soccer balls are sanitized before and after each training.
- Players are not required to have an individual designated ball for training.



- the use of shared balls between players is allowed in foot drills with avoidance of the use of hands.
- Field players should not handle soccer balls with their hands unless wearing gloves.
- for goalkeeper training, soccer balls will not be shared between goalkeepers with one soccer ball assigned per goalkeeper. Goalkeepers should avoid spitting in their gloves.
- If the goalkeeper is involved in an activity with field players and using his hands, the goalkeeper's designated soccer ball(s) will be used.
- All field equipment (e.g., balls and cones) will be disinfected prior to the start of the session with anti-bacterial solution of at least 60% ethanol or 70% isopropanol.
- Where possible, team bibs will not be used.
 - in most instances, the Staff should provide advance notice to players to wear a specific training gear color.
 - If team bibs are used, they will be placed at personal stations ahead of player arrival and will only be used by the assigned player (i.e., not shared or rotated amongst players). Any team bibs used will be washed by the Staff after each training session.
 - The Staff may temporarily issue team bibs to players for a certain duration. Players would be responsible for bringing these bibs to training and washing them after training. Issued bibs will be clearly labeled and not shared or rotated amongst players during training.

B. Individual Equipment

- All participants should arrive to training sessions in their training gear.
- All individual training gear must be cleaned and disinfected by the player after every training session. This includes but is not limited to cleats, shin guards and headbands (if re-usable).
- For players who use mouthguards, once the mouthguard is placed in mouth, it should never be taken out during the training session to limit the transmission of bacteria and viruses.



- If a mouth guard has been in contact with hands or the floor/ground, the mouthguard must not be re-used until it has been washed thoroughly. Wash your hands thoroughly after washing the mouthguard.
- Players should not bring their own soccer balls.
 - Should the training session be structured whereby players must bring their own soccer balls, the player must ensure it is sanitized before and after training.
- Upon arrival home, players should immediately wash hands, bathe including washing hair, and launder/clean clothing used.

IV. TRAINING SESSIONS

A. Overview

- All training sessions will be held outdoors, and in compliance with social distancing guidelines.
- Players will not be permitted inside the training facility, including but not limited to the use of lavatories and/or locker rooms. Extraordinary exceptions, as determined by the in its sole discretion, may be made for rehabilitative and/or emergency treatment of sporting injuries. THIS INCLUDES BATHROOMS
- Players will be set up in individual spaces on the outdoor training field, large enough for players to be respectful of social distancing. The space provided will therefore be at greater than 6 square feet per player.
 - for example, an activity area for 6 players would be a minimum of 36 square feet.
- Coaches and/or staff will not be within 6 feet of any player.
- Progressions between training activities will be set up prior to players arriving to enable smooth transition and negate the need for players to move equipment. Players will not be asked to move or set up equipment.
- Outside of the run of play, no players should touch each other before, during or after training. This includes hugs, high-fives, or as part of training activities.

B. Hydration

- Players should clearly label their water bottles with their own name.



- Players should not touch anyone else's bottle.
- Each player should bring at least two drink bottles to a training session (e.g., 2 x 32oz bottles). This will limit the need to refill bottles onsite at the facility.
- Any water refill station at the training field will also have a handwashing station nearby or provide hand sanitizer to use before refilling your bottle.
- Water breaks during training will adhere to social distancing measures, with players making their way to their personal station, drinking only from their own bottle.

C. Communication during Trainings

- Team meetings during training sessions will not take place in confined or indoor environments. Such meetings will only take place in an open space and with all participants maintaining social distancing.
- Coaches will always wear PPE when communicating with players in person.

I. Training Facility Map

- a. NO FACILITY ACCESS AT THIS TIME (Including bathrooms)**

Circles denotes the locations for both isolation and emergence PPE if needed. The white circle is the exam room in the athletic training area, the grey circle is the facility office in the first team building. Both will be utilized in the occurrence of 2 symptomatic individuals.

