



Cedar Stars Academy Hudson Valley Return-To-Play Guidelines

The purpose of this document is to provide players and parents with CSA Hudson Valley's return-to-play procedures and protocols in the context of COVID-19. These guidelines focus on the early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Many of these recommendations rely upon rules and regulations set forth by public health authorities, along with guidance from US Youth Soccer and US Soccer. In addition, we all must recognize that there will be other logistical and implementation challenges that we must work through together given COVID-19. We as a club will always put the health and safety of players, families, and our staff first.

This document's guidelines are designed to mitigate risk and are NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, CSA Hudson Valley makes no representation and assumes no responsibility for the completeness of this information.

Returning to the field is a personal decision that each family must make responsibly and independently. Only families who feel comfortable with the guidelines below should send their kids to training during Mid Hudson Phase 3 reopening (June 24th) and US Soccer Phase 1 (as per NY State guidelines) Tuesday July 7th, 2020.

Phase 1: Small Group Training / No Contact

Start Date: Tuesday July 7th

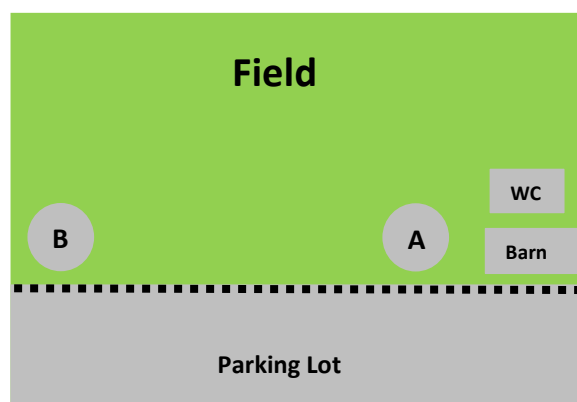
GENERAL PROTOCOLS

- Players and staff have no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days. Players and coaches take responsibility for informing the club of their personal situation.
- Players and staff have no above normal temperature readings at home. This will be confirmed as temperature checks will be administered by staff as players enter the field.

- Upon arrival to training, coaches or staff will ask each player if he/she is experiencing any signs or symptoms of COVID-19 (see [CDC website](#)) including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell. If the player has any signs or symptoms of COVID-19, he/she will be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Participants should sanitize their personal equipment before and after every training session as per their own discretion (i.e. clean shoes with Kleenex wipes, wash uniform, etc.)
- Participants should use their own water bottle.
- Each player will have his or her own water station six feet apart from others.
- Training activities will assure no contact between players, keeping them 6 feet from each other at a minimum (e.g. no bumping, no tackling, no shielding).
- Players will train in groups of up to 12 players. If a player in that group tests positive for COVID-19, they are mandated to notify the club, and the club will notify the other players in the group. All players in that group will then be required to self-isolate for 14 days before returning to training.
- Balls and cones will be sanitized at the end of each day.
- Coaches will wear masks and will maintain 6 feet of distance with each other and with players.

DROP OFF AND PICK UP PROCEDURES AND GUIDELINES

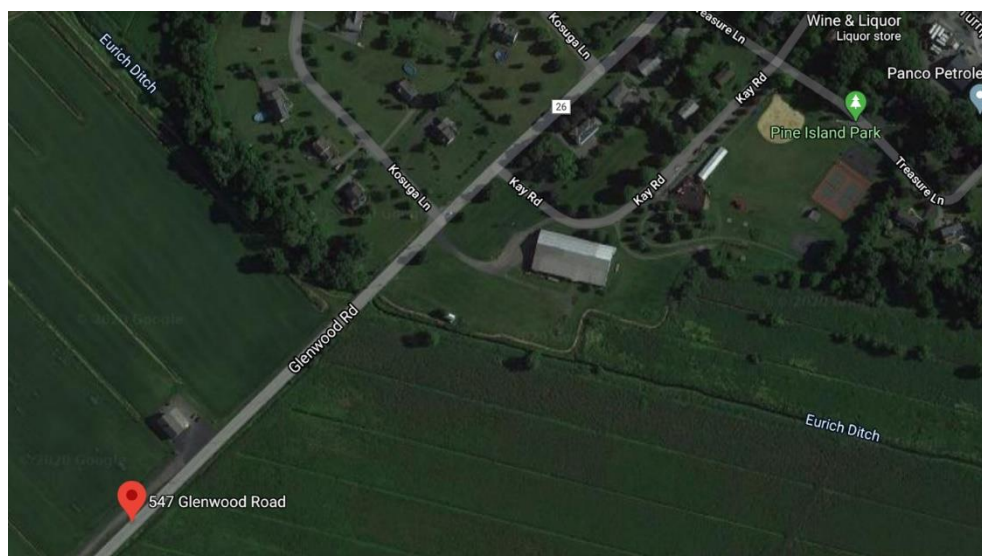
1. Arrive in the parking lot 15 min before the start of your training session. All players are to be dropped off in the parking lot directly in front of the fields - Capelli Sport Outdoor Complex, 547 Glenwood Road, Pine Island, NY, 10969.
2. 10 minutes before your session, a coach will give players the signal to get out of their cars and head towards the field. All players should wear a mask as soon as they set foot on the parking lot.
3. There will be 2 entrances that you will be able to use in order to enter the field (see diagram). You will meet a coach who will take your temperature with a no-touch infrared thermometer. Players within the standard temperature parameters will be allowed to train. If the player's temperature falls outside of the standard parameters, then the player will not be allowed to train.



