

COVID 19 – January 27th Updates

VSA Members,

Please take time to read through the following document to see COVID-19 related updates for the 2021 season.

Phase III: Full Team Competitions

Please note that this is a **TEAM EFFORT** between coaches, players, and parents. We cannot complete these protocols without the **INDIVIDUALS'** responsibility to adhere to the guidelines set forth by VSA. We will be monitoring fields to make sure that all parties follow guidelines set by the club. **INDIVIDUALS** and **TEAMS** that are unable to follow these guidelines will be putting the continued progress at risk of reverting to earlier phases.

Core features

- Full team competitions can occur
- Continue with COVID-19 mitigation strategies
- Consider local and single day competitions
- Large events should be guided by local and/or state public health authorities

January 27, 2021: Phase 3 Team Training / Local Competition

- Training includes 60–90 minute sessions with transition time between groups (1-1/2 hour time blocks)
- Travel players are required to attend 2-4 sessions per week
- Club assigns players specific days/times for training with his/her assigned team
- Entire team practices together
- VSA Teams are only participating in local or state outdoor events to avoid travel and especially overnight stays during Phase III
- Players and coaches are asked to wear masks to and from field as an extra precaution

Guidelines - Training and Game Environments

Spectator Guidelines for Training

- **We are recommending that there are no spectators at/around the field and to stay in your car**
- If you leave your car a mask should be worn to and from field
- Always maintain 10 ft social distancing
- At NO time enter the field of play or fenced area
- Do not wait for child at the player entrance or exit

Spectator Guidelines for Games

- **Total number of spectators remain limited to 25 per field (Not to exceed 2 per player-PWC RULE)**
- Stay in your car until 5 minutes before kick-off to reduce contact with other groups/teams
- Wear a Mask
- Maintain 10 ft social distancing
- Return to car straight after final whistle
- Do not congregate in groups near any entrance or exit at the fields
- At NO time enter the field of play or fenced area

Player Guidelines for Training and Games

- Players will exit car and enter field 5 minutes before warm-up time given by coach
- Maintain 10 ft social distancing
- Players will enter field at the designated entrance before training/game and exit at the designated area after the training/game
- Do not congregate in groups near any entrance or exits
- Players are required per league guidelines to wear face mask/covering from car to designated field area
- NO Tents or Benches

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GAME CONSIDERATIONS AND GUIDELINES

WARM-UPS:

1. Warm-ups should not begin until previous teams have left the field and equipment has been cleaned and sanitized. Extra time will be given before each game to do this.
2. Players will depart car to enter field no more than 5 minutes before set meeting time. When walking to field maintain 10 feet social distancing and place personal bags/equipment 10 feet apart on field.
3. There will be no team benches due to social distancing guidelines.
4. Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles.
5. All warm-up activities will continue to reduce contact.

GAME TIME

1. No handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., should take place, including when goals are scored, or when substitutions are leaving or entering the field.
2. When subbing into the game, players should maintain distance from the referees and other players who are also subbing into the game.

HALF TIME

1. During halftime, referees, players and coaches should maintain at least 10 feet distance between each other.
2. Coaches and Players should sanitize their hands at half-time.

POST GAME:

1. No post-game handshakes should take place. We will consider other forms of sportsmanship or instituting new acknowledgement traditions, such as clapping, etc.
2. Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point.
3. Snacks should not be shared among team members.
4. Players should not take off any equipment until they have left the facility.
5. Teams should clean up sideline area so that it is clean of ALL trash.
6. Spectators are encouraged to maintain social distancing following the game while waiting for their child – DO NOT ENTER FIELD. (Dependent on field layout, spectators may need to wait further away from the field).

TRAINING CONSIDERATIONS AND GUIDELINES

1. The team may do individual and group exercises, fitness exercises, team tactical exercises, and scrimmages.
2. All coaches and players must maintain a social distance of at least 10 feet between activities.
3. Spitting is strictly prohibited.
4. Goalkeeper-specific training is permitted.
5. Heading is permitted but will be limited in training environment.
6. Players should avoid physical contact with each other, including celebrations, handshakes, high-fives, etc.
7. All VSA coaches must wear a mask.
8. Players are required to bring at least 2-3 bottles of water to each training session (no sharing of water is allowed).

CONSIDERATIONS AND GUIDELINES

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.

FACILITIES AND TRAINING GROUNDS:

1. Port-a-johns are available for emergency use. Apply hand sanitizer before and after usage.
2. Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 10 feet between other individuals in attendance.

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CHECK FOR SYMPTOMS BEFORE TRAINING OR GAMES

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:

- a) Have you had any close contact with a sick individual or anyone with a confirmed case of COVID-19?
- b) Have you had a documented case of COVID-19 in the last 14 days?
- c) 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 play.

CHECK FOR SYMPTOMS – GENERAL

- If you are sick, feel sick, or may be sick, stay at home!
- Parents 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/game.
- Any coach, player, parent/guardian or driver who displays symptoms suggesting that the individual may be ill will be prohibited from attending practice/game. 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 their Coach and VSA Director of Operations, Alex Saunders.
 - **Alex Saunders** – asaunders@vsaonline.org
- 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

WHAT COUNTS AS CLOSE CONTACT? (CDC GUIDELINES)

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

TRAVEL TO TRAININGS OR COMPETITIONS

1. Travel to trainings and competitions with as few people as possible. It is recommended to only travel with members of your immediate family or household.
2. Should carpooling or ride sharing be necessary, consider the following:
 - a. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
 - b. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this recommendations guide.
 - c. Wear PPE in the vehicle.
3. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, a minor and an adult who is not the minor player's parent/legal guardian may not be alone in the vehicle together.