



RETURN-TO-PLAY

Structure Overview

PHASE 0: Stay and Shelter

Duration: Based on NYS regional regulations

- STAY HOME. FLATTEN THE CURVE!
- No organized in-person trainings or competitions
- Virtual training options

PHASE I: Individual and Small Group Training

Duration: 4-6 weeks

- NYS and regional “stay and shelter” regulations lifted
- In-person small group trainings with max of 9 players and 1 coach (9:1 player to coach ratio)
- Maintain social distancing throughout entirety of session
- COVID-19 prevention protocols in place and enforced

PHASE II: Full Team Training

Duration: 3-6 weeks

- Full team training permitted
- Continue to maintain social distancing
- COVID-19 prevention protocols in place and enforced
- Allow three (3) weeks for COVID-19 tracing and tracking purposes

PHASE III: Full Team Competitions

Duration: Indefinite

- Full team competitions (i.e. tournaments and league play) can occur
- Continue COVID-19 mitigation strategies
- Start with local and single-day competitions
- Larger events will be guided by NYS public health authorities

PHASE IV: No Restrictions

Duration: N/A

- COVID-19 is no longer a public health matter and there are no restrictions issued by federal, state and local authorities



#PLEDGE11



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Phase 0 Breakdown

Phase

0

1

2

3

4

Stay and Shelter

Suggested Duration: 3-6 weeks (based on NYS regional regulations)

Status: COMPLETE

- STAY HOME. FLATTEN THE CURVE!

- No organized in-person trainings or competitions

- Virtual training options



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Phase I Breakdown

0

Phase

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Individual and Small Group Training

Suggested Duration: 4-6 weeks

Status: COMPLETE

Requirement: State and/or local stay-and-shelter regulations should be lifted and small group gatherings permitted

Organize and maintain small group trainings (max 9 players and 1 coach)

Prepare and follow COVID-19 prevention and response protocols

- See the following link regarding the “New York Forward” plan: https://forward.ny.gov/?utm_source=Governor+Andrew+M+Cuomo+Events+Invite&utm_campaign=23db16411f-EMAIL_CAMPAIGN_2020_03_19_10_05_COPY_01&utm_medium=email&utm_term=0_4e71cb1faa-23db16411f-120044783

Maintain social distancing before, during and after training

Implementation of injury prevention exercises during each training session for gradual return to full fitness and higher training intensity levels

No participation in tournaments or league play

See Edge11 Academy Safety Plan and Check Lists for additional details



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Phase II Breakdown

0

1

Phase

2

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4

Full Team Training

Suggested Duration: 3-6 weeks

Status: COMPLETE

- Continue health and safety protocols introduced in Phase I

- Full teams can reunite at each training session

- Small-sided games and set-play activities will be gradually introduced and managed to prepare for Phase III (full team scrimmages not permitted)

- A minimum of (3) weeks will be used for COVID-19 tracing and tracking purposes

- See Edge11 Academy Safety Plan and Check Lists for additional details



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Phase II Breakdown

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Phase

3

4

Full Team Competitions

Suggested Duration: Indefinite

Status: IN PROCESS

• Opposed (i.e. full-contact) activities can be implemented at training

• Full team competitions (i.e. tournaments and league play) can occur

• Continue COVID-19 mitigation strategies

• Start with local and single-day competitions

• Larger events will be guided by NYS public health authorities



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Phase IV Breakdown

0

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Phase

4

No Restrictions

Suggested Duration: Indefinite

Status: INCOMPLETE (awaiting completion of Phase III)

COVID-19 is no longer a public health matter and there are no restrictions issued by federal, state and local authorities!



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Advice for Parents & Guardians

STAY INFORMED. Review all safety recommendations and ensure your family follows them. Every player and parent/guardian should promise to follow the “Pledge11 Play On” initiative. Support our Edge11 Academy staff and organization in adhering to all safety recommendations.

STAY SAFE. If possible, do not attend training. Stay in your car or away from the training field. Socially distance from other parents at all times. Avoid carpools/ride-sharing if able. Ensure your child’s gear and clothing are cleaned before coming to training and immediately after they arrive home.

STAY IN TOUCH. Contact any of our Edge11 Academy staff members with questions, concerns, and/or feedback. Communicate and stay at home if you, your child or family are unwell or exposed to COVID-19.



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Healthy Hygiene Cheat Sheet

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover (mask) when not physically active at training.
- Do not share equipment at training, including water bottles (bottles should be labeled), towels, and training bibs.

