



Virginia Rush Soccer Club COVID Policies

Virginia Rush remains committed to the safety of our players, coaches, referees, families and communities. We believe it is imperative that everyone commits to adhere to this Policy and Procedure, which has been created with the information learned from the Governor of Virginia, the Virginia Youth Soccer Association (VYSA), the Virginia Department of Health and Safety (VDH), Virginia Beach Health Department (VBHD) and the Centers for Disease Control and Prevention (CDC). Compliance with the policies and procedures listed below are mandatory for all players, coaches and staff members to ensure all of our participants can continue to play, train, and develop safely. If parents are not comfortable having their child return to play or their child is at a higher risk for severe illness, please stay home.

General Information

Mitigation of the spread of COVID-19 relies on the Rush community following the policies and procedures put in place to promote everyone's health and safety. The policies and procedures will be communicated via email to staff and families, as well as available on the website.

Rush will adhere to the physical distancing guidelines, cleaning and disinfection practices, and workplace safety practices provided by the Governor of Virginia.

Rush will ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation as discussed below.

Rush will continually monitor guidance and information provided by the VYSA, CDC, VBHD, and federal and state officials as it relates to COVID-19. Policies and procedures for all activities will be adjusted as needed in order to provide our services while making every effort to mitigate the spread of COVID-19 to the best of our ability.

While Rush has adopted the below policies, it is expected that all players, coaches and staff members will comply with the rules and regulations adopted by other soccer clubs and private soccer facilities, including the Hampton Roads Soccer Complex, as well as all state and local laws, ordinances, and orders of public authorities related to Covid-19 mitigation.



General Hygiene Practices to Mitigate the Risk of Spread of Infection

All players, coaches, and staff members are expected to follow the following general practices to mitigate transmission of any communicable disease.

- 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.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser. Avoid contact with other individuals (i.e. shaking hands, high-fives, etc.).
- Maintain ten feet of physical distance between all coaches, participants and spectators, where practicable.
- Stay home if you feel sick and contact your health care provider.

Outdoor Field Policies

All Rush players, coaches and staff members are expected to comply with the rules and regulations adopted by other soccer clubs and private soccer facilities, including the Hampton Roads Soccer Complex, as well as all state and local laws, ordinances, and orders of public authorities related to Covid-19 mitigation.

Requirements to Attend (Personal Protective Equipment, Positive Tests/Symptoms/Exposures)

- Face masks are strongly encouraged for everyone at outdoor fields while not vigorously exercising.
 - Players must wear masks to and from fields but are not required to wear them while playing.
 - Parents/Spectators are strongly encouraged to wear masks when at outdoor fields, especially when within 10 feet of another spectator, player, or coach.
 - Coaches/Staff must wear masks to and from fields and when within 10 feet of any spectator, player, or coach.
- Please ensure your face covering fits the following standards:
 - The mouth and nose are fully covered.



- The covering fits snugly against the sides of the face so there are no gaps.
- Face coverings should be cleaned, following CDC guidelines.
- Anyone who has tested positive for COVID-19, is exhibiting signs or symptoms of COVID-19, or has come in close contact with someone who has tested positive for or is displaying signs or symptoms of COVID-19 is prohibited from returning to any Rush activities or events until they have complied with the Return to Play Protocols.

CHKD Covid19 Return to Play Policy

Scenario 1

Exposed, Asymptomatic, Tested negative

- Return to play as normal.

Scenario 2

Exposed, Asymptomatic, Tested Positive or Not tested

- If not tested, still take positive test precautions
- Quarantine for 10 days as long as player remains asymptomatic
- If player develops symptoms, they are moved to scenario 4.

Scenario 3

Exposed, Symptomatic, Tested negative

- Do not return to activity until 48 hours after symptoms resolve.
- If symptoms persist for longer than 4 days, or if new symptoms occur, a retest is recommended.

Scenario 4

Exposed, Symptomatic, Tested Positive or No test

- Do not return for a minimum of 14 days.
- Do not return until symptom free for 10 days.
- I.e. if player is exposed, tests positive, and is symptomatic for 7 days, they are to be quarantined for 17 days. This will allow for 7 days of symptoms, and 10 days of being symptom free.

- Please remind all kids to provide proper documentation to ATC that establishes the date tested, date exposed, and test results. This is necessary for ATC to assist in monitoring and progressing RUSH players.
- Please remember this is the responsibility of the coaches, players, and parents to report new cases and symptoms.



Cleaning and Sanitizing

- Please practice physical distancing while at all outdoor facilities, including the restrooms, and use soap and water to sanitize your hands.
- Coaches will make sure that any equipment that is used will not be used again until it has been sanitized.

Links

Symptoms of Corona Virus (COVID-19)

- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>