

# VSA Recreation Return to Play Protocol

Guidelines and Implementation



**#AlwaysMovingForward**





# VSA Return to Play Protocol

## Table of Contents

---

Page 3	COVID-19 Return to Play Sources
Page 4	Roles and Responsibilities
Page 5	Symptoms Check and Reporting
Page 6	Policies to Reduce COVID-19 Risk
Page 7	General Hygiene Recommendations
Page 8	Symptoms of COVID-19 Infection
Page 9	What is Social Distancing?
Page 10	Safety Guidelines
Page 11	Waiver Examples





# VSA Return to Play Protocol

## COVID 19 Return to Play Sources

To view the sources that VSA have used to create a Return to Play Protocol please click each picture



**VIRGINIA & DISTRICT OF COLUMBIA YOUTH SOCCER ASSOCIATION**

### RETURN TO PLAY GUIDELINES

Period: May 15th - June 10th

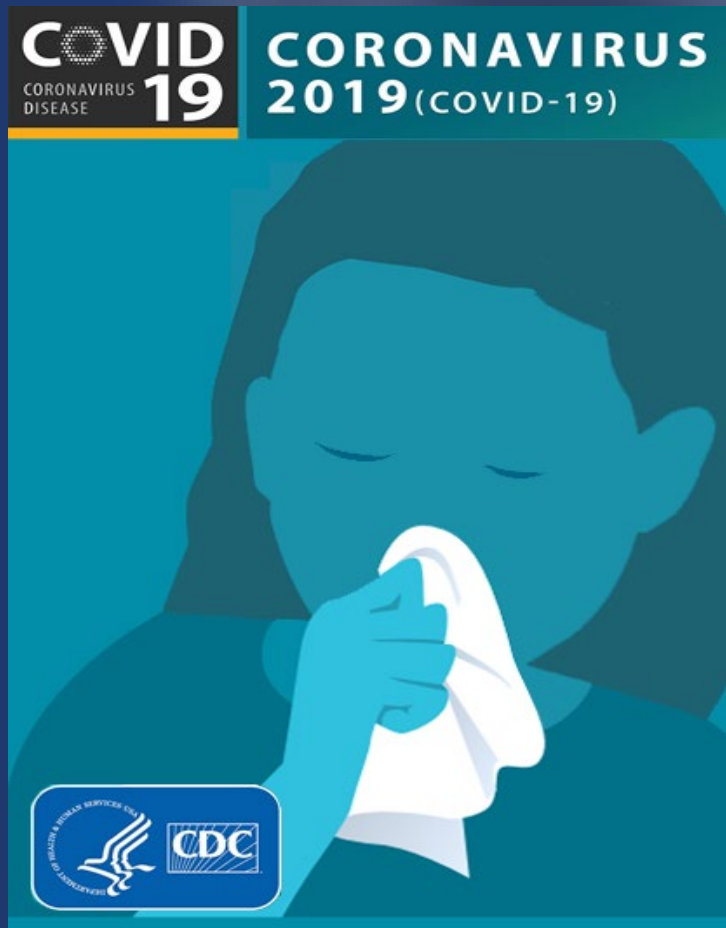
The knowledge and circumstances around COVID-19 are changing constantly and Virginia Youth Soccer Association makes no representation and assumes no responsibility for the completeness of this information. This document should be referenced as a guide and should in no way be your sole source of information. These guidelines address only early phases of return-to-play and follow the Virginia State Executive Order 51 as amended on May 8th as "Easing of Business Restrictions". Additional guidelines will follow after June 10th when our State provides additional guidance.

Phase 1 Guidelines (Begin May 15th and continues to June 10, 2020) Based on Virginia State Executive Order 51 "Easing of Business Restrictions" dated May 8th, 2020

*\*THIS ORDER DOES NOT INCLUDE THE FOLLOWING AREAS PER GOVERNOR NORTHAM'S COMMUNICATION AS FOLLOWS: "Governor Northam had directed those jurisdictions to formally request approval to remain in Phase Zero. Officials in the counties of Arlington, Fairfax, Loudoun, and Prince William; the cities of Alexandria, Fairfax, Falls Church, and Manassas Park; and the towns of Dumfries, Herndon, and Vienna (Northern Virginia Region) requested to remain in Phase Zero. The city of Manassas and the town of Leesburg, Accomack County and the City of Richmond are included in the delayed implementation as well."*

