

VSA Return to Play Protocol

Phase 3 – Return to Competition



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VSA Return to Play Protocol

August 3rd – Phase 3

Implementing VSA's Return to Play protocol on August 3rd 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 for each approved phase • 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

Action Plan – Phase III: Full Team Competitions

Phase III: Full Team Competitions

Duration: Indefinite

Please note that this is a **TEAM EFFORT** between coaches, players, and parents. We can not complete these protocols without the **INDIVIDUAL** 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 clubs. **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

During this phase, full team competitions, such as tournaments, may take place, as long as mitigation strategies and processes for COVID-19 are being implemented. Teams are recommended to only participate in local events and resist the urge to participate in events in other regions that may require travel or overnight stays. As always, all events should follow local and/or state public health authority recommendations.

Monday, August 3, 2020: Phase 3 Team Training / Local Competition

- Training includes 60-80 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 assign 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 mask to and from field as an extra precaution

*US Soccer Play On Guidelines

(<https://www.ussoccer.com/playon/guides/phase-3-grassroots>)





VSA Return to Play Protocol

Phase 3 – Preparation for Training/Games

GETTING READY FOR TRAINING/COMPETITIONS

1. All participants, including players, coaches and referees, should prepare and pack individual water bottles.
 - a. Pack at least two bottles of water for training or matches, to limit the need for refills. You should not share water bottles and should avoid public water fountains if possible.
 - b. Clearly mark your name on your water bottle.
2. Get dressed at home in your gear so that you can arrive to the training/match site ready to play, coach or ref, without needing to use locker rooms or changing areas.
3. Participants are recommended to pack and bring personal sanitizing supplies to training and competitions, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
4. Avoid bringing any unnecessary belongings to the training or competition.
5. Follow PPE (face mask) procedures outlined (VSA are asking Players/Coaches to wear masks to and from fields).
6. Wash your hands before departing for training or competitions.
7. Conduct a daily temperature check for low grade fever (>100.4.) at home before training or competitions. If you have a fever or feel ill, do not go to training. Consult your physician.

ARRIVAL AND EXIT PROTOCOLS FOR TRAININGS & EVENTS

VSA will continue to provide entrance and exit points for all fields at Long Park. These will be communicated with all opponents and they will be expected to follow these protocols.

Players will be expected to stay in car until 5 minutes before their session start time.

EQUIPMENT AND SOCIAL DISTANCING

VSA will continue to mandate all protocols regarding cleaning of equipment and social distancing from PHASE 1 and PHASE 2.





VSA Return to Play Protocol

Phase 3 – Preparation for Training/Games

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. Rideshare with the same individuals for each training or competition.
 - c. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this recommendations guide.
 - d. Maintain safe distancing during loading and unloading, and while in transit if possible.
 - e. Limit the number of stops between departure site and training destination.
 - f. 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.

PARENTS EXPECTATIONS FOR WATCHING GAMES AND TRAINING

TRAINING: VSA will continue to ask parents to stay away from the field for all training sessions to reduce contact with other groups.

GAMES: VSA will allow parents to watch organized games at the field under the clubs social distancing guidelines that will be clearly stated in this document along with signage at the field.





VSA Return to Play Protocol

Phase 3 – Local Competition Guidelines

VSA Teams are only participating in local or state outdoor events to avoid travel and especially overnight stays during Phase III.

Coaching interactions/roles:

Pregame, Half-time, and Post-game team talks must maintain 10 feet social distancing guidelines at all times. There will be no huddles or team sitting on benches at anytime. These meetings should be kept short.

Coaches will have masks and gloves readily available incase they need to approach an injured player.

Coaches will be expected to clean all equipment before, half-time, and post game (Posts/balls/cones etc). **PLAYERS ARE NOT ALLOWED TO PICK UP EQUIPMENT.**

Team Managers:

To reduce contact with players. Team Managers will provide rosters/cards to team coach before game (away from field/interaction with players). The coach will return cards/roster after the game (away from field/interaction with players).

No team dinners/parties can be arranged by any VSA official during phase 3.

No team snacks for before game, half-time, post game.

Warm-Ups:

Warm-ups should not begin until previous teams have left the field and equipment and benches have been cleaned and sanitized. Extra time will be given before each game to do this.

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 guidelines and place personal bags/equipment 10 feet apart on field.

There will be **NO TEAM BENCHES** to maintain social distancing guidelines.

Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles.

All warm up activities will continue to reduce contact – No lines and No sharing of pinnies





VSA Return to Play Protocol

Phase 3 – Local Competition Guidelines

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.
3. If a player is subbed out of the game, the player should stand at least 6-feet away from other individuals.
4. Clean and sanitized balls may be readily available for use, in the case of the ball not being easily retrievable. It is the responsibility of the home team or competition organizer to supply all sanitized balls. (VSA will provide cleaning equipment to sanitize balls pre-game, at half-time, post game and any break in play where appropriate).
5. Avoid delays in start of play, so that players do not have pro-longed periods of standing in close proximity. For example, VSA will encourage all participants to conduct free kicks and set plays with efficiency so players do not have prolonged periods in shoulder-to-shoulder defense walls.

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 .
3. Coaches should limit the amount of time the entire team is together (Players must stay 10 feet apart)
4. Coaches will be expected to clean all equipment before game, half-time, and post game (Posts/balls/cones etc). **PLAYERS ARE NOT ALLOWED TO PICK UP EQUIPMENT.**





VSA Return to Play Protocol

Phase 3 – Local Competition Guidelines

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. If a referee needs the coach's signature for a roster, place the paper down on the end of the bench and step away to have them sign it.
3. Teams should pack-up and immediately leave the field following the game, exiting at the designated exit point.
 - a. Post-game meetings should be kept brief, if any meeting is held at all.
 - b. All participants should endeavor to maintain space between themselves and others. Prolonged proximity, even with masks should be avoided.
 - c. Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles.
4. Do not have a team snack that is shared among the team members.
5. Players should not take off any equipment until they have left the facility.
6. Teams should clean up sideline area so that it is clean of ALL trash.
7. Competition hosts should ensure all equipment, including benches, balls, flags, etc. are sanitized.
8. 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).





