



# RETURN TO PLAY GUIDELINES



RETURN TO PLAY

# PHASES

1

- TEAM PRACTICE TIMES SET TO MAXIMIZE SOCIAL DISTANCING
- PRACTICE SESSIONS WILL LAST 1 HOUR
- 9 PLAYERS OR LESS AND 1 COACH IN PLAYING AREA
- NO CONTACT
- PARTICIPANTS MUST REMAIN A MINIMUM OF 15 FEET APART (5 YDS)
- PLAYER IS TO REMAIN IN THEIR TECHNICAL/WORK AREA
- 1 BALL PER PLAYER
- SOCCER BALL STAYS ON THE GROUND
- NO TOUCHING THE SOCCER BALLS, CONES, GOALS WITH THE HANDS

2

- SMALL GROUP TRAINING
- PHYSICAL CONTACT TO BE MINIMIZED
- PLAYERS TO MOVE MORE FREELY
- INTRODUCE POSSESSION GAMES WITHOUT FULL CONTACT
- INTRODUCE SMALL-SIDED GAMES WITHOUT FULL CONTACT
- WITHOUT FULL CONTACT = NO TACKLING
- SOCCER BALLS CAN BE SHARED BY ALL PLAYERS DURING TRAINING
- NO TOUCHING THE SOCCER BALLS, CONES, GOALS WITH THE HANDS
- PLAYERS CAN MOVE THROUGHOUT THE TRAINING AREA

3

- FULL TEAM TRAINING
- INTRODUCTION OF CONTACT / TACKLING
- INTRODUCTION OF SCRIMMAGES / PRACTICE GAMES
- PARTICIPANTS ARE TO REMAIN 6 FEET APART WHEN OFF OF THE FIELD

4

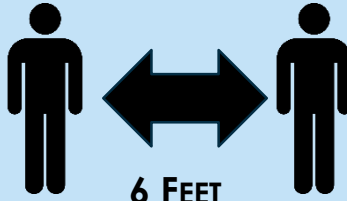
- **NO RESTRICTIONS ~**  
NO TRAINING, COMPETITION OR TRAVEL RESTRICTIONS
- THIS PHASE WILL OCCUR ONCE COVID-19 IS NO LONGER A PUBLIC HEALTH MATTER AND THERE ARE NO RESTRICTIONS DIRECTED BY FEDERAL, STATE AND LOCAL AUTHORITIES. PLEASE REFER TO YOUR GOVERNING BODIES FOR UP TO DATE INFORMATION.

RETURN TO PLAY

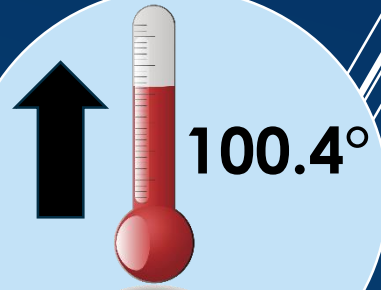
# GENERAL RECOMMENDATIONS



USE OWN  
EQUIPMENT



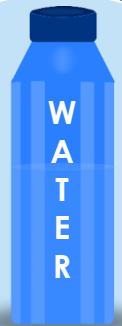
6 FEET  
APART



STAY HOME



PARENTS STAY IN  
VEHICLES



DO NOT SHARE



USE SANITIZER



WASH HANDS

IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, DO NOT RETURN

## RETURN TO PLAY

# THE PLAYERS



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, DO NOT RETURN

- ⊗ ADHERE TO ALL PROTOCOLS
  - ⊗ CHECK YOUR TEMPERATURE BEFORE ATTENDING ANY TRAINING SESSION
  - ⊗ NOTIFY YOUR COACH IF YOUR TEMPERATURE IS EQUAL TO OR ABOVE 100.4 F (DO NOT ATTEND PRACTICE)
  - ⊗ NOTIFY YOUR COACH IF YOU OR A FAMILY MEMBER ARE NOT FEELING WELL
  - ⊗ WASH YOUR HANDS THOROUGHLY BEFORE AND AFTER PRACTICE
  - ⊗ UPON EXITING YOUR VEHICLE, THOROUGHLY SANITIZE YOUR HANDS
  - ⊗ BRING A PUMPED UP SOCCER BALL TO PRACTICE – **WITH NAME CLEARLY MARKED**
  - ⊗ WEAR A MASK TO THE FIELD TO AND FROM YOUR VEHICLE
  - ⊗ BRING WATER OR SPORTS DRINK – **WITH NAME CLEARLY MARKED**
  - ⊗ DO NOT SHARE WATER, FOOD, OR TRAINING EQUIPMENT
  - ⊗ ALWAYS PRACTICE SOCIAL DISTANCING
  - ⊗ NO HIGH FIVES, NO HANDSHAKES, NO KNUCKLE BUMPS, NO HUGS
  - ⊗ **MASKS - ALL PLAYERS ARE REQUIRED TO WEAR FACE COVERINGS (MASKS) AT ALL TIMES\*. THIS INCLUDES, TRAINING, PRACTICE, WARM-UPS AND GAME PLAY**
- \* The only exceptions to this rule are for those players with documented underlying medical conditions that prevent them from wearing a mask

