



BACK TO PLAY GUIDELINES

PHASES



1

- AT HOME WORKOUTS
- NO CONTACT
- NO USE OF FIELDS

2

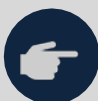
- RESTRICTED FIELD PLAY
- SMALL GROUPS OF 10 PLAYERS MAX FOR ¼ OF FIELD
- FOCUS ON INDIVIDUAL BALL WORK
- SOCIAL DISTANCING, 10 FEET
- NO SHARING OF WATER OR EQUIPMENT
- ALLOW TRANSITION TIME BETWEEN SESSIONS TO MINIMIZE CONTACT

3

- TEAM TRAINING
- SMALL GROUP ACTIVITIES INTRODUCED, NOT TO EXCEED 4V4
- PHYSICAL CONTACT TO BE MINIMIZED
- PLAYERS MOVE MORE FREELY
- GROUPS OF 25 PLAYERS MAX FOR ¼ FIELD
- NO SHARING OF WATER
- SOCCER BALLS CAN BE SHARED DURING TRAINING

4

- INTRODUCE CONTROLLED FULL TEAM SCRIMMAGES / PRACTICE GAMES
- NO LIMITATIONS ON PARTICIPANTS ON FIELD
- NO SHARING OF WATER

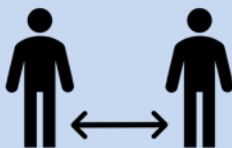


IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, IT'S OK, STAY HOME

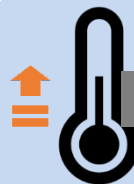
GENERAL RECOMMENDATIONS



USE OWN
EQUIPMENT



6 FEET
APART



100.4

STAY HOME



PARENTS STAY
IN VEHICLES



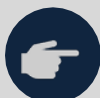
DO NOT SHARE



USE SANITIZER



WASH HANDS



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RESPONSIBILITIES

THE PLAYER

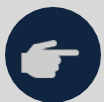


IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, IT'S OK, STAY HOME

- CHECK YOUR TEMPERATURE BEFORE ATTENDING ANY TRAINING SESSION
- WAIT IN YOUR VEHICLE UNTIL 5 MINUTES BEFORE YOUR PRACTICE START TIME
- ENTER AND EXIT FIELDS THROUGH DESIGNATED AREAS
- UPON ARRIVAL, GO TO DESIGNATED QUADRANT
- PUT BAG IN DESIGNATED SPOT UPON ARRIVAL AT FIELD (10 FT APART)
- BRING PUMPED UP SOCCER BALL TO PRACTICE
- ALL PLAYERS SHOULD HAVE HAND SANITIZER, AND APPLY TO HAND BEFORE AND AFTER SESSIONS
- HAVE YOUR NAME CLEARLY VISIBLE ON YOUR WATER BOTTLE
- DO NOT SHARE WATER, FOOD OR EQUIPMENT
- RESPECT AND PRACTICE SOCIAL DISTANCING

RESPONSIBILITIES

PARENTS

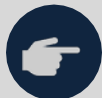


IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, IT'S OK, STAY HOME

- SIGN WAIVER FOR EACH OF YOUR PLAYERS PRIOR TO ATTENDING SESSIONS
- IF PLAYER, OR ANY OTHER HOUSEHOLD MEMBER HAS SIGNS OF COVID-19, THEY SHOULD NOT ATTEND PRACTICE
- CHECK PLAYER'S TEMPERATURE BEFORE ATTENDING ANY TRAINING SESSION
- AVOID CARPOOLING TO MITIGATE THE SPREAD OF THE VIRUS
- KNOW THE DROP OFF AND PICK UP POINTS FOR FACILITY
- KEEP PLAYER IN CAR UNTIL 5 MINUTES BEFORE SCHEDULED START TIME
- WE ASK THAT YOU STAY IN YOUR CAR, OR BEHIND THE FENCE AT EMBREY MILL, WHILE SESSIONS ARE GOING ON
- PROVIDE PLAYER WITH PLENTY OF WATER
- WASH PINNIES AFTER EACH SESSION
- ENSURE PLAYER'S EQUIPMENT IS SANITIZED BEFORE AND AFTER EACH SESSION