VSA Return to Play Protocol

Phase 3 Updates for Training

TRAINING ENVIRONMENT

- The team may do individual exercises, group exercises, fitness exercises, team tactical exercises, and scrimmage.
- All coaches and players must **MAINTAIN A SOCIAL DISTANCE OF AT LEAST 10 FEET** to reduce the risk of disease transmission **BETWEEN ACTIVITIES** (Before, During, After)
- Spitting is strictly prohibited.
- Goalkeeper-specific training is permitted.
- Heading is permitted but will be limited in training environment.
- Players should **AVOID PHYSICAL CONTACT** with each other, **INCLUDING CELEBRATIONS, HANDSHAKES, HIGH-FIVES, ETC.**
- **All VSA COACHES** and **PLAYERS** are now expected to **WEAR A MASK** from car to field (and from field to car) as there will be more foot traffic due to increased numbers being allowed at the facility.
- 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.
- Players are required to bring at least **2-3 BOTTLES OF WATER** to each training session (No sharing of water is allowed).

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 on the fields 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 FOR TRAINING.**
- 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

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 and Game

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:

- 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 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 except for game days. 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. It is recommended that Players and Coaches wear masks to and from the field.

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 last slide for reference.)*





VSA Return to Play Protocol

9 Step Guide

Step 6

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

- 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 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.)

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. It is recommended that Players and Coaches wear masks to and from the field.

Step 9

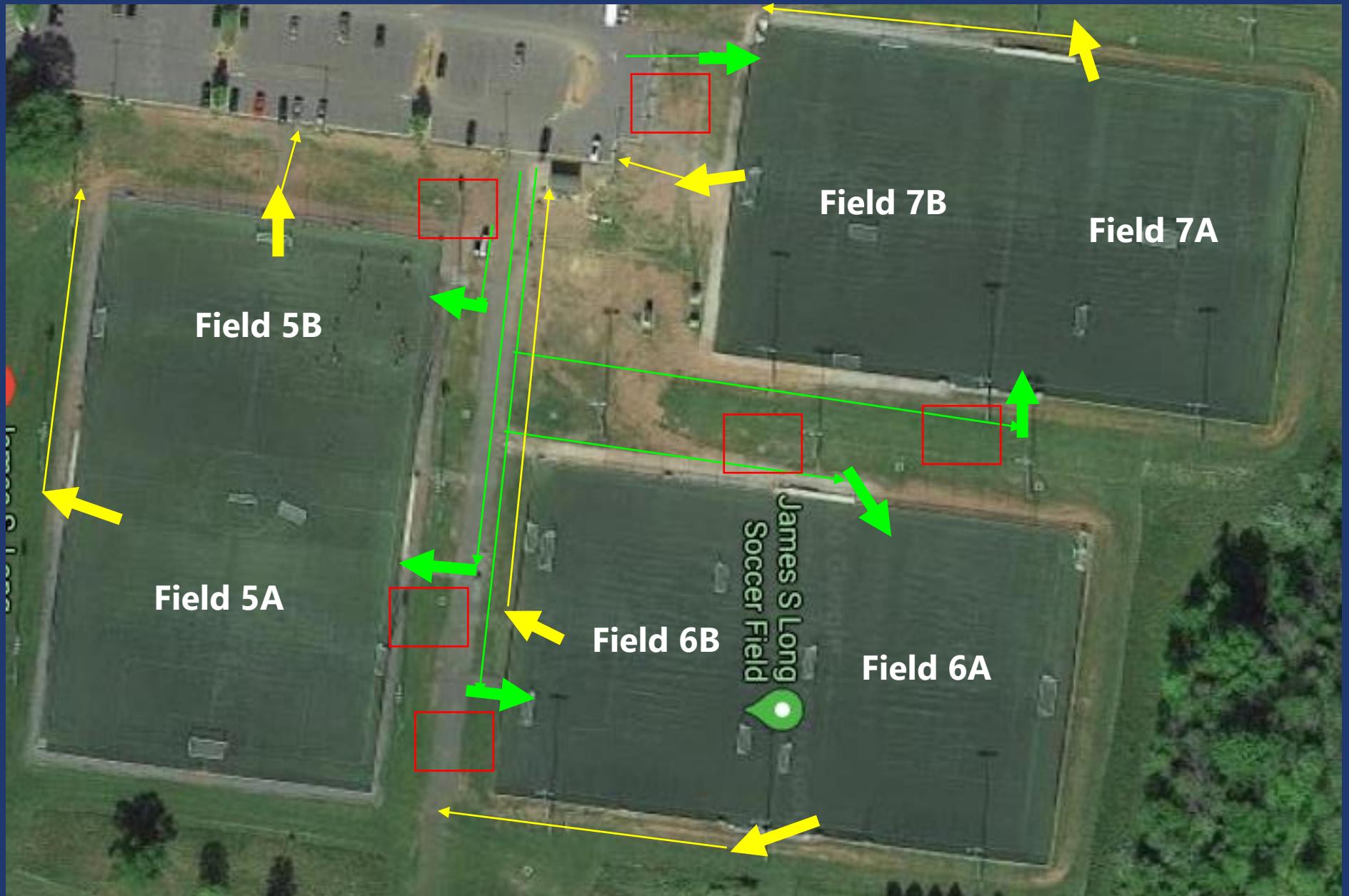
Players will follow general recommendations before and after session.





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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