

# MSI Return to Play Guidelines

**(effective August 17, 2020, until further notice)**

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## **MSI Return to Play Guidelines**

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### **1.0 General Guidelines**

MSI is following the advice and directives of local and state officials, as well as guidance from health and medical authorities to provide safe return to play for our staff, coaches, players, volunteers, and families. All staff, coaches, players, and families are required to adhere to the MSI Return to Play Guidelines and protocol so that we maximize the safety of all participants. These guidelines are based on the Montgomery County Executive Order dated August 5, 2020, and Considerations for Youth Sports prepared by the Centers for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>.

In summary, MSI is adhering to the following guidelines, protocols, and safety measures to mitigate risk and safely return to play.

- Training plans will adhere to social distancing and recommended guidelines
- Coaches and staff will wear masks during sessions
- Parents must remain in/by their car during sessions, in order to adhere to the Montgomery County limitations on “gathering size”
- Anyone who does not follow the safety protocols will be asked to leave
- Player and Coach equipment must be cleaned/sanitized between sessions
- Protocol for reporting and quarantining will be followed
- MSI will continue to engage with local and state authorities and adhere to all guidelines recommended, making changes to protocol as needed

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# 2.0 PARENT/GUARDIAN RESPONSIBILITIES

## 2.1 Prior to training/practice/games:

- Parents/guardians MUST check your child's temperature and refrain from participation if their child has a fever (greater than or equal to 100.4 degrees F).
- If your child currently has any symptoms consistent with COVID-19 (including cough, sore throat, shortness of breath, fever of greater than or equal to 100.4 degrees, sudden loss of taste or smell, etc.) or is awaiting COVID-19 test results, please complete the COVID-19 Report and refrain from participation in soccer activities until cleared by a medical professional.
- Ensure your child's training/practice gear is washed and equipment (cleats, ball, shin guards, water bottle, etc.) is sanitized before and after every activity.
- Ensure your child has a personal supply of hand sanitizer to bring with them and keep in their personal bag., as well as a personal water bottle.
- Ensure your child brings their personal soccer ball, with name clearly labeled on it
- Carpooling is discouraged.

## 2.2 Upon arrival and during training/practice/games:

- Parents/guardians **must stay in or near your car** and adhere to the social distance requirements, based on state and local health guidelines. In addition to minimizing all potential exposures, we must adhere to the State and Local requirements for gathering sizes at fields.
- Do NOT gather or wait by or inside fields during practices, or we will be in violation of gathering size limits
- Avoid physical contact with players, coaches, and other parents/guardians.
- If stepping outside of your car, all adults must wear a mask.

## 2.3 At any time:

- Notify the club immediately if your child becomes ill for any reason. Such email should be sent to [schuessler@msisoccer.org](mailto:schuessler@msisoccer.org).
- In case of illness or exposure to COVID-19, follow COVID-19 Exposure or Illness Protocol that is included in this document.

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# 3.0 PLAYER RESPONSIBILITIES

### 3.1 Before Training/Practice:

- If you feel uncomfortable participating or are high risk, STAY HOME. Training is voluntary.
- Wash your hands thoroughly before leaving home.
- Bring a bag to carry your personal items, and be sure that all personal items are clearly labeled with your name (ball, hand sanitizer, shin guards, outerwear such as jacket or sweatshirt).
- Bring your own water bottle (with your name on it)!
- Bring your own soccer ball (with your name on it)!

### 3.2 Upon Arrival and During Training/Practice:

- DO ... Wear a mask when you get out of the car and before your team's practice actually begins.
- DO ... Report directly to your coach.
- DO ... Wash your hands or use hand sanitizer before training/practice begins.
- DO ... Wear a mask when idle on the sidelines (for example, during rest breaks, water breaks, before and after training/practice begins, etc.). Note: masks are NOT required to be worn by players during active training/practice.
- DO ... Maintain social distance (6 feet or more) and do NOT gather in groups.
- DO ... Wear Goalie Gloves if practicing as a Goalkeeper.
- DO NOT ... touch anyone else's equipment!
- DO NOT ... touch any training equipment (for example, cones, goals, etc.). Only the coach should touch this equipment.
- DO NOT ... touch any soccer ball with your hands (this includes Goalies, who must wear GK gloves).
- DO NOT ... practice throw-in's.
- DO NOT ... slide tackle at any time.
- DO NOT ... have personal interaction that involves touching, including such things as high fives, handshakes, pats on the back, hugs, chest bumps, fist bumps, elbow bumps, etc.
- DO NOT ... chase your ball into the space occupied by another team (call for them to kick it back)

### 3.3 At the end of Training/Practice and after arriving home

- Wear your mask from the end of training until you are in your car.
- Return directly to your parent/guardian, immediately.
- Clean/sanitize your clothing and personal gear (cleats, ball, water bottle, soccer bag, etc.) after every training/practice.
- In case of illness or exposure to COVID-19, follow COVID-19 Exposure or Illness Protocol, included in this document.