#### Phase 1 "Easing of Business Restrictions" Section 5 Fitness and Exercise Facilities (Outdoor Only)

- Focused on return to activity with individual training; no group drills
- No contact
- Groups not to exceed 10 participants per field including coaches
- No sharing of water or equipment
- Participants must remain a minimum of 10 feet apart
- No spectators, parents should remain in vehicles
- Coaches must wear masks at all times, must launder them daily, and must sanitize hands every time they touch them
- Hand sanitizing stations must be available
- Encourage players to wear masks, although they may be removed during play
- Practice times should be set to maximize social distancing. Ideally 15 minutes in-between sessions to allow for one group to leave the area before the next arrives.



## RETURN-TO-PLAY 5 PHASES OVERVIEW

**U.S. SOCCER PLAY ON**

- Phase 0: Stay and Shelter**  
Duration: Based on state and local regulations  
• BEND THE CURVE. STAY AT HOME.  
• No organized trainings or competitions  
• Consider virtual options
- Phase I: Individual and Small Group Training**  
Suggested Duration: 4-6 weeks  
• State and/or local stay and shelter regulations lifted  
• Recommend small group trainings with max of 9 players and 1 coach  
• Maintain social distancing  
• COVID-19 prevention protocols in place
- Phase II: Full Team Training**  
Suggested Duration: 3-6 weeks  
• Full team training allowed  
• Continue to maintain social distancing  
• COVID-19 prevention protocols in place  
• Allow 3 weeks for COVID-19 tracking purposes
- Phase III: Full Team Competitions**  
Duration: Indefinite  
• Full team competitions can occur  
• Continue COVID-19 mitigation strategies  
• Consider only local and single-day competitions  
• Large events guided by local/state public health authorities
- Phase IV: No Restrictions**  
• COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.  
• Please refer to [www.recognizetorecover.org](http://www.recognizetorecover.org) for general health and safety recommendations from U.S. Soccer.

\* Across the country, clubs in different regions will be operating under differing state & local regulations and may be in different phases. All phases must be compliant with your region's regulations.

# #AlwaysMovingForward





# VSA Return to Play Protocol

## Roles and Responsibilities

Implementing VSA's Return to Play protocol on June 15 requires a collaborative effort among coaches, parents and players. Each of us must be diligent at enforcing and following these protocols for the health and safety of our players, coaches, staff and their families.

We understand that players enjoy interacting with their teammates, but it is imperative that every player understands, adheres to and respects the social distancing requirements and no-contact guidelines that have been established.

#We are VSA, and we are all in this together!

VSA	Coach	Parent	Player
<ul style="list-style-type: none"><li>• Distribute and post Return to Play protocols</li><li>• Be understanding and respectful to parents that are uncomfortable with their child returning to play</li><li>• Train and educate all staff on Return to Play protocols</li><li>• Provide adequate field space for social distancing</li><li>• Ensure appropriate waste receptacles are located at fields</li><li>• Provide hand sanitizer stations</li><li>• Manage COVID-19 reporting and communication</li></ul>	<ul style="list-style-type: none"><li>• Follow all Return to Play protocols</li><li>• Inquire how players are feeling - If they are not feeling well, send them home</li><li>• Ensure all players have their individual equipment (ball, water, shin guards, etc.)</li><li>• Each Coach is the only person permitted to place/pick up/touch cones, discs or training equipment</li><li>• Ensure drills/exercises meet social distancing requirements</li><li>• Disinfect equipment after each use</li><li>• Respect players, parents, and families by accommodating those that may not yet be comfortable with returning</li></ul>	<ul style="list-style-type: none"><li>• Do not send your child to training If you are not comfortable with him/her returning to play</li><li>• Make an informed decision when and if your child returns to play</li><li>• Check child's temperature prior to every training session</li><li>• Ensure child's clothing is washed after every training session</li><li>• Ensure all personal equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training session</li><li>• Notify club/coach immediately if your child becomes ill for any reason</li><li>• Supply your child with individual sanitizer and plenty of water</li><li>• Adhere to social distancing requirements; stay in your vehicle</li></ul>	<ul style="list-style-type: none"><li>• Do not attend training If you are not comfortable with returning to play</li><li>• Adhere to all Return to Play protocols</li><li>• Wash hands thoroughly before and after training</li><li>• Wash and sanitize your training equipment (shoes, shin guards, clothing) after every training</li><li>• Do not share water, food or equipment</li><li>• Respect and practice social distancing when entering and exiting the fields</li><li>• Place equipment, bags, etc. at least 10 feet apart</li><li>• No high 5's, handshakes, knuckles or group celebrations</li></ul>





