



## **Folsom Lake Soccer League Return to Play Guidelines**

**\*These are subject to change as we abide by Sacramento County guidelines that could change at any time.**

### **Step 1: (Low Risk – No Contact Training – 10 Participants)**

- In-person training for minimum 14 days prior to moving to Step 2
- Only non-contact activities – conditioning/skill development
- Maximum 2 coaches/staff
- No more than 10 players present at scheduled time
- Observe proper social distancing for players and coach at all times
- Players remain 6' apart on/off field
- No physical contact during training
- No sharing of water or equipment
- Players & coach should sanitize all gear between each training session
- Only coach should handle cones
- Parent/guardian should drop off and pick up kids. If parent/guardian choose to stay and observe (U5-U10 parents are required to stay), they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians.
- Coaches/trainer should wear masks
- Players should wear face covering or mask when not actively training

### **Step 2: (Medium Risk – Return to Activity – Group Size of 30 or Less)**

- In-person training for minimum of 14 days prior to moving onto Step 3
- Maximum 2 coaches/staff
- No more than 30 participants present at scheduled time
- Observe proper social distancing for players and coach at all times

- No physical contact during training
- No huddles, handshakes, hugs, high 5s
- Participants remain 6' apart off field
- No sharing of water or equipment
- All soccer balls should be sanitized before & after practice
- Soccer balls may be shared but not touched with hands (except GK with gloves)
- Parent/guardian should drop off and pick up kids. If parent/guardian choose to stay and observe (U5-U10 parents are required to stay), they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians.
- Coaches/trainer should wear masks
- Players should wear face covering or mask when not actively training

**Step 3: (Medium-High Risk – Team Training – Controlled Scrimmage or Practice Game – Some Physical Contact)**

- Resumption of full team training & introduction of scrimmages & practice games
- Maximum 2 coaches/staff
- Only 2 coaches & manager allowed for scrimmage or practice game per team
- Only physical contact necessary for training should be limited
- No sharing of water or equipment
- All soccer balls should be sanitized before & after practice
- Soccer balls may be shared but not touched with hands (except GK with gloves)
- Limit close group discussions
- No huddles, handshakes, hugs, high 5s
- Participants remain 6' apart off field
- Parent/guardian should drop off and pick up kids. If parent/guardian choose to stay and observe (U5-U10 parents are required to stay), they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians.
- Advise at-risk spectators to stay home

**Step 4: (High Risk – Full Return to Play with Resumption of League Play)**

- No limitation on participants per field
- No restriction on training session
- Physical contact should be minimized
- Limit close group discussions
- No huddles, handshakes, hugs, high 5s

- Participants remain 6' apart of field
- No sharing of water or equipment
- Only coach should handle cones
- All soccer balls should be sanitized before & after practice, and at halftime of matches
- Spectators allowed but maintain physical distancing & no contact with players; space out as much as possible
- At-risk spectators take precaution
- Observe game from other vantage points where possible
- Recommend no travel out-of-state

### **Basic Safety Guidelines – For All Steps**

Parents and their families should take the temperature of their player(s) at home before participation. Coaches must check their own temperature before participation too. Anyone (player or coach) with new or worsening symptoms of COVID-19 (ie. fever of 100.4 or above; [additional COVID-19 symptoms](#)) shall not return to practice or games until:

- In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met:
  1. At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications.
  2. The individual has improvement in symptoms (e.g., cough, shortness of breath, etc.) and
  3. At least 10 days have passed since symptoms first appeared; or
- In the case of a coach or player who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three step criteria listed above. If the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.
- Upon arrival to the field, coaches or staff should ask each player if they are experiencing any signs or symptoms of COVID-19. If the player has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their

healthcare provider as soon as possible. Coaches are to keep a record of player attendance.

- Avoid “high fives”, handshakes, or other types of physical touching.
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6 feet away when greeting players.
- Coaches should wear appropriate face coverings during training sessions.
- Non-participants attending training session shall wear appropriate face coverings and follow social distancing
- Have youth and adults wash hands or use hand sanitizer before participation, directly after participation, and frequently during the youth activity.
- The handling of all training items, i.e. cones, discs, flags, goals, etc. should be limited to coaches only.
- Assign a “station” for each player to place their equipment & bag, and each player should return to their “station” during breaks.
- In all steps, soccer balls must be disinfected prior to and after each session.
- In all steps, no one should share water bottles/containers, towels, or any personal equipment. This includes, but not limited to shin guards, tape, hairbands, jersey/uniform. Pinnies/bibs should be washed prior to and after each day of training, practice or match.
- No spectators at practice/events during Steps 1-2 (exception U5-U10 parents at the field are required to wear masks and maintain 6’ distance); parents must observe practice from their cars. Spectators at events during Steps 3-4 should maintain appropriate social distancing.
- Create clear pathways into and out of complex so players are not coming into contact upon entering or exiting the facility.
- Establish designated drop off and pick up zones, and parents should drop off and pick up their youth players at the zone area.
- If a youth player needs supervision while waiting for pickup, adults should maintain social distancing.
- No Congregating Policy for players or parents in parking lots, at drop off zones, at entrance/exit areas of facility, or before or after training session.