

VSA Return to Play Protocol

Phase 2



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VSA Return to Play Protocol

Action Plan – Schedule

Monday, June 15, 2020: Phase 1 Voluntary Return to Play

- Training includes 45 minute sessions with 15 minute transition between groups (1 hour time blocks) starting Monday June 15, 2020
- Training is VOLUNTARY; non-participating players will not be penalized
- If your child has an immune system condition, follow state and CDC guidelines
- Players may attend 1-2 sessions per week
- Players must register in advance by age and gender
- Training will be no more than 9 players and one coach
- Fields will be limited to 2-3 teams at a time
- Saturday, June 27 will be last day of Voluntary Return to Play
- No Training the week of June 29- July 4, 2020 to re-evaluate and prepare for Phase 2

Monday, July 6, 2020: Phase 2 Modified Team Training

- Training includes 60 minute sessions with 15 minute transition between groups (1 hour-15 minute time blocks) starting July 6, 2020
- Players attend 2 sessions per week
- Coaches will reach out to players and assign team training days/times
- Training will be no more than 19 players and one coach
- Fields will be limited to 2 teams at a time
- Players with immune system conditions must follow state and CDC guidelines
- Saturday, July 25 will be last day of Phase 2 training for VSA
- Monday, July 27 – Friday July 31 will be fitness testing and programming for VSA players
- Saturday, August 1 is the projected end date for Phase 2 Club Programming

Monday, August 3, 2020: Phase 3 Team Training

- Training includes 75 minute sessions with 15 minute transition between groups (1-1/2 hour time blocks)
- Travel players are required to attend 3-4 sessions per week
- Coaches assign players specific days/times for training with his/her assigned team
- Entire team practices together

Weekly Calendar

June 15-20: Phase 1 Voluntary Training Sessions
June 22-27: Phase 1 Voluntary Training Sessions
June 29-July 4: Phase 1 Re-evaluation (no training this week)
July 6-11: Phase 2 Modified Team Training
July 13-18: Phase 2 Modified Team Training
July 20- 25: Phase 2 Modified Team Training
July 27- August 1: Phase 2 Fitness Testing/Team Training
August 3-7: Phase 3 Team Training
August 10-14: Phase 3 Team Training (Continued forward)

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VSA Return to Play Protocol

June 15 – Phase 1 and 2

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





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 for Alex Saunders – 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

9 Step Guide

Arriving at Field / Pre-Session

Step 1

Before attending training, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F) along with completing pre-session screening questions

- Have you had any close contact with a sick individual or anyone with a confirmed case of COVID-19?
- Have you had a documented case of COVID-19 in the last 14 days?
- Are you currently having or suffering from any ill symptoms?

If a player answers yes to any question or exhibits ill symptoms, he/she will not be permitted to train.

Step 2

Arrive at field and stay in vehicle until 5 minutes before start time. Parents/Guardians must stay in vehicles. No spectators are permitted anywhere in the park, even at a distance. In the unlikely scenario of a serious non-conflict injury, a parent/guardian will be called to the field to assist with player.

Step 3

Players must walk to field entrance point keeping 10 feet apart from any other player/coach maintaining social distancing guidelines provided by State of Virginia.

Step 4

No more than 5 minutes before his/her training session, players must wait outside of the field in clearly marked spots 10 feet apart until instructed to enter the field.

Entering Field / Session

Step 5

A VSA representative will meet players at the entrance point of each training session. Maintaining 10 feet of social distancing, players will enter the field one at a time. All sessions will be staggered and there are multiple entry and exit points to reduce contact between sessions. *See map on follow slide for reference.*

Step 6

Each player will be asked the following questions prior to being allowed to enter training:

- Have you had any close contact with a sick individual or anyone with a confirmed case of COVID-19?
- Have you had a documented case of COVID-19 in the last 14 days?
- Are you currently having or suffering from any ill symptoms?

If a player answers yes to any question or exhibits ill symptoms, he/she will not be permitted to train.

Step 7

Players will enter field and place their water/backpacks 10 feet apart from other players. Players will keep 10 feet social distancing throughout session including water breaks. Players are not permitted to handle other player's equipment (balls, cones, etc.)





VSA Return to Play Protocol

9 Step Guide

Exiting Field / Returning to Car

Step 8

At the conclusion of the training session, coaches will direct players to exit the field at specified exit point. Players leaving field must maintain 10 feet social distancing and will connect with parent/guardian in their vehicle. Parents are not permitted to exit their vehicles except in an emergency.

Step 9

Players will follow general recommendations before and after session





VSA Return to Play Protocol

Phase 2 Updates

TRAINING ENVIRONMENT

- Team training is set based on expected roster.
- The team may do individual exercises, group exercises, fitness exercises, or team tactical exercises. (All Sessions must be approved by Directors of Coaching)
- All activities must be developed with adherence to social distancing to mitigate incidental contact.
- Spitting is strictly prohibited.
- Goalkeeper-specific training is permitted.
- Heading is not permitted.
- Players should avoid physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 10 feet to reduce the risk of disease transmission.
- All VSA Coaches are expected to wear mask from Car to field
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

EQUIPMENT:

- Surfaces that may be contacted and shared by players (benches, balls, for example), must be disinfected before and after use.
- Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Pinnies are permitted, but are single use and must be washed before used by another player.
- Players are required to bring their own equipment (hand sanitizer, water bottle, training, sunscreen, towels, etc.) such that no equipment is shared between players.
- Face mask use by players and coaches is not required but may be worn at the individual or his/her parent's discretion.