## MSI Return to Play Guidelines

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# 4.0 COACH RESPONSIBILITIES

### 4.1 Before Training/Practice:

- Coaches MUST check their own temperature and refrain from participation if they have a fever (greater than or equal to 100.0 degrees F).
- If you are displaying any symptoms consistent with COVID-19 (including cough, sore throat, shortness of breath, fever of > 100.0 degrees, or sudden loss of taste or smell) or are awaiting COVID-19 test results, please complete the COVID-19 Report and refrain from participation in soccer activities until cleared by a medical professional.
- If either of the above (fever or symptoms) is true, you must immediately contact MSI to determine appropriate arrangements for team activities.
- Ensure you have a personal bag for your personal items (outerwear, personal water bottle, hand sanitizer, etc.), as well as a team bag for team training gear.
- Ensure that your clothing has been washed and training gear is sanitized before and after every training/practice session.
- Wash your hands thoroughly before leaving home.
- Ensure you have a personal supply of hand sanitizer to bring with you to training/practice and keep in your personal bag.

### 4.2 Upon Arrival and During Training/Practice

- Coaches must arrive at least 15 minutes prior to the start of their training session, in order to manage the social distancing and safety protocols associated with adherence to all MSI Return to Play Guidelines.
- Wear a mask from the time you exit your car until the time you return to your car. Coaches must wear masks at all times throughout training.
- Wash hands or use hand sanitizer before training/practice begins.
- **Keep a detailed record of attendance of participants at every session for potential use in Contract Tracing!**
- Avoid physical contact with fellow coaches, players, and parents.
- Operate training based on the correct "Return to Play Phase".
- Do NOT allow your coaches or players to mix or participate with the coaches or players from any other team; all training must be completed within a "team unit", on your designated training field, so as to minimize risk of transmission, and to facilitate effective Contact Tracing and follow up in the event of an exposure.
- Ensure all players have their individual equipment (ball, water, bag, etc.) and designate a specific sideline area for each player to place their equipment, at least 6 feet from each other.
- Ensure that players do NOT touch any training equipment (cones, goals, etc.). ONLY the coach may handle training equipment.
- Do NOT use pinneys or provide any other items for players during training/practice.

### 4.3 At the end of Training/Practice and after arriving home

- At the end of training/practice, dismiss players safely, and ensure that players maintain social distancing while moving from the field to their car.
- If you are conducting “back-to-back” training sessions, disinfect training equipment (cones, etc.) between sessions.
- In case of illness or exposure to COVID-19, follow COVID-19 Exposure or Illness Protocol included in this document.

## MSI Return to Play Guidelines

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# 5.0 Return to Play “Phases”

Current Phase (August 17, 2020, until further notice)

## 5.1 General Session Guidelines

- Maintain social/physical distancing during all passive portions of training/practice activities (water and rest breaks, before and after session times)
- Maintain social/physical distancing during all active portions of training/practice activities; every player must use only their own soccer ball.
- Masks must be worn by players during all passive portions of training/practice activities.
- Training/practice activities must be structured such that physical contact does not occur, balls are not shared, and social distancing of at least 6 feet is maintained at all times.
- Training/practice sessions are restricted to individual skills-building and similar activities
- **Coaches are required to wear masks at all times**, during both passive and active portions of training/practice activities.
- **Possession games, small-sided games, scrimmaging and practice games are NOT ALLOWED**

## 5.2 Player-Specific Guidelines (in addition to above considerations)

- NOT ALLOWED ... Slide tackling of any type
- NOT ALLOWED ... Touching of the ball with hands
- NOT ALLOWED ... Heading of the ball
- NOT ALLOWED ... Throw-in's
- NOT ALLOWED Touching of training equipment (cones, goals, or other equipment) (except by the coach)
- NOT ALLOWED ... Sharing of any personal items (this includes water bottles, goalie gloves, etc.)
- NOT ALLOWED ... Players may not move outside of their designated training area
- ALLOWED ... Players may move throughout their designated training area, if social/physical distancing can be maintained; otherwise, players must be restricted to a specific training space within their team's training area

## MSI Return to Play Guidelines

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# 6.0 COVID-19 Exposure or Illness Protocol and Guidelines

This guidance is based on available information to date about COVID-19 and subject to change as additional information becomes available. Protocol may be amended at any time if there are changes in circumstances or public guidance. This protocol will also be applied to MSI coaches and staff.

