

ATHENS UNITED SOCCER
Summer / Fall 2020 Training Guidelines & Schedule

The following Training Guidelines & Schedule is related to the COVID-19 virus and was assembled with information from the DCD, Athens-Clarke County, Georgia Soccer and U.S. Soccer. They are subject to change.

PHASE I: Individual At-Home Training

Type of Training: At home training.

When: Begin the week of June 15.

Type of Training: Virtual Training and/or coach-led activities with players. This may consist of Zoom meetings. and/or written instructions from coaches to players.

Group Size: No group training during this Phase I. Goal is to improve the fitness of athletes.

PHASE II: Limited Team Training

Type of Training: Team training with no contact between players.

When: Beginning the week of July 13.

Group Size: No more than 20 people per half of 11 v 11 full size field (this includes players + coaches).

Use of athletic fields is for training and practice only.

Activities should focus on conditioning and individual skill development.

No competitive play or game situation activities are allowed during this phase.

Exercises should be completed with one player and one ball at least 6 feet from other players.

Fitness exercises without player to player contact is also permissible in this phase.

Players should not head the ball and goalkeepers should train as field players.

Players should use their feet but avoid use of hands.

Multiple groups can simultaneously practice as long as social distancing guidelines are met.

Each group should train in a designated training area and groups should not intermingle.

Phase III: Full Team Training

Type of Training: Limited restrictions on training activities

When: Beginning July 27, 2020. This is expected for approximately two weeks, but is subject to change depending on further updates by the State of Georgia and Athens-Clarke County Leisure Services policies and guidelines.

Group Size: Full team and coach

Training areas should be separated and designated so that groups do not touch the same surfaces (e.g., benches, cones, balls). No more than 20 people per half of 11 v 11 field (players + coaches).

Phase IV: Return to Competition

Intra-club games / scrimmages are to begin on August 1, 2020

The Fall 2020 Soccer Season officially begin on August 23, 2020

Additional Guidelines & Precautions:

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - The player has not had any known close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - The player has not had a documented case of COVID-19 in the last 14 days.
 - The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A, below).
 - Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Players should avoid all unnecessary physical contact with each other, including celebrations, handshakes, high-fives, etc.
- During the applicable period, above, while on the field and at events / games, all coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission, and players and coaches should wear masks while on sidelines when social distancing is a challenge.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during each phase.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and arrival and departure times will be staggered to minimize potential interaction with other groups.
- Other individuals in attendance (e.g., family members) must stay a safe distance away from the field and maintain at least 6 feet between other individuals in attendance.
- Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- Please avoid communal use of bleachers
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management.
- Family members may participate in injury management as necessary but other players should maintain proper social distance.

Equipment and Training Grounds:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players.
- Coaches and players to bring their own water bottles.
- Please avoid using water fountains.
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use.

- Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected by coaches after use.
- Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Concession stand and food service will be closed at this time.
- Scheduling will allow for approximately 15-30 minute gap between groups usage of the field to avoid large groups at the fields at the same time

Appendix A:

Symptoms of COVID-19 Infection: Individuals with COVID-19 can exhibit symptoms range from mild to life-threatening. The most common symptoms associated with infection include fever (greater than or equal to 100.4 degrees F), cough, and shortness of breath. Less common symptoms that may still be evidence of COVID-19 infection include sore throat, congestion, nausea and vomiting, diarrhea, headache, muscle / joint pain, sudden loss of taste or smell, or chills.

Appendix B:

Return to Play Following Confirmed or Suspected COVID-19 Infection: The following 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.

1. Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection Cannot attend team events until:
 - a. At least 3 days (72 hours) have passed since resolution of fever (defined as greater than 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.
 - 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 more than 24 hours apart (two negative specimens).
1. Player / staff with laboratory confirmed COVID-19 who have not had any symptoms Cannot attend team events until:
 - a. 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop symptoms, then management should be guided as above for symptomatic individuals.

or

 - b. Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected more than 24 hours apart (two negative specimens).

Appendix C:

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19:

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the 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 symptoms 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 of the following:

1. Caring for a sick person with a suspected or confirmed COVID-19 infection;
2. Living in the same household as an individual with a suspected or confirmed COVID-19 infection;
3. Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more; or
4. 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).

Appendix D:

Athens-Clarke County Leisure Services Guidelines for Re-opening Youth Athletics

June 1, 2020

In accordance with the CDC and local health officials, Athens-Clarke County Leisure Services is recommending that youth athletics activities may resume in June provided the following guidelines are followed. These guidelines have been identified as critical to help lower the risk of COVID-19 exposure and reduce the spread during youth athletic activities. It is imperative that league administrators, coaches, officials, volunteers, parents, and participants adhere to the following guidelines.

Use of athletic fields is for training and practice only. Activities should focus on conditioning and individual skill development. No competitive play or game situation activities are allowed until further notice. Limit the size of participants at practice and on the field at the same time. For soccer limit the number of players to 20 per half of a full-sized field. For baseball limit the numbers to 20 per field. It is important that a player remain at home if they are experiencing any of the symptoms associated COVID-19 as directed by the CDC. Minimize equipment sharing, clean and disinfect shared equipment between use by different people. (i.e. Bats, balls, gloves, helmets, pads).

During times players are not actively participating it is important to maintain social distancing by increasing the space between players on the sideline, dugouts or bench. Players may have to spread into the space outside the fence down the side of each field. Players should wear mask in dugout or while on sidelines when social distancing is a challenge. Limit any non-essential visitors, spectators, volunteers, and activities involving external groups or organizations. Ask parents that must stay for practice to bring their own chairs to avoid communal use of bleachers. Concession stand and food service should not be used at this time. Encourage coaches and players to bring their own water bottles to avoid using water fountains. When scheduling activities allow for a 15-30 gap between groups usage

of the field to avoid large groups at the fields at the same time. Keep players together in small groups with dedicated coaches or staff and make sure that each group of players and coaches avoid mixing with other groups as much as possible. Use of outdoor batting cages is permitted at this time. The indoor batting cage will remain closed until further notice. Athens-Clarke County Leisure Services will continue to monitor any updates from the CDC and local health officials on resuming youth athletic activities. If all health indicators continue to improve, we hope to lift some of the restrictions regarding competitive play by early July.

Appendix E:

CDC Guidelines for Consideration for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>