RESPONSIBILITIES

COACHES



IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, IT'S OK, STAY HOME

- FOLLOW ALL BACK TO PLAY GUIDELINES
- INQUIRE HOW PLAYERS ARE FEELING UPON ARRIVAL, SEND HOME IF NOT FEELING WELL
- TAKE ATTENDANCE OF ALL PLAYERS FOR EACH SESSION
- ENSURE ALL PLAYERS ARE AWARE OF THEIR PERSONAL EQUIPMENT AREA
- COACH IS THE ONLY ONE WHO WILL MOVE, PICK UP OR HANDLE ANY OF THE CONES OR TRAINING EQUIPMENT
- WILL PLAN SESSION TO COMPLY WITH GUIDELINES
- NO HIGH FIVES OR HAND SHAKES

RESPONSIBILITIES

CLUB



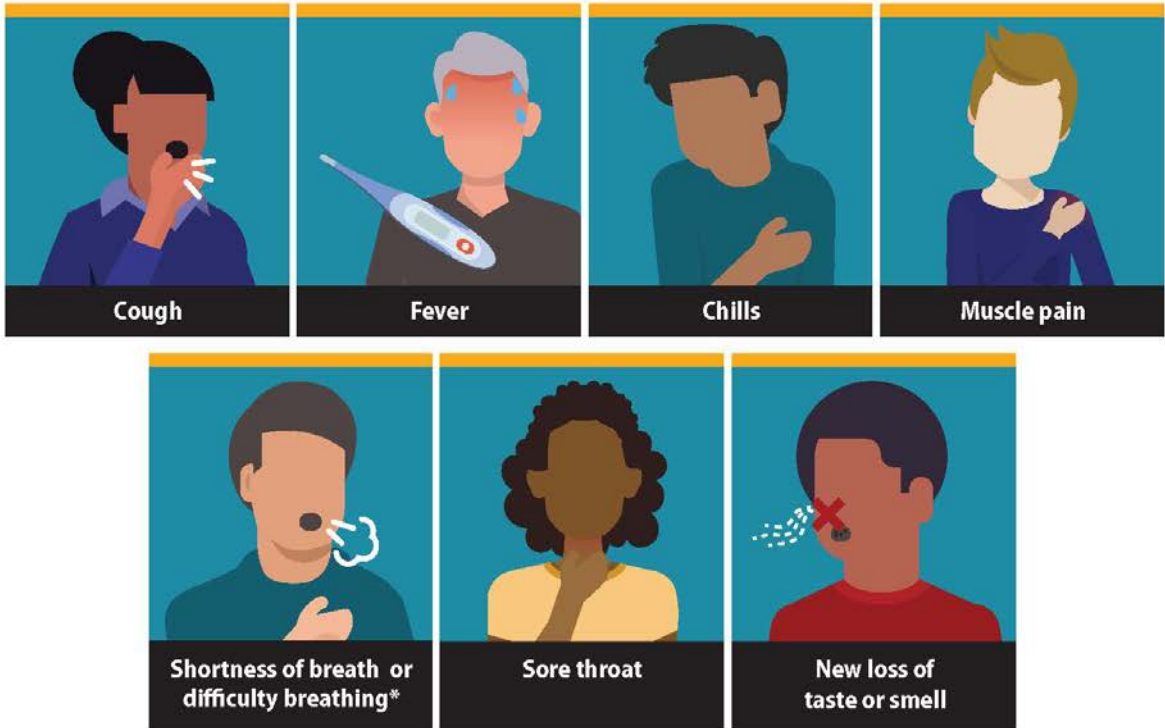
- PUBLISH BACK TO PLAY GUIDELINES
- BE SENSITIVE AND UNDERSTANDING OF FAMILIES UNCOMFORTABLE WITH RETURNING TO PLAY AT THIS TIME
- EDUCATE ALL STAFF ON BACK TO PLAY GUIDELINES
- ESTABLISH SCHEDULE AND PROVIDE FIELD SPACE WITHIN THE GUIDELINES OF THE STATE AND COUNTY
- PROVIDE ANY NECESSARY PPE AND SANITIZING PRODUCTS FOR STAFF