II. Emergency Action Plan

- a. If an individual is *SYMPTOMATIC*, the athlete and the post season camp will be shut down.**

1. Symptom-based Option

- i. At least seventy-two (72) hours have passed since recovery (defined as resolution of fever (not on fever reducing medications)), and improvement of respiratory symptoms. At least ten (10) days since symptoms first appeared.**
 - ii. Is cleared by his/her Club medical staff.**
 - iii. Individuals should self-monitor for symptoms and seek re-evaluation from occupational health if respiratory symptoms recur or worsen.**
 - iv. Individuals in close contact will wear surgical masks at all times except during training**
- b. The Club will work with the local public health department to perform contact tracing for all close contacts and infected player/staff.**



c. CONTACT TRACING

i. Identification of close contacts is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

- **Determine start and end date of contact elicitation window**
- **Date of contact elicitation**
- **Total number of household contacts**
- **Total number of intimate partners (that do not reside with patient)**
- **Any other people in close contact, including coworkers**

For each close contact, query the following:

- 1. Full name and other names that they are also known as (AKA)**
- 2. Phone number**
- 3. Email address**
- 4. Address**
- 5. Setting where exposure occurred**
- 6. Date of most recent exposure and duration of exposure in minutes**
- 7. If household contact, underlying conditions which place them at higher risk for transmission and complications (if known)**
- 8. Ask patient about any community settings where may have exposed others**

ii. For each answer, ask the following:

- 1. Name and address of site or facility**
- 2. Specific area within facility (e.g., Room 208, living room)**
- 3. Date onsite**
- 4. Duration of time spent in each area within the facility**
- 5. Close contacts in each area**

d. High Risk Individuals

- i. All players, club and facility staff will complete a one-time questionnaire (pictured right) in order to help identify high risk individuals and track risk factors in the event of infection**
- ii. The purpose of assessing risk factors is to determine the patient's exposure history, and any high-risk occupation (e.g. health care personnel (HCP)) and/or congregate living or work settings (e.g. food processing plants, correctional facilities, long-term care facilities).**

Known contact with a confirmed COVID case



- iii. If the patient lives or works in a congregate setting, gather name and address of setting and whether it is correctional facility, dorm, group home, nursing home, homeless shelter, food processing plant, multi-family household, multi-generational or high occupancy household, etc.
 - iv. Mandatory Standardized Screening Questionnaire for players AND staff to be completed and sent before they leave their houses. It includes COVID-19 symptoms check, whether they have been in contact with someone who has been sick and daily movements outside the training protocol. Players and staff feeling ill/sick and/or reporting symptoms should NOT leave home and should immediately contact medical personnel. Players and staff will also be asked to check their temperature at home a minimum of 2 additional times (total of 3 daily readings)
 - v. Players/staff will arrive to the training facility and park in their previously designated spot. Players & staff will travel alone in their own vehicles.
 - vi. Upon arrival to facility and after being signaled by staff (visually and/or via text), Player/staff #1 will go to the medical check point wearing their masks where a medical staff member will be present to administer a temperature reading and further symptom check.
 - vii. Medical staff will dispose of gloves after interaction with players or other staff.
 - viii. At the check-in station, players & staff will sanitize their hands, get their temperature taken and proceed to the Field.
 - ix. Players will keep their masks on until they arrive at the field.
 - x. Player/staff #2 will follow the same protocol, parking in a designated spot and will remain in their vehicle until signaled by the medical team staff member that it is safe to proceed to the medical checkpoint (i.e., player arrival is staggered). All equipment used for the symptom checks will be cleaned and replaced following each player to prevent cross-contamination.
 - xi. If a player or a staff member gets sick or reports any symptoms, has a temperature, or shows any other signs of sickness while at the facility (or otherwise) they will be referred to the medical department. See EAP slides for specifics
 - xii. Any essential staff present at the facilities that will observe training will also maintain social distance from each other and the players, staying at least 10 ft outside the field while wearing face masks. Staff will be traveling alone in their own vehicle.
- e. Training Protocol
- i. Mask will be kept on until players & staff arrive at their field – at that point, players will remove the mask. Before leaving the field, players will re-apply face masks. Staff and coaches will have their face masks on at all times during training.
 - ii. Any permitted club training equipment present at training location will be cleaned and disinfected pre and post workout by a club staff member wearing appropriate PPE.



