



Lebanon Revolution Return to Play

June 1st, 2020

Return to play Memo

We are pleased and excited to provide these guidelines which will provide direction for our return to play once we enter the Green Phase. The focus will be to acclimate and reintegrate players, coaches and families. The conditions during this pandemic have continually evolved and changed. We know additional information and guidelines are forthcoming so we must be flexible. These Guidelines will be updated as necessary and this document does not replace the advice or direction of medical professionals.

General Hygiene and Safety Protocols

- Wash hands frequently
- Have hand sanitizer available
- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bumps etc
- Practice social distancing
- No player, coach, or Parent may attend if they are feeling sick
- Sick players or coaches must quarantine as required by CDC and may only return with a doctors approval. Must show notice to the club.
- Disinfect all training equipment
- Coaches required to wear a mask
- Players to wear mask when not involved in a soccer activity. Player may wear a mask during activity at parents or players discretion.
- Each ball sanitized before and after practice
- Minimize contact with other teams

Guidance for Parents

- **Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.**
- **No signs of COVID-19 for the player the past 14 days and no known exposure before sending him or her to training. Sick players and coaches must stay at home and follow appropriate health guidelines.**
- **Determine if you want your child to wear a face mask during training.**
- **Sanitize and wash all equipment and uniforms after training**
- **Pack hand sanitizer and a face mask in his or her bag.**
- **Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players.**
- **Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training session**
- **Direct your child to never share water, snacks or equipment.**
- **Notify club and coach should your child become ill.**
- **Do not assist coach or coaches with equipment at the beginning or end of practice.**
- **Ball goes off touchline or end line allow players or coach to retrieve the ball.**
- **Parents make the ultimate decision on their child's attendance participation**

Guidance for Coaches

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements.
- Reinforce directives, polices and protocols as necessary with parents and children.
- As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home.
- Supply your medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.
- Implement social distancing at all times. Each player and their equipment at least six (6) feet from the next player.
- Coaches wear masks at all times.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity.
- Only coaches may touch or move equipment. Players do not touch or move equipment.
- No bodily contact in training.
- Avoid activities involving lines, maintain social distancing in training (review the US Soccer Grassroots Recommendation Guide under the resources below)
- Sanitize all equipment after training.
- Scrimmage vests are not recommended.
- Minimize interaction with other teams that train before or after you. Emphasize player should go straight to cars.
- Be positive, fun and engaging. Help the children acclimate and reintegrate.

Guidance for players

- **Must bring their own water ball**
- **Must bring their own soccer ball**
- **Must practice social distancing**
- **Communicate any sickness and/or illness to parent, coach, or revolution staff**
- **Wash hands thoroughly before and after practice**
- **No handshakes, high 5s, hugs, etc**
- **Must wear mask before and after practice**
- **No spitting on the fields**

By following these guidelines we believe we can create a fun and safe soccer environment for all Revolution staff, players, and families. We look forward to seeing all of you on the fields real soon.