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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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RETURN TO SPORT FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

THESE RECOMMENDATIONS ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH SUSPECTED OR DOCUMENTED COVID-19 INFECTION IN ORDER TO REDUCE RISK OF DISEASE TRANSMISSION:

SYMPTOMATIC PLAYER / STAFF WITH SUSPECTED OR LABORATORY-CONFIRMED COVID-19 INFECTIONS:

CANNOT ATTEND CLUB EVENTS UNTIL:

- A. AT LEAST 3 DAYS (72 HOURS) HAVE PASSED SINCE RESOLUTION OF FEVER (DEFINED AS \geq 100.4 DEGREES F) WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS AND RESPIRATORY SYMPTOMS (E.G. COUGH, SHORTNESS OF BREATH), AND
- B. AT LEAST 10 DAYS HAVE PASSED SINCE SYMPTOMS FIRST APPEARED

OR:

- C. RESOLUTION OF FEVER WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS, AND
- D. IMPROVEMENT IN RESPIRATORY SYMPTOMS (E.G. COUGH, SHORTNESS OF BREATH), AND
- E. NEGATIVE RESULTS OF AN FDA AUTHORIZED MOLECULAR ASSAY FOR DETECTION OF SARS-COV-2 RNA FROM AT LEAST TWO CONSECUTIVE RESPIRATORY SPECIMENS COLLECTED \geq 24 HOURS APART (TWO NEGATIVE SPECIMENS)

PLAYER / STAFF WITH LABORATORY-CONFIRMED COVID-19 WHO HAVE NOT HAD ANY SYMPTOMS:

CANNOT ATTEND CLUB EVENTS UNTIL:

- A. 10 DAYS AFTER DATE OF THEIR FIRST POSITIVE COVID-19 DIAGNOSTIC TEST ASSUMING NO SYMPTOMS SINCE THAT TIME. IF SYMPTOMS DEVELOP, THEN MANAGEMENT SHOULD BE GUIDED AS ABOVE FOR SYMPTOMATIC INDIVIDUALS.

OR:

- B. NEGATIVE RESULTS OF AN FDA AUTHORIZED SARS-COV-2 RNA TEST AT LEAST TWO CONSECUTIVE RESPIRATORY SPECIMENS COLLECTED \geq 24 HOURS APART (TWO NEGATIVE SPECIMENS)

RETURN TO SPORT FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED COVID-19 INFECTION

THESE RECOMMENDATIONS ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH SUSPECTED OR DOCUMENTED COVID-19 INFECTION IN ORDER TO REDUCE RISK OF DISEASE TRANSMISSION:

ANY ASYMPTOMATIC PLAYER OR STAFF MEMBER WHO HAS BEEN EXPOSED TO AN INDIVIDUAL WITH A SUSPECTED OR DIAGNOSED CASE OF COVID-19 SHOULD BE RESTRICTED FROM PARTICIPATION FOR AT LEAST 14 DAYS AND MONITOR FOR ANY SYMPTOM CONSISTENT WITH INFECTION.

IF ASYMPTOMATIC AFTER 14 DAYS SINCE LAST EXPOSURE, THEY CAN RETURN TO PARTICIPATION. IN GENERAL, YOU NEED TO BE IN CLOSE CONTACT WITH AN INDIVIDUAL TO CONTRACT THE DISEASE. IN THIS CASE, EXPOSURE MEANS ANY ONE OF THE FOLLOWING:

- CARING FOR A SICK PERSON WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION.
- LIVING IN THE SAME HOUSEHOLD AS AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION.
- BEING WITHIN 6 FEET OF AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION FOR AROUND 10 MINUTES OR MORE

OR:

- COMING IN DIRECT CONTACT WITH SECRETIONS FROM AN INDIVIDUAL WITH A SUSPECTED OR CONFIRMED COVID-19 INFECTION (BEING COUGHED OR SNEEZED ON, SHARING WATER BOTTLE OR UTENSILS, FOR EXAMPLE)