# VSA Return to Play Protocol

## Check for Symptoms and Reporting

---

### CHECK FOR SYMPTOMS

- If you are sick, feel sick, or may be sick, stay at home!
- Parent's must check your child's temperature before coming to any practice session. If the temperature is over 100.4 do not bring your child to practice.
- Any coach, player, parent/guardian or driver who displays symptoms suggesting that the individual may be ill will be prohibited from attending practice. These symptoms include a persistent cough, a fever or any other indications of being ill (including cold, flu, or suspected COVID-19).
- Anyone that displays any of these symptoms will politely be asked to leave. A player who is displaying any of these symptoms will be safely isolated until a responsible adult can remove the minor.

### REPORTING AND COMMUNICATION FOR COVID-19 EXPOSURE

- Staff members and coaches are required to report if they test positive for COVID-19, are suspected of being positive for COVID-19 or have been directly exposed to someone who has tested positive for COVID-19.
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID-19 or has been directly exposed to someone who has tested positive for COVID-19 is required to report to VSA Director of Operations, Alex Saunders.  
→ **Contact information for Alex Saunders – [asaunders@vsaonline.org](mailto:asaunders@vsaonline.org)**
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous.
- The club will notify the local health department in the event of a confirmed COVID-19 case. In addition, the club will cancel all practices associated with the team/coach for up to 14 days.
- Once notified that an individual who has tested positive for COVID-19 has been in close proximity (within 6 feet) with any staff member or player, those staff members and players must adhere to the following protocol.
  - Notify their primary physician.
  - Begin in-home isolation for a 14-day period.
  - Discontinue in-home isolation if they undergo testing and the test result is negative.
- Before a staff member or player who has tested positive for COVID-19 can return to practice, the following conditions must be met:
  - A minimum of seven days must pass before the original onset of symptoms.
  - A minimum of 72 hours must pass without symptoms and without the aid of fever-reducing medications.
  - The staff member and player must attain a negative COVID-19 test result.





# VSA Return to Play Protocol

## Policies to Reduce COVID-19 Risk

---

### VSA POLICIES TO REDUCE THE RISK AND SPREAD OF INFECTION:

When we return to play, new health and safety measures will be enforced to minimize COVID-19 infection risk and protect our players, coaches and families. These new policies include:

- Players may not share water bottles, equipment or training gear.
- Players without their own water bottle that is clearly labeled will not be permitted to train or play.
- Water stations will not be provided.
- Players and coaches will not be permitted to shake hands, high five, etc.
- Players are expected have hand sanitizer in their bags at all times and apply before and after each session.
- Pinnies must be washed after each use and may not be shared between uses.
- Players and coaches must adhere to social distancing guidelines.
- Spitting will not be permitted.
- Bathroom facilities will remain closed until deemed safe for re-opening.
- Social distancing practices will be incorporated into trainings, games and sidelines (for players and parents).
- Prior to participating, all families must sign a form acknowledging that they have read this document and agree to abide by its contents.
- Player contact will be limited during Phases 1-3 (outlined on page 4) to limit each player's exposure and risk.
- Screening and sanitization measures will be adopted.





# VSA Return to Play Protocol

## General Hygiene Recommendations

---



Source: ECNL Recommendations for returning to play in a training environment

### **General hygiene practices to reduce the risk of spread of infection:**

- ✎ Avoid touching your face.
- ✎ Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- ✎ Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- ✎ Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- ✎ Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- ✎ Avoid contact with other individuals (shaking hands, for example).
- ✎ Maintain a distance of 6 feet between you and others.
- ✎ Stay home if you feel sick and contact your health care provider

**#AlwaysMovingForward**





# VSA Return to Play Protocol

## Symptoms of COVID 19



### CORONAVIRUS DISEASE 2019 (COVID-19)



**Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include**

- Fever
- Cough
- Shortness of breath

**\* Symptoms may appear 2–14 days after exposure. Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**

[www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms)

### Symptoms of COVID-19 Infection:

Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening.