FACILITIES AND TRAINING GROUNDS:

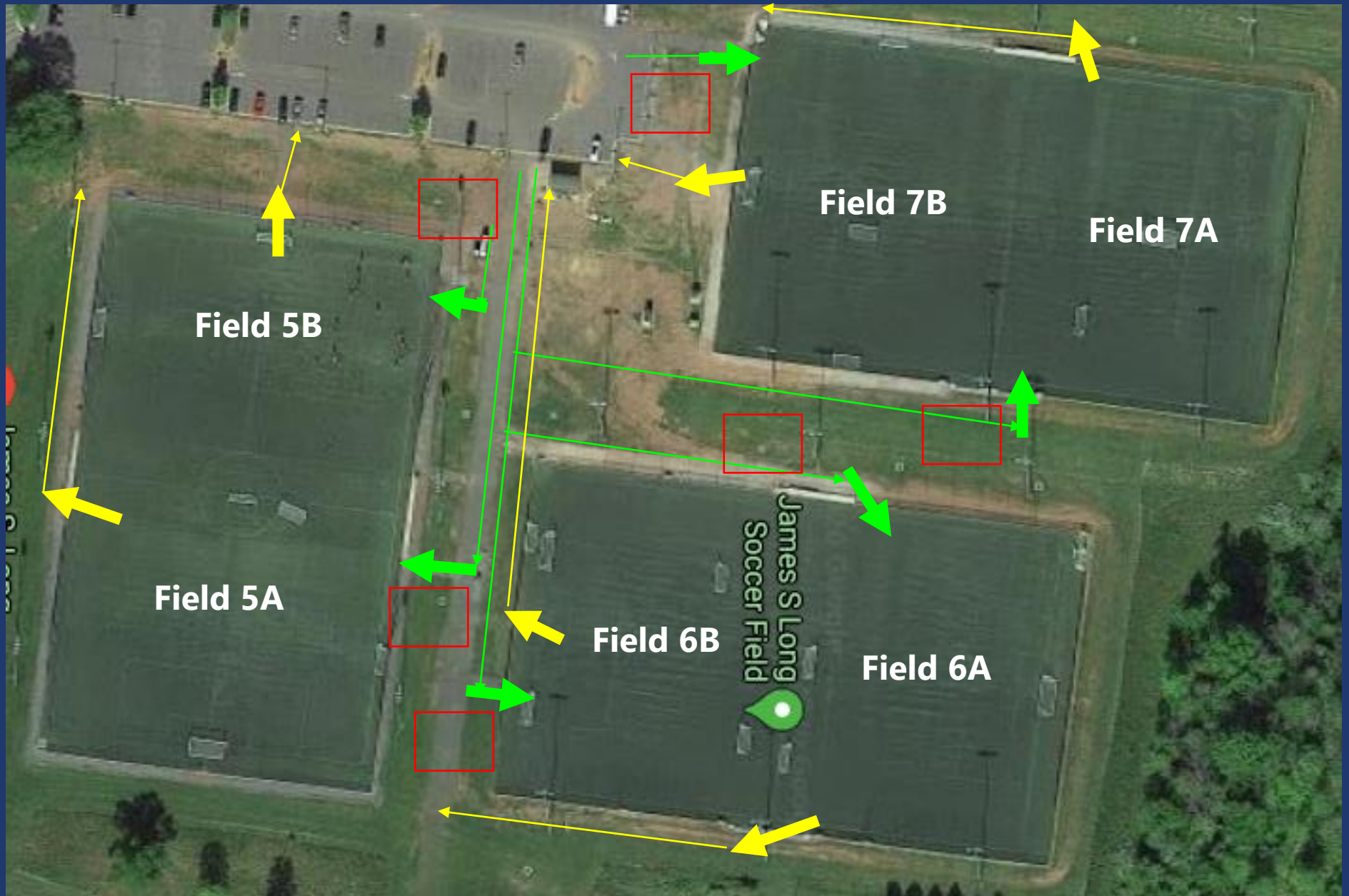
- Port-a-johns are available for emergency use. Apply hand sanitizer before and after usage.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. VSA WILL CONTINUE TO MANDATE PARENTS STAY IN CARS
- Player "bench areas" must be arranged in order to accommodate social distancing practices.
- Hand sanitizer shall be readily available at all training sessions; however, each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.





VSA Return to Play Protocol

Entrance and Exit Guidelines



Entrance to Field



Exit From Field



Staging Area

Guideline 1

All sessions will be staggered to reduce contact between incoming and outgoing players

Guideline 2

Parents must park in a lined parking spot and players must exit their vehicle and walk to field on their own (one parent is permitted only if necessary with younger players) maintaining social distancing

Guideline 3

When arriving at entrance and awaiting coach – DO NOT GATHER in groups maintaining social distancing guidelines. A staging area with clearly marked spots 10 feet apart will be provided and monitored by a VSA representative.

Guideline 4

Field entrance and exit areas will be sanitized before and after session.

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