



Return to Play Plan

This document should be used as a resource tool for players and families that are attending Rush Wisconsin West training sessions and intraclub scrimmages at the Fields for Kids. The following protocols must be followed when on site.

Defintions

- Phase I: Social distant training, no player to player contact.
- Phase II: Small sided games, **As of 7/29 WYSA is allowing for full sided Intraclub scrimmages in Phase II*
- Phase III: Phase II + games allowed with other clubs
- Phase IV: All COVID restrictions lifted

Rush Wisconsin West COVID Committee

Rush Wisconsin West has established a five person committee to monitor the movement between phases. The responsibilities of the committee will be to decide on the phase for upcoming training(s) using input from the coaching staff, La Crosse County Health Department recommendations, and US Soccer guidelines. The committee will meet bi-weekly and reserves the right to move forward and backward between the phases.

Required Player Training Kit

- Training Gear: grey shirt, black shorts, black socks, shin guards, cleats (should be fully dressed before they come to training)
- Hand sanitizer
- Mask/Face Covering: now required for walking to and from training, and in weather shelter situation
- 2 Pinnies: will be supplied to you at check in (must be washed after every session)
- Water Bottle
- Sunscreen
- Bug Spray
- Soccer Ball

Training Session Requirements

- It is mandatory that players wear face masks when entering and exiting the facility to and from training (they can remove them for training).
- Players go to their assigned session with their required player training kit
- Players should stop at the hand sanitation stations before and after training
- Players and families should use the designated drop off and pick up zones
 - North Parking Lot: Zone 1



- Zone 1 is made up of the following fields: 1, 2, 4, 10, 10C, 12A, 12B, 12C
- South Parking Lot: Zone 2
 - Zone 2 is made up of the following fields: 3, 5, 8, 9A, 9B, 11A, 11B, 13

Training Session Restrictions

- No spectators allowed on regular training days
- Must maintain a social distancing minimum of 6 feet between participants throughout training when not participating in contact activities (during water breaks, huddles, etc.)
- Practices must be conducted outdoors
- Players have to bring their own balls to training
- Players with fevers or other symptoms are not permitted to practice
- It is highly recommended that players/coaches use hand sanitizer before, during breaks, and after practice
- It is mandatory that parents or any other adult on site wear a face mask when on site
- Social Distancing guidelines apply for players or parents in parking lots, at drop off zones, at entrance and exit areas of facility, or before or after training session

Coach Requirements

- Will always have a face mask with them and will have them on in between coaching instruction moments
- Limit equipment brought to practice, disinfecting all equipment before/after use
- Do not allow players to share pennies, other equipment, or water bottles, etc.
- Coaches will be required to take and track attendance every day the team physically gets together

Weather Policy

- In response to limited shelter options at the Fields for Kids Complex which make it difficult to social distance, if severe weather is forecasted the number one option will be to cancel training.
- If thunder/lightning occurs unexpectedly during training, the protocol will be that the players will head into their drop/off pick up vehicle or under the North Parking Lot Shelter until the staff determines it is safe to return to the fields or the training session is over.
 - Players will be dismissed to grab their belongings and to head to their designated parking lot to leave if their parent is on site with their vehicle.
 - If their parent is not yet at the facility, players will head to the North Parking Lot Pavilion for shelter.



- When under the shelter, players will be expected to social distance to the best of their ability.
- Players will be required to wear masks while sheltering.
- If a player does not have a mask, they will be given a disposable mask to wear.

COVID-19

According to the CDC, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

- If players are in close contact with someone who has tested positive for COVID-19, they should self-quarantine for at least 14 days after their last exposure to the infected patient, in case they also become ill. Self-quarantine includes staying home, monitoring their health, and maintaining social distance (at least 6 feet) from others.
- Any player who meets these criteria for self-quarantine should not attend training or other Rush WI West activities until the quarantine period is completed and they remain symptom free.

Possible symptoms of COVID-19 include any of the following: fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, congestion/runny nose, nausea/vomiting, or diarrhea.

- If players have any of these symptoms, they should not attend training or other Rush activities until the symptoms resolve.
- If players have new symptoms, we recommend that they contact their local health care provider about testing for COVID-19.
- Once symptoms have resolved, players must provide either 1) documentation of negative testing status, or 2) letter from a health care provider stating that they are COVID-19 free and not contagious, prior to returning to participation.

If any player should test positive for COVID-19, the family should contact Rush WI West immediately, so that we can help facilitate contact tracing (identification of possible close contacts within the Club). Any players who test positive should stay away from Rush WI West activities until cleared to return by their healthcare provider. Prior to return to participation, the player must provide a letter from their healthcare provider to the Club stating that they are no longer contagious and are cleared to return to participation.

PHASE II/III Training Session

Below is an example of what to expect at a 90 minute regular season training session. The activities within each section will vary from day to day.



- **5:00-5:30 PM** Coaches arrive, set up fields, greet players
 - Players put bags and end line markers 6ft apart from others
- **5:30-5:50 PM** Warm up & Technical activities
 - Players in their own space doing light activities to prepare their body for training while social distant from other
 - Individuals or small groups, one large space, one ball - socially distant
- **5:50-6:10 PM** Soft Phase II, Passing, pattern play, shadow defending, strength training
 - Passing with or without social distance/low pressure defenders, shooting on goal, passing patterns
 - Activities with zero/limited player to player contact, but involve multiple players to a ball
- **6:10-6:30 PM** Phase II Small Sided
 - Activities with soft/very low opportunities for contact but allow for pressure from an opponent
 - 6v6, 5v3, 4v2, 3v3, etc.
- **6:30-6:50 PM** Phase II Full Sided (or as big as numbers allow)
 - 7v7, 9v9, 11v11
- **6:50-7:00 PM** Fitness/Cool Down
 - One player - socially distant

Outside of Phase II/III training activities, you can expect that players will always be held to social distancing standards. For example, we will continue to direct players to place their bags in certain areas, coaches will not huddle players in when addressing groups, there will be a zero tolerance policy for sharing items such as water bottles, bug spray, etc. Also, please note, that all non full sided activities will be done in larger spaces than usual to further limit direct contact.

**If you or your player is not comfortable with the contact portion of the training session, we ask that you and your player communicate that to the coach. The player will then be directed to work on juggling or foot skill type activities in their own space during that time while the coach is working with the group.*