



RETURN TO PLAY GUIDELINES

Phase 3 Guidelines - Safer at Home: Indoor Recreational Sports MANDATORY Requirements issued by the Governor of Virginia

Beginning December 7th, for ALL areas of Virginia:

- Indoor Facilities: The total number of attendees (including participants and spectators) cannot exceed the lessor of 30% of the occupancy load on the certificate of occupancy.
(To clarify, if a local school gym is being used for indoor soccer or futsal training and the COO has an occupancy load of “No more than 100 persons”, no more than 30 people are allowed in the space including participants, coaches and spectators)
- 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.

***AT THIS TIME, THE COMMONWEALTH HAS PROVIDED NO GUIDANCE WHETHER OR NOT INDOOR SOCCER OR FUTSAL MATCHES MAY BE PLAYED IN 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
- Consider eliminating or limiting spectators.
- 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, spectators (if allowed) must wear masks at all times. Players should wear masks whenever they are not participating in play inside the facility. Players must be allowed and even encouraged to wear masks during play should they wish to.

CLUBS SHOULD USE THE VYSA PROVIDED "INDOOR SOCCER/FUTSAL FACILITY ASSESSMENT TOOL" TO HELP GUAGE THE SAFETY OF USING OR ATTENDING AN INDOOR EVENT