

# CJSA Return to Play Covid19 - PHASE 3

## Phase 3

Activities sanctioned in phase 3 can be found down towards the bottom of this form.

A Club may choose to move to Phase 3, which permits games, after operating under the phases 1 & 2 requirements for a minimum of two weeks each. The Club must certify it will comply with all Phase 3 requirements.

CJSA has adopted this phased approach and associated requirements to help protect players, families, and coaches from increased risk of contracting COVID-19. All phases require strict adherence to safety protocols. As noted above, activities which are not permitted in a phase, are not sanctioned by CJSA, which means, for example, that CJSA insurance will not apply. Please note, Certificate of Insurance is limited to CJSA sanctioned activities.

Below you will find the minimum requirements that a club must certify to implement and strictly adhere to.

### No Participation if Experiencing COVID-19 Symptoms

- Any coach, player, parent, referee or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending training or games.

- Coaches and players (assisted by parents/guardians) must self-assess their condition and attest when arriving at the location that they are not

experiencing these symptoms. A self-assessment tool is attached which you can provide for players and coaches to assess their symptoms. <https://www.mayoclinic.org/covid-19-self-assessment-tool>

- Any adult attendee who displays any of these symptoms will be required to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.

#### COVID-19 Director

All clubs must have a COVID-19 Director. The COVID-19 Director is responsible for identifying and implementing the practices required to comply with CJSA, state, and local return to play activities requirements and is the point of contact with CJSA.

#### Obtain Waiver

A signed CJSA COVID-19 Waiver must be provided by a player before engaging in any return to play activities. Waiver should have been collected prior to phase 1.

#### Minimize physical touching between players and coaches

Coaches shall ensure and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates, but we need to be diligent at enforcing this protocol for the health and safety of our players and their families.

#### Coaches, players, and spectators to wear masks during training sessions

Coaches are It is required that coaches wear appropriate face coverings during training sessions, except when actively engaged in coaching activities requiring physical exertion. Players must wear masks when in the playing environment and not playing. Players will also be allowed to wear masks while training, but this will be a personal choice of the player’s parent or guardian. Any other individuals attending the training session are

required to wear appropriate face coverings and follow all social distancing guidelines

### Hand Sanitizing

Make hand sanitizer, disinfecting wipes, soap, and water, or similar disinfectant readily available during practice. Players should bring hand sanitizer for personal use.

### Equipment

Do not share equipment. Players should have their own alternate color training top or pinnie. Players should have their own ball, water bottle, towel, and hand sanitizer.

Reduce players touching practice equipment, the handling of all training items, such as cones, flags, goals, etc. should be limited to coaches.

Sanitize all equipment after each session, including benches and bleachers.

### Increased signage throughout facilities

Clubs should post reminder signage throughout facilities wherever possible to remind all players, coaches, and spectators to maintain social distancing.

### Social Distancing Oversight

During Phase 3, social distancing (minimum 6 feet) must be maintained by coaches, players, and spectators at all times when not playing.

Clubs should assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection (including insurance) for the players and the club.

## Communication Requirement

Make the CJSA Return to Soccer Activities COVID-19 Guidelines available to all your members. This can be accomplished by, Emailing, Prominently posting on Website, pointing to the most recent version on the CJSA Website.

If a team member or coach contracts COVID-19, all training sessions will be canceled for that team and any additional team associated with that coach for 14 days.

If a player or coach is sent home with symptoms, they can return when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines)

## PHASE 3

### Training

- Contact is allowed within the training environment; however, this should be limited to actual training and managed to avoid prolonged contact.
- Clubs/teams should still keep intermixing to a minimum.
- Adhere to social distancing requirements when participants are not playing (on the bench, sideline, etc.).
- Adhere to wearing masks when not playing
- Don't share equipment or water
- All equipment must be sanitized after each training session
- Any benches must be sanitized after each training session
- In an effort to communicate in a safe manner - setup a staging area outside of the field (or a designated area inside the field) where players place their belongings and water. This should also be where the coach communicates with the players while socially distanced.

### Games / Matches

- Out of state travel is prohibited, regardless of game or tournament
- Everyone must adhere to social distancing recommendations when participants are not playing (on the bench, sideline, etc.).
- Adhere to wearing masks when not playing and on the bench
- Coaches to wear masks
- Consider COVID-19 case activity level and risk in those communities when making travel decisions.
- Teams and referees are not to engage in traditional sportsmanship gestures, such as post-match handshakes. - - Teams are encouraged to find new ways to show sportsmanship
- If spectators do attend, they should limit the retrieval of soccer balls should they go out of play and let the players retrieve the ball.
- Minimize crowding at games and practices. For example, field space must be large enough to provide for social distancing or all in attendance; spectators must be distanced from the field, provide separate entrances and exits and space out practice and game times.
- Spectators must follow social distancing recommendations including the wearing of masks as well as maintaining at least 6 feet of physical distance from each other. This includes from Assistant Referee's
- Stagger start of games to ensure that there is the possibility for social distancing amongst all spectators if they are present.
- Game balls must be sanitized at halftime of all games and after games
- Any benches must be sanitized after each game.
- Don't share equipment or water
- In an effort to communicate in a safe manner - setup a staging area outside of the field (or a designated area inside the field) where players place their belongings and water. This should also be where the coach communicates with the players while socially distanced.