- iii. After training, players will depart in a manner following best social distancing practices. Player will put on his face mask and wait for the appropriate staff to signal them to proceed to the parking lot.

EAP

- f. In the event that a player or staff member who was previously cleared by the daily questionnaire AND temperature check station develops signs or symptoms of Covid-19 at the training facility:
- g. If the player or staff member is stable (mild symptoms or asymptomatic elevated temperature), he/she would be directed to his/her private car and will be contacted by the medical staff.
- h. If the player or staff member is unstable (severe symptoms, respiratory distress) requiring emergent on-site treatment, he/she would be transported to the designated isolation room ("the studio," see location on player movement flow slide) for further evaluation and management by team medical staff, or treated on the field as the situation dictates. EMS will be activated with transportation to Orlando Regional Medical Center (Level 1 Trauma) for further evaluation and management by team medical staff.
- i. Emergency PPE will be held in 2 places.
 - i. Exam room in the Academy ATC area
 - ii. the facilities office located in the first team area
 - iii. If multiple symptomatic people are reported in tandem, both these areas will be utilized.
- j. If any player reports signs or demonstrates symptoms of Covid-19, the team physician will be contacted immediately for further guidance and to begin the process of contact tracing.
- k. PPE available at the training facility for evaluation of a potential Covid-19 patient will include N95 masks, surgical gowns, nitrile gloves, and face shields. These will be stored in the medical treatment room and available for medical personnel to don prior to entering the designated isolation room.
- l. All other components of the EAP, including availability of AEDs outside of the facility for use by each field and equipment to treat exertional heat illness, will remain in effect.
- m. Following any potential Covid-19 exposure, all equipment utilized will be disinfected with a virucidal antiseptic spray or wipe (Whizzer or similar) while using appropriate PPE, in addition to the normal routine of equipment cleaning after each use
- n. Orlando Regional Medical Center (Level 1 Trauma) Emergency Department
29 W Sturtevant St, Orlando, FL 32806

III. Sanitation (There will be no building access during post season camp)

- a. All equipment and frequently used surfaces will be cleaned and disinfected before



players and staff arrive daily, and once again after all sessions of the day are over. After training, equipment and touching areas will be wiped down and sanitized by a club staff member, who will be wearing a facemask, gloves, and additional PPE if deemed necessary. A third cleaning will happen in the evening.

- b. Building Care of Orlando is the contracted vendor for janitorial needs at the training ground. The cleaning crew will clean and disinfect the facility starting at 5am each day, 7 days per week.
- c. All open areas in the facility, referenced at any point in this document (e.g., ALR, treatment room, gym, etc.) will be thoroughly cleaned according to the guidelines and standards under Appendix A, Section V of MLS Return to Play Protocol.
- d. Oxivir, a peroxide-based cleaner shown to be effective against the COVID-19 virus will be used to clean and disinfect all areas <http://www.diverseyvericlean.com/diversey-vericlean-system/products/disinfectants/oxivir-tb>

IV. Treatment Room (IF USED)

- a. Collect trash - Including Hazardous waste bin to be disposed of accordingly. Sanitize bin.
- b. Clean and disinfect all contact surfaces, high and low, including but not limited to: Sink, faucet and handles, counter tops, treatment tables, taping tables, door and door handles, drawers and handles, light switches, all treatment equipment.
- c. Sweep, mop & disinfect floors.
- d. Refill sanitizing station & paper towel dispensers.
- e. Lock all doors not marked as part of the Facility Flow Plan



