



Oklahoma Energy FC Return to Play Protocol

Fall/Winter 2020

OEFC takes the safety and welfare of our Players, Coaches, Families, and Staff very seriously. We are constantly reviewing the Federal, State and local government directives as they change. Based on current directives, we have compiled the following recommended guidelines for return to play this Fall. By following these guidelines together, we will best protect our players and their families while bringing the enjoyment of soccer back to the community.

The following applies to games and practices:

1. Parents, Players, Staff, and Spectators are to check their health and temperature prior to attending any event associated with Oklahoma Energy FC. **No one should attend if they are NOT feeling well, have a fever, or are currently under a quarantine.**

We ask that everyone follow CDC Guidelines regarding prevention of the spread of Covid-19.

2. As a highly at-risk demographic, we highly encourage parents, family, staff, and spectators over 65 years old avoid coming to any events for their own safety.
3. We highly encourage parents, family, staff, and spectators with high-risk underlying health conditions, such as heart disease, lung disease, and moderate to severe asthma, from coming to any events for their own safety. For a more detailed list of high-risk health conditions, please refer to the CDC Guidelines at www.cdc.gov.
4. Personal greetings and physical acknowledgement (handshake or hugging) have always been an integral part of the community which is a soccer team. Unfortunately, these types of measures are not consistent with current best practice social distancing requirements and must be actively avoided. OEFC players and coaches are asked to avoid engaging in the following activities during the practice and games at this time:
 - a. High fives, hugs, and/or other group celebrations.
 - b. The customary handshakes before and after the game with opponents, coaches, and referees.



5. Interaction with Player uniforms and equipment is to be restricted.
 - a. Players should not share water bottles and drink containers. This includes dunking water bottles into a cooler to refill the bottle.
 - b. Uniforms should be washed as soon as possible after the game.
 - c. Benches should be wiped down with a disinfectant prior to and after the game.
 - d. Soccer balls after the game or practice also sprayed with a disinfectant.
 - e. Shin guards and scrimmage vests should not be shared.
 - f. If they need to be shared, its recommended to spray them down with a disinfectant before sharing.

6. Parents and spectators.
 - a. Social distancing is one of the methods to reduce the spread of COVID-19. Parents and spectators are encouraged to provide POSITIVE cheering from the sidelines or vehicles. We will have the following restrictions in place for the safety of the players.
 - i. All members and families should follow Spectator Guidelines put in place at NOKC and ESC, which can be found at their websites, www.nokcsoccer.com and www.edmondsoccer.com respectively. Additionally, we request that all spectators watch practice sessions from their cars, to limit the amount of people at the complex.
 - ii. As Teams begin participating in indoor Winter events, please familiarize yourselves with the policies and protocols of the facilities that are hosting the events. Please follow these policies to ensure a safe environment for all.
 - iii. Please provide a minimum distance of 6' on the sidelines between spectators. There may be marking on the sidelines indicating 6' distances to look for as a reminder.
 - iv. If bleacher seating is open and spectators are sitting in bleachers, please practice social distancing. Be aware that ESC and NOKC may not allow seating in bleachers at their facilities. Please arrange to bring your own seating.
 - v. Vehicles are excellent and comfortable sitting areas to watch games.
 - vi. Protective Face Masks (covering nose and mouth) are strongly recommended for spectators watching from the sidelines in groups at this time.
 - vii. Every Complex will have specific guidelines with regards to restrooms to best ensure the safety of our members and provide adequate



- opportunities to thoroughly clean the facilities throughout the day.
Please research these rules prior to coming to the complexes.
- viii. Hand Sanitation Station will be available at both NOKC and ESC. Please familiarize yourself with their locations to use upon entering the grounds and leaving the grounds.

Many of these required and recommended protocols are common sense. With that being said, if any player is not comfortable with returning to play, they should not return until they do feel comfortable. That decision will not be held against a player or family and will not affect their place on the team.

We recognize circumstances are fluid at this time, and as they change our requirements and recommendations will be adjusted accordingly. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities.



Potential or Known Exposure to COVID-19 Protocol

If any player, coach, family member, or spectator (“individual”) has any direct contact with or contracts COVID-19, they will need to follow the below requirements before attending any OEFC events or activities.

“Direct contact” is defined as being around someone known to be positive for COVID-19 for a total of 15 minutes or longer within 6 feet and while unprotected (no mask or face covering).

DIRECT CONTACT - If an individual has direct contact with someone who is COVID-19 positive, they are to quarantine from all OEFC activities, take their temperature twice a day and monitor for symptoms. Those individuals can only return to OEFC activities and events after 7 days have passed and they have obtained a negative COVID-19 test result after the 7th day.

If COVID-19 testing is not done: 1) the individual must continue to quarantine for 14 days from the date of the direct contact/exposure and only return if symptom free; or 2) obtain a release from a physician stating the individual may safely return to OEFC activities.

POSITIVE W/ SYMPTOMS - If an individual has COVID-19 (has symptoms and test was done which was positive), they can only return to OEFC activities after:

1) it has been 10 days or longer since symptoms first appeared;

and

2) they have gone at least 24 hours with no fever without fever-reducing medication;

and

3) all symptoms of COVID-19 have completely improved.

POSITIVE W/OUT SYMPTOMS - If an individual is without symptoms but has had a COVID-19 test done which was positive, they can only return to OEFC activities 10 days after the date the positive test was done as long as they remain free of all symptoms of COVID-19.



Please Note, OEFC will not accept POC (point-of-care) quick result tests due to reliability concerns. All COVID-19 tests must be PCR (polymerase chain reaction) - which are done by most doctor's offices and sent off to a lab for testing.



EXHIBIT A, OEFC - SAFE RETURN TO PLAY COVID-19 QUESTIONNAIRE

Please complete this Questionnaire to ensure that you are free from COVID-19 symptoms and pose limited risk to others.

- 1) Are you currently diagnosed with or believe you may have been infected with COVID-19?
- 2) Have you had any of these symptoms of COVID-19 in the past 10 days?
 - A high temperature (fever of 100° F)?
 - A new, continuous cough?
 - A new, unexplained sore throat?
 - A new, unexplained shortness of breath?
 - A new loss of taste or smell?
- 3) Have you been in contact with a COVID-19 confirmed or suspected case in the previous 14 days
- 4) Do you have any underlying health conditions as referenced by the CDC that may put you in a Higher Risk Health Category?

If you answered YES to any of these questions, you should stay at home and not attend OEFC team activities on this date.