The most common symptoms associated with infection include:

- ↳ Fever (  $\geq 100.4$  degrees F)
- ↳ Cough
- ↳ Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- ↳ Sore throat
- ↳ Congestion
- ↳ Nausea and vomiting
- ↳ Diarrhea
- ↳ Headache
- ↳ Muscle / joint pain
- ↳ Sudden loss of taste or smell
- ↳ Chills

**#AlwaysMovingForward**







# VSA Return to Play Protocol

## What is social distancing?



Source: CDC – Social Distancing Guidelines and Recommendations

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6-10 feet from other people
- Do not gather in groups
- Stay away from crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools to avoid being exposed to this virus and slowing its spread.

### Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

**#AlwaysMovingForward**





# VSA Return to Play Protocol

## Safety Guidelines

---



- Each player will have his or her own station to place their things on each field.
- Once in the staging area, coaches will be instructed to ask players 3 pre-session screening questions
- All players must bring their own equipment (ball & water) sharing will not be permitted.
- Staggered Practice and Game times to limit number of players on the field.
- Game Locations for U10/U12 Long Park & Gravelly Elementary School
- No pennies, Players will be assigned to wear their Red or Blue game jersey to each game by the coach. \*It is STRONGLY recommended that you bring both jerseys to each game
- On field Sensitization Stations for Game Days
- Coaches required to sanitize equipment between each practice (VSA will Provide Cones and 2 balls, NO PENNIES)

**#AlwaysMovingForward**





# VSA Return to Play Protocol

## Assumption of Risk Statement

---

Training for and playing soccer carries with it certain risks that cannot be eliminated regardless of reasonable care taken to mitigate such risks. Soccer is a vigorous team sport involving severe cardiovascular stress, exertions of strength using various muscle groups, quick movement involving speed and change of direction, and potential contact with equipment, fixed objects, and other participants (including participants that are older or younger and may be larger or smaller in terms of height and weight).

The specific risks vary from (1) minor injuries such as cuts, bruises, muscle strains or sprains, to (2) major injuries such as broken or fractured bones, concussion or lost teeth, to (3) catastrophic injuries, such as heart attacks or fractured skull or those that cause disfigurement, loss of mental capacity, loss of sight, speech or hearing, paralysis or death. Participants may also be exposed, or expose others, to contagious and potentially harmful or deadly diseases such as influenza, common cold, chicken pox, meningitis or measles. This risk includes exposure to COVID-19, the virus that causes the coronavirus disease.

In addition, Participants may also be exposed to risks while travelling for club activities including vehicular accidents and those risks arising from hotel stays; exposure to large crowds; and exposure to risks related to the receipt of treatment for any physical or mental condition.

By signing this statement the Participant and his or her Parent/Guardian acknowledge that they have (1) read the previous paragraph (2) understand the nature of the activities offered by Virginia Soccer Association; (3) understand the demands of those activities relative to the physical condition and skill level of Participant; (4) appreciate the types of injuries and illnesses that could occur and (5) understand the risks related to travel and treatment which may occur as a result of participation with the VSA.

Participant and Parent/Guardian hereby acknowledge that participating with VSA and use of facilities utilized by VSA and services is voluntary, and that Participant and Parent/Guardian knowingly and expressly assume all related risks.

---

Player Name

---

Date

---

Legal Guardian Signature

---

Printed Name

\*This form will be completed when registering for the Waiver Program through your Demosphere account.





# VSA Return to Play Protocol

## Acknowledgement of Return to Play Protocol

---

VSA has published a comprehensive Return-to-Play Protocol, which is available at [www.vsaonline.org](http://www.vsaonline.org) or by request from any Club Representative.

Every member must acknowledge they have read and understand the Return-to-Play Protocol and commit to adhere to the protocols established in the plan prior to attending any in-person team activities.

### VSA Member COVID-19 Return-to-Play Acknowledgement and Consent

- I declare that I have read, fully understand and agree to comply with VSA's Return-to-Play plan.
- I am aware and understand details of future stages of the return-to-play will be released prior to advancing that stage. I will review and adhere to these protocols as they are released.
- I agree to honestly follow the at home pre-training responsibilities prior to every team function and keep my child home from any team function when experiencing any symptoms of COVID-19.
- I agree to following the notification protocols and consult a physician when experiencing any symptoms of COVID-19.
- I agree to have my child answer honestly to any pre-training screening before every team function.

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Legal Guardian Signature

\_\_\_\_\_  
Printed Name

\*This form will be completed when registering for Little Gunners/Rec/SFL through your Demosphere account.