## RETURN TO PLAY

# PARENTS

IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, DO NOT RETURN

- ⊗ ADHERE TO ALL PROTOCOLS
  - ⊗ CHECK YOUR CHILD'S TEMPERATURE BEFORE ATTENDING ANY TRAINING SESSION → EQUAL TO OR ABOVE 100.4 F = YOUR CHILD STAYS HOME
  - ⊗ NOTIFY YOUR COACH AND KEEP YOUR CHILD HOME **IF** →
    - ⊗ YOUR CHILD HAS A TEMPERATURE EQUAL TO OR ABOVE 100.4 F°
    - ⊗ YOUR CHILD HAS CLOSE CONTACT WITH A SICK INDIVIDUAL OR ANYONE WITH CONFIRMED CASE OF COVID-19.
    - ⊗ YOUR CHILD HAS A DOCUMENTED CASE OF COVID-19 IN THE LAST 14 DAYS
    - ⊗ YOUR CHILD IS CURRENTLY NOT FEELING WELL OR SHOWING SYMPTOMS OF COVID-19
  - ⊗ IF POSSIBLE, NO CARPOOLING TO OR FROM TRAINING
  - ⊗ PLEASE ARRIVE NO EARLIER THAN 15 MINUTES BEFORE PRACTICE
  - ⊗ ENSURE YOUR CHILD HAS THEIR OWN HAND SANITIZER & WATER – **WITH NAME CLEARLY MARKED**
  - ⊗ STAY IN YOUR CAR / ASSIST WITH MINIMIZING SOCIAL DISTANCING ISSUE
  - ⊗ WASH ALL YOUR CHILD'S PRACTICE CLOTHING AFTER EACH PRACTICE
  - ⊗ **IF PRESENT ON SIDELINE, YOU ADHERE TO THE COUNTY'S 50-PERSON MAXIMUM ON FIELDS\* (TO INCLUDE ALL SPECTATORS, PLAYERS, COACHES & STAFF) YOU MUST ALSO MAINTAIN SOCIAL DISTANCING (AT LEAST 6-FT. APART) FROM OTHER FAMILIES, AND MUST PROPERLY WEAR A MASK (FULLY COVERING MOUTH AND NOSE) THE ENTIRE TIME**
- \* PLEASE BE AWARE SOME COUNTY FACILITIES REQUIRE SPECTATORS/PARENTS TO REMAIN IN THEIR VEHICLES.

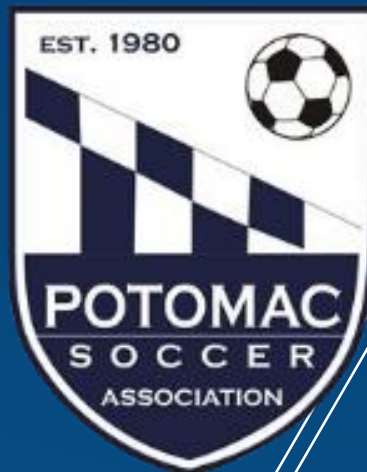
## RETURN TO PLAY

# STAFF



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, DO NOT RETURN

- ⊗ FOLLOW ALL PROTOCOLS / FOLLOW EACH PRACTICE PHASE PROTOCOLS
- ⊗ NOTIFY YOUR POTOMAC SOCCER ASSOCIATION DIRECTOR **IF**
  - ⊗ YOU HAVE HAD CLOSE CONTACT WITH A SICK INDIVIDUAL OR ANYONE WITH A CONFIRMED CASE OF COVID-19
  - ⊗ YOU HAVE HAD A DOCUMENTED CASE OF COVID-19 IN THE LAST 14 DAYS
  - ⊗ YOU ARE CURRENTLY NOT FEELING WELL OR SHOWING SYMPTOMS OF COVID-19
- ⊗ CHECK YOUR TEMPERATURE BEFORE TRAINING SESSION → IF TEMPERATURE IS EQUAL TO OR ABOVE 100.4° **PLEASE STAY HOME**
- ⊗ CONNECT WITH YOUR PLAYERS BEFORE EACH TRAINING / REMIND PLAYERS OF PROTOCOLS
- ⊗ ASK HOW PLAYERS ARE FEELING AND SEND A PLAYER HOME IF NOT FEELING WELL
- ⊗ WEAR A MASK DURING TRAINING UNTIL OTHERWISE NOTIFIED
- ⊗ WASH / DISINFECT YOUR HANDS THOROUGHLY BEFORE AND AFTER TRAINING
- ⊗ COACH IS THE ONLY PERSON ALLOWED TO TOUCH CONES AND / OR OTHER TRAINING EQUIPMENT
- ⊗ CLEAN / DISINFECT ALL TRAINING EQUIPMENT AFTER EACH TRAINING