## 6.1 Protocol

This protocol describes and provides guidelines for multiple scenarios:

- Players or coaches who are exhibiting fever or feeling ill in any way
- Players or coaches who have received a positive diagnosis for COVID-19, but are not exhibiting any symptoms of illness (“Asymptomatic”)
- Players or coaches who have received a positive diagnosis for COVID-19, and are exhibiting symptoms of illness (“Symptomatic”)
- Players or coaches who have a known exposure to a person testing positive for COVID-19 (these individuals may be either “Symptomatic” or “Asymptomatic”)
- Players or coaches who have been tested for COVID-19 for some other reason (e.g., travel), and are awaiting results

## 6.2 Cases with Fever/Illness (i.e., “Symptomatic”)

Players or coaches who have a fever greater than 100.4 (players) or 100.0 (coaches) degrees Fahrenheit, or are showing symptoms of illness in any way, should not attend any in-person session. In the case of fever or illness, please email your coach and copy [schuessler@msisoccer.org](mailto:schuessler@msisoccer.org) to let us know about your child’s condition. These individuals shall not attend any in-person MSI activity until:

- at least 72 hours have passed since the fever has resolved without the use of fever-reducing medications, and
- respiratory symptoms (cough, shortness of breath, etc.) have resolved, and
- at least 10 days have passed since those symptoms first appeared.

OR

- at least 72 hours have passed since the fever has resolved without the use of fever-reducing medications,
- respiratory symptoms are resolved, and
- the player receives negative results from at least two consecutive COVID-19 tests (using two different specimens collected at least 24 hours apart)

## 6.3 Cases with Positive Diagnosis for COVID-19, but without Symptoms of Illness (Asymptomatic)



Players or coaches who have received a positive test result for COVID-19, but are not showing any symptoms of illness (i.e., they are Asymptomatic), should not attend any in-person session. Please email your coach and copy [schuessler@msisoccer.org](mailto:schuessler@msisoccer.org) to let us know about your child's condition and to provide all details. These individuals may not attend any in-person MSI activity until:

- At least 10 days have passed since their COVID-19 positive test result, and
- They have not experienced any symptoms at any time prior to or after the positive test result

#### **6.4 Cases with Positive Diagnosis for COVID-19, with Symptoms of Illness (Symptomatic)**

Players or coaches who have received a positive result from a COVID-19 test, and exhibit or develop a fever or other symptoms of illness (symptomatic):

- these individuals' return to participation will be governed by the guidance above in Section 6.1.1, Cases with Fever/Illness (i.e., "Symptomatic")  
OR
- the player or coach receives negative results from at least two consecutive COVID-19 tests conducted at least 24 hours apart
  - Club Communication: the club will notify the entire team of the exposure
  - Team Activity: : team training will be canceled until players and coach meet the Return to Play after Illness/Exposure Guidelines

#### **6.5 Cases with Exposure to an Individual with Suspected or Diagnosed Case of COVID-19**

If an otherwise "asymptomatic" player or coach who has attended an in-person MSI activity has a known exposure\* to a person who has been tested positive for COVID-19:

- Parents/guardians are required to email [schuessler@msisoccer.org](mailto:schuessler@msisoccer.org) and provide full details.
- The exposed player or coach should self-isolate for at least 14 days and monitor for any symptom consistent with infection by COVID-19, and may not participate in any in-person MSI activity unless they complete that isolation period and continue to be asymptomatic
  - Club Communication: the club will notify the entire team of the exposure
  - Team Activity: : team training will be canceled until players and coach meet the Return to Play after Illness/Exposure Guidelines

#### **6.6 Cases where an Individual has been Tested for COVID-19 for "other reasons"**

If an otherwise "asymptomatic" player or coach has been tested for COVID-19 for "other reasons", such as travel, work requirements, etc., that individual may not attend any in-person MSI activity until they receive negative test results

*\*Per the CDC, "exposure" currently is defined as close contact (less than 6 feet) for 15 minutes or more.*

*\*\*Talk with your health provider before resuming play if you have other underlying health conditions or severe symptoms, since you may be advised to isolate for longer.*