



RETURN TO PLAY GUIDELINES

Phase 3 Guidelines - Safer at Home: Outdoor Recreational Sports

MANDATORY Requirements issued by the Governor of Virginia

Beginning March 1, 2021 - All areas of Virginia

- Spectators are limited to 250 people per field to include spectators, players, and coaches.
- Ten feet of physical distancing should be maintained between all coaches, participants and spectators, where practicable.*
- Post signage at the entrance that states that no participant or spectator with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 10 days is permitted on the premises.
- Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met.
- Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility.
- Shared equipment must be limited. If required it must be disinfected between each use. Practice routine cleaning and disinfection of high contact areas and hard surfaces
- Post signage to provide public health reminders regarding physical distancing, gathering and options for high risk individuals.

**Per Virginia Governors Office, matches are permitted during Phase 3*

Orders regarding COVID-19 issued by your local jurisdiction must be followed

Regardless of the phase, clubs should consider the following guidelines:

Club

- If capability exists to take the temperature of participants, including coaches should be taken. Anyone with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 10 days
- Training and game schedules should be staggered to eliminate congestion and crowding
- No centralized hydration or refreshment stations
- Provide a place for players and coaches to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol
- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations should be made if needed
- For individuals who have tested positive for COVID-19, provide written confirmation of COVID-19 negative status should be required for participation return

Coaches

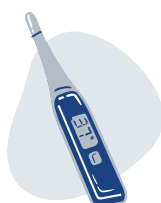
- During this crisis period, coaches should design training and pre-match warmups with as much physical distancing as possible
- Assign a "station" for each player to place their equipment, and that they should return to during breaks
- No one should share water, towels, balls or any equipment. All balls should be disinfected after every practice
- Only coaches should handle practice equipment
- Practice Vest/Pinnies should be washed after each use. Recommend issuing each player their individual practice vest/pinnie
- Disinfectant should be used to wipe down all equipment
- Participants should be given the option to stay home if they are uncomfortable returning to play

Players

- Each player must have their own ball and equipment
- *During training, handling the ball should be limited as much as possible*

Stay home if...

- You are feeling sick
- You have a sick family member at home



SOURCE: VYSA.COM

Recommendations



GOVERNOR.VIRGINIA.GOV



USYOUTHSOCCER.ORG



USSOCCER.COM



CDC.GOV