5. Once players enter the field, they can take their mask off and place it in their bag. They will be directed to a personal station positioned around the perimeter of the field where they will be able to leave their water and any other personal equipment they bring to training. The stations will be 10 yards apart from each other.
6. At the start of training players will be directed to their starting position by their coach and will train for scheduled time. During water breaks, players will only be allowed to go to their personal stations, so it is very important each player brings enough water.
7. At the end of the training session players will be directed towards their personal station and be escorted off the field in groups while keeping distancing parameters.
8. A coach will escort the players toward the parking lot and will coordinate their pickup by their parents in a safe and healthy manner.
9. Parents and players are expected to depart fields efficiently with no soliciting.

NOTES

1. Players are required to wear a mask up until their temperature is taken at the entrance of the field.
2. Parents are not to enter the field of play at any time. No soliciting or walking around the fields. If parents are looking to exercise or entertain siblings, we recommend using Pine Island Park which is in a close proximity to the field (see diagram).
3. Players bring both training jerseys, sanitizer, GK gloves (GK only) and water bottles. No other equipment should be brought. Wear Green jersey, pack white jersey.
4. Please ensure your contact details are correct on TeamSnap in case we need to contact you (two cell phone numbers and an email address).



Eastern New York Youth Soccer Association Return to Soccer Activity Guidelines

Phase 2: Small Groups / Full Contact on Field

Start Date: Week of July 27th (Subject to change)

- Full contact allowed on the field (i.e. regular soccer with tackling, shielding, bumping, etc.).
- Training group size remains only up to 12 players.
- Spectators permitted with proper social and/or physical distancing and no contact with players or teams. At risk individuals are advised to stay at home.
- Players continue to be mandated to keep 6 feet of distance from each other off the field.

Phase 3: Team Training / Full Contact on Field

Start Date: Week of August 17th (Subject to change)

- No training restrictions (full-sized groups)
- Players and spectators continue to be mandated to keep 6 feet of distance from each other and wear masks off the field.

Phase 4: No Restrictions

Start Date: TBD (Subject to change)

**EASTERN NEW YORK YOUTH SOCCER ASSOCIATION
and Its Participating Leagues
RETURN TO SOCCER ACTIVITY GUIDELINES**



State Association

EFFECTIVE JULY 6, 2020 - NEW YORK STATE - PHASE 3 - RECREATIONAL ACTIVITIES RESUME				
US SOCCER PLAY-ON PHASES				
NYS REGION - PHASE 3 PROJECTED START DATE	US SOCCER PHASE I START DATE as per NY State Guidelines	US SOCCER PHASE II EARLIEST START DATE	US SOCCER PHASE III EARLIEST START DATE	US SOCCER PHASE IV EARLIEST START DATE
*NEW YORK CITY – JUNE 24	JULY 6	JULY 27	AUGUST 17	TBD
*LONG ISLAND – JUNE 24	JULY 6	JULY 27	AUGUST 17	TBD
*MID HUDSON – JUNE 24	JULY 6	JULY 27	AUGUST 17	TBD
*CAPITAL DISTRICT – JUNE 17	JULY 6	JULY 27	AUGUST 17	TBD
*MOHAWK - JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
*NORTH COUNTRIES - JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
*SOUTHERN TIER – JUNE 12	JULY 6	JULY 27	AUGUST 17	TBD
US SOCCER PLAY-ON Structure for a gradual approach to return to play	<ul style="list-style-type: none"> ✓ State/Local Regulations Lifted ✓ Small Group Training as per USS Play On Phase I Guide (p.14) ✓ Max of 9 Players/1 Coach ✓ Maintain Social Distancing ✓ COVID-19 Prevention Protocols in place ✓ No Competitions or Tournaments 	<ul style="list-style-type: none"> ✓ Full Team Training Allowed ✓ Limited Small-Sided Games and Set-Play Activities as per USS Play On Phase II Guide (p.15) ✓ Continue Social Distancing with limited exceptions ✓ COVID-19 Prevention Protocols in place ✓ Allow 3 weeks for COVID-19 Tracking Purposes 	<ul style="list-style-type: none"> ✓ Full Team Competitions ✓ Continue COVID Mitigation Strategies ✓ Consider only local and single day competitions ✓ Large events guided by local government 	<ul style="list-style-type: none"> ✓ <i>NO Restrictions</i> COVID-19 is no longer a public health concern and there are no restrictions issued by State/Local Government
<p>*Effective July 6, 2020 in regions that have reached or surpassed Phase 3 of the state's reopening and in accordance with the NYS Dept of Health Interim Guidance for Sports and Recreation, participants in lower and moderate risk sports and recreation activities, may partake in play. No soccer activity before July 6th. After July 6th US Soccer Phase I can be implemented.</p>				

Cedar Stars Academy Hudson Valley

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