Orlando City SC Training Center Highlights:

Initial club statement

- Forms that must be completed and returned to the club before participation
- Acknowledgement of protocols
- Medical clearance (team physician or PCP)

Practice: Daily Mandatory Survey

- **All players and staff must complete a daily questionnaire**
- **If not received within 4 hours of training the athlete cannot train**
- **Includes symptom checklist, 14 day travel history & symptoms of cohabitants**
- **Temperatures will be taken at home.**
 - *Any one who reports symptoms will be restricted from training until symptoms have resolved and proof of evaluation by a physician can be provided*

Arrival to Training:

- Athletes are required to wear a mask during the transition from car to field and back
- Only one player will be allowed at check in at a time.
- If a line should happen at check in, players should maintain social distancing.
- **Players & Staff will check in with an OCSC staff member and have their temperature taken at that time**
 - **A temperature of 100.4 or greater will cause a player to be referred for a medical referral immediately**
 - **Anyone (players or staff) reporting symptoms or having a temperature will be sent home immediately and restricted from training until cleared by a physician**
 - **Anyone (players or staff) who becomes symptomatic during training will be directed to the designated isolation area with appropriate PPE for medical staff will be available while our team physicians are contacted for advice.**

Facility Access

Participants:

- No building accesses
- No restrooms
- No locker Room
- Field and walkways only
 - Must bring their own water bottle, none will be provided



COVID-19 EAP

- Coaches/staff **MUST** wear masks
- Minimum staff requirements:
- 1 ATC on-sight at all times
- Symptomatic individuals will be quarantined in ATC office
- **If a positive exposure OR presumed positive is reported:**
 - **Must cease activity for 14 days**
 - **Symptomatic Individual will be asked to Covid AND Flu test at their own cost and but this testing is optional**
 - **Positive Exposure: a reported positive test result for any participant**
 - **Presumed positive: any reported symptoms without two negative tests AND without a negative flu test**
 - **If no testing confirms another source of symptoms, the individual is presumed positive**

1. Symptoms reported by a player/staff—immediate action:

- 1.1.1. Athlete is symptomatic we assume positive
- 1.1.2. The camp we shut down the camp immediately
- 1.1.3. The athlete is then asked to get tested at their own expense
- 1.1.4. Further action is based on the following specifics:

1.2. If Symptomatic Player/staff is confirmed with a non-COVID-19 result:

- 1.2.1. Athlete is symptomatic we assume they are positive.
- 1.2.2. Athlete will be removed from training.
- 1.2.3. Training sessions will shut down until further results.
- 1.2.4. Note: If player refuses to get tested following symptoms, we also assume they are covid positive. The same protocol applies.

1.3. IF Symptomatic/Staff player is confirmed COVID-19 Positive:

- 1.3.1. Athlete will be quarantined from the team.
- 1.3.2. The camp will shut down (14days)
- 1.3.3. The athletes and staff will do a daily survey at home to monitor symptoms.
- 1.3.4. After 14 days athletes will be allowed back to training.

2. Player/staff reports a positive COVID-19 test (asymptomatic):

- 2.1. All camp members are considered close contacts
- 2.2. The camp will shut down for (14 Days)
- 2.3. All staff and athletes will do a daily survey at home to monitor symptoms.

3. Player/staff is identified as a close contact of a COVID-19 positive individual

- 3.1. They will quarantine at home
- 3.2. Will be asked to get COVID-19 test at their own expense
- 3.3. The athlete will not be able to attend the camp for 21 days.
- 3.4. All other athletes/staff may continue to train

4. Coaches and Staff will undergo contact tracing for each incident to determine exposure risk to other groups and will be managed based on results.



Received and Acknowledged

Player Name

Player Signature

Parent/Guardian Name

Parent/Guardian Signature

Date