



# RETURN TO PLAY GUIDELINES

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## Phase 1 Guidelines - Safer at Home: Outdoor Fitness and Exercise Facilities

Beginning May 29th - Counties of Arlington, Fairfax, Loudoun, and Prince William; the cities of Alexandria, Fairfax, Falls Church, Manassas, Manassas Park and the City of Richmond; and the towns of Leesburg, Dumfries, Herndon, and Vienna.

- Focused on return to activity with individual training; no group drills
- No contact
- Groups not to exceed 10 participants per field including coaches
- No sharing of water or equipment
- Participants must remain a minimum of 10 feet apart
- No spectators, parents should remain in vehicles
- Coaches must wear masks at all times, must launder them daily, and must sanitize hands every time they touch them
- Hand sanitizing stations must be available
- Encourage players to wear masks, although they may be removed during play
- Practice times should be set to maximize social distancing. Ideally 15 minutes in-between sessions to allow for one group to leave the area before the next arrives.

## Phase 2 Guidelines - Safer at Home: Outdoor Recreational Sports Activities MANDATORY Requirements

Beginning June 5th - All areas apart from those listed in Phase 1.

- Gatherings should be limited to 50% occupancy of the event space, if applicable, or 50 participants, whichever is less.
  - For high contact areas, routinely disinfect surfaces at least every 2 hours.
  - Provide a place for employees and customers to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol.
  - Indoor and outdoor recreational sports may occur if ten feet of physical distance can be maintained by all instructors, participants, and spectators, with the exception of incidental contact or contact between members of the same household. This applies during instruction and practice and during competitive events. Competition that involves close contact with other athletes must be avoided.
  - Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days.
  - Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met.
  - Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility.
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## Regardless of the phase, clubs should consider the following guidelines:

- If capability exists to take the temperature of participants, including coaches should be taken. Anyone with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days.
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must have their own ball and equipment
- No one is to share water, towels, or any equipment. This includes, but not limited to: balls; all balls should be disinfected after every practice
- Only coaches should place and pick-up cones
- Practice Vest/Pinnies; At minimum these must be washed after each use. Recommend issuing each player their individual practice vest/pinnie
- No centralized hydration or refreshment stations

## Additional guidelines

- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- Recommend having sanitizing options available. This may include: Hand sanitizer
- Disinfectant to be used to wipe down all equipment
- Respect for each individual's choices must be the top priority. If a participant wishes to
- wear a face mask this should be allowed, and accommodations should be made if needed



## Stay home if...

- You are feeling sick
- You have a sick family member at home



SOURCE: VYSA.COM

## Recommendations



[GOVERNOR.VIRGINIA.GOV](http://GOVERNOR.VIRGINIA.GOV)



[USYOUTHSOCCER.ORG](http://USYOUTHSOCCER.ORG)



[CDC.GOV](http://CDC.GOV)