## RETURN TO PLAY

# CLUB



IT'S OK, IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, DO NOT RETURN

- ⊗ DISTRIBUTE AND DISPLAY RETURN TO PLAY PROTOCOLS
- ⊗ TRAIN AND EDUCATE COACHES, PLAYERS, AND FAMILIES CONCERNING PROTOCOLS
- ⊗ ENSURE TEAMS HAVE THE APPROPRIATE FIELD SPACE FOR PRACTICE
- ⊗ BATHROOMS WILL BE CLOSED

# APPENDIX A

## SYMPTOMS OF COVID-19 INFECTION

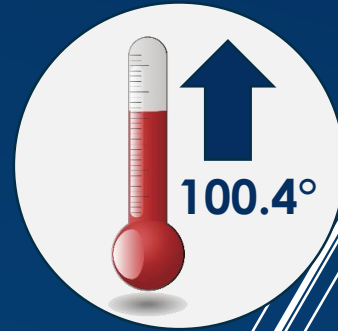
INDIVIDUALS WITH COVID-19 CAN EXHIBIT SYMPTOMS RANGING FROM MILD TO LIFE-THREATENING ONES. MOST SYMPTOMS ASSOCIATED WITH COVID-19 INCLUDE:



SHORTNESS  
OF BREATH



COUGH



FEVER

=/> 100.4 DEGREES F

LESS COMMON SYMPTOMS THAT MAY STILL BE EVIDENCE OF COVID-19 INCLUDE:

SORE THROAT

CONGESTION

NAUSEA &  
VOMITING

DIARRHEA

HEADACHE

MUSCLE /  
JOINT PAIN

SUDDEN LOSS OF  
TASTE & SMELL

CHILLS



# APPENDIX B

## RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

**THESE RECOMMENDATIONS ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH A SUSPECTED OR DOCUMENTED COVID-19 INFECTION IN ORDER TO REDUCE THE 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)



**THESE RECOMMENDATION ARE INTENDED TO GUIDE DECISION-MAKING REGARDING PLAYERS OR STAFF WITH A SUSPECTED OR DOCUMENTED COVID-19 INFECTION AND FOR WHEN TRAVELING OUTSIDE OF MONTGOMERY COUNTY IN ORDER TO REDUCE THE RISK OF DISEASE TRANSMISSION:**

**WHEN TRAVELING OUTSIDE OF MONTGOMERY COUNTY TO PLAY GAMES OUR RECOMMENDATION IS FOR PARENTS TO WEAR MASKS ON THE SIDELINES AND TO SOCIALLY DISTANCE SIX FEET APART FROM ANY NON-FAMILY MEMBERS.**

**ANY, PLAYER COACH OR STAFF WHO TRAVELS TO A STATE WITH A COVID-19 TEST POSITIVITY RATE ABOVE 10% SHOULD GET TESTED AND SELF-QUARANTINE AT HOME UNTIL THE TEST RESULTS ARE RECEIVED BEFORE THEY CAN RETURN TO THEIR TEAM. THE DISTRICT OF COLUMBIA AND THE COMMONWEALTH OF VIRGINIA ARE EXEMPT FROM THIS RECOMMENDATION.**

**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 OR 10 DAYS POST-POSITIVE TEST IF YOUR ARE ASYMPTOMATIC THE ENTIRE TIME AND MONITOR FOR ANY SYMPTOM CONSISTENT WITH INFECTION.**

**MAY RETURN TO PLAY AFTER 14 DAYS POST POSITIVE COVID TEST IF YOU ARE ASYMPTOMATIC, 14 DAYS AFTER YOUR POSSIBLE EXPOSURE IF YOU DID NOT GET A TEST AND REMAIN ASYMPTOMATIC OR**

**ALL OF THE FOLLOWING CRITERIA HAVE BEEN MET (WHICHEVER IS LONGER):**

- **AT LEAST 14 DAYS SINCE YOU FIRST FELT SICK.**
- **AND: IT HAS BEEN AT LEAST 24 HOURS SINCE YOU LAST HAD A FEVER WITHOUT FEVER REDUCING MEDICINE**
- **AND: ALL YOUR OTHER COVID-19 SYMPTOMS HAVE GOTTEN BETTER**
- **TALK TO YOUR HEALTH PROVIDER BEFORE RESUMING PLAY IF YOU HAVE OTHER UNDERLYING HEALTH CONDITIONS, YOU MAY NEED TO ISOLATE FOR LONGER.**
- **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).**

**FOR ADDITIONAL INFORMATION AND GUIDELINES PLEASE USE THIS LINK FOR  
THE "MARYLAND STRONG: ROADMAP TO RECOVERY";  
[https://governor.maryland.gov/wp-content/uploads/2020/04/MD\\_Strong.pdf](https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf)**

**THANK**



**YOU**