



EMZEE FOOTBALL CLUB (Reg No: 8955/2016)

Team works make the dream work

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OUR RETURN-TO-PLAY POLICY (COVID-19)

EMZEE FC is pleased to announce a return to soccer practices. Of course, we will be taking all possible precautions and following local and national Covid-19 guidelines to minimize exposure and establish safe soccer practices. With these been highlighted, Emzee fc has developed a Return-to-Play guidelines that will be in accordance to the Malaysian Government and Ministry of health's guidelines. Implementing these Guidelines will require a cooperative relationship between our Club, Coaches, Parents and Players.

While the club and coaches create a safe environment, the parents must also make sure that they and their child are safe and have not been in close contact with any positive cases. We need to work together to create a safe space for our players so accountability and transparency is key.

EMZEE FC takes the safety and welfare of our Players, Coaches, Families, and Staff very seriously. Based on current directives, we have compiled the following recommended guidelines for the 2022 season. By following these guidelines together, we will best protect our players and their families while bringing the enjoyment of soccer back to the community.

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

RETURN TO PLAY PROTOCOL

We encourage anyone coming to the EMZEE FOOTBALL CLUB training ground:

- Maintain 6 feet distance from others.
- Wear a mask if unable to maintain physical distance.
- Wash hands thoroughly and frequently.
- Hand sanitizer stations will be used through the practice session and players are encouraged to bring their own.
- Drop children off at their practice field, minimal contact with other players and parents is appreciated.

GENERAL

1. All Staffs and Players must have completed their 2 doses of the Covid-19 Vaccines.
2. Staffs and Players are not allowed to wear the face mask on the field while training is going on.

PARENTS/CHILD DUTY (PCD)

The safety of our coaches, players and families is our top priority. If a moment happens that requires social distancing protocol to be broken (emergency care), we will do it in the safest possible manner.

- ❖ If you/your child are sick or have symptoms of an illness: STAY HOME.
- ❖ Parents must advise the coach if any possible exposures have occurred in the team, training or club environment.
- ❖ Parents (not the player) should communicate with the coach and or Emzee Football Club.
- ❖ Absolutely no spitting.
- ❖ Avoid touching your eyes/mouth/nose as much as possible.
- ❖ No player is to handle another player's equipment.
- ❖ Every player must bring their own water bottle to practice.
- ❖ Please bring your own ball to every practice.
- ❖ Shirts must be worn at all times.
- ❖ Sanitize your ball before and after practice.
- ❖ Wash your player's training gear after each training session.
- ❖ Parents of U14 children and below are encouraged to remain at practice while maintaining 6ft social distancing for a few reasons:
 - Coaches would prefer not to touch or assess a player should they get injured. We also hope that parents will join us in making sure that children are keeping an appropriate distance whenever possible and following the rules we put forth. If parents must leave, please stay within a reasonable distance in preparation for being called upon.
- ❖ Players that struggle to play by the rules will be asked to leave.
- ❖ Report to coaching staff if your child/Player:
 - Has symptoms of Covid-19.
 - Fever of 37° or higher.
 - Contact with anyone suspected/confirmed to have/had Covid-19 in the past 14 days.
 - Traveled in the past 14 days internationally, by cruise ship, or any public transportation.

Parents/players will need to complete screening which includes answering a questionnaire (in person or online) and getting their temperatures checked by the coaches prior to every practice/training/game.

COACHES:

- ❖ If a coach is sick, has been in contact with someone who has been exposed or has symptoms of any type of illness: STAY HOME.
- ❖ Maintain 6 feet distance from others.
- ❖ Avoid activities involving high levels of group interaction (ex: team huddles).
- ❖ Avoid general physical interaction including “high fives”.
- ❖ Sanitize sports or exercise equipment after each training session. Only coaches touch training aids - cones, flags, gates, etc. Coaches keep their own equipment, whenever possible.
- ❖ Player equipment and water will be staged at least 20’ apart from each other.
- ❖ Clean and disinfect bathroom facility.
- ❖ Coaches must keep a record of attendance. Prior to starting a session coach must review the protocol and ask if anyone is experiencing symptoms.
- ❖ Set up cones or stations for each individual to be seated and put their bag or personal items.
- ❖ Ensure that everyone wear masks when not physically active.
- ❖ Coaches training plan is prepared to make use of exercises which maintain physical distancing.
- ❖ If a player is injured and a coach needs to evaluate the player in close contact, the player and the coach will wear a mask. Coach will wear gloves if player evaluation involves touching the hands, neck or head.

FAQ

1. What is CLOSE CONTACT?

For COVID-19, a Close Contact is defined by the MOH as, any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

<https://covidprotocol.moh.gov.my/kontak-rapat/>

2 If a player on a team tests positive for COVID-19, does the entire team (if they have been in Close Contact with that athlete) need to quarantine for 14 days?

Immediately excuse the team from any activity at least for a few days. And Players/Staffs must carry out a Covid-19 Self-test that must be recorded. Keep attendance to aid in their tracking, if needed. Individuals who recently had Close Contact with a person with Covid-19 should follow MOH guidance for when you can be around others which can be found at <https://covidprotocol.moh.gov.my/kes-positif/>

3 What to do when a player on a team shows symptoms of COVID-19?

- ❖ Immediately excuse the player from any activity.

- ❖ Player can return to activity after 10 days since symptoms first appeared and other symptoms of COVID-19 are improving, Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
- ❖ Player should consult their healthcare provider. Healthcare provider could recommend testing and can let the player know when he/she could resume being around others based on the test results.
- ❖ **If the player tests positive, refer to question #2.**

4 What to do when a player's family member shows symptoms of COVID-19 or tests positive?

Symptoms may not necessarily mean the whole household is positive, but it is good to get tested. Excuse the player from activity and recommend his/her family reach out to their health care provider. **Follow the guidelines specified in #2 and #3 as they fit and find appropriate.**

And if any Coach/Staff/Player feels unwell please refer to:
<https://covidprotocol.moh.gov.my/rasa-tidak-sihat/>

Additional information

Team administrators and coaches will help monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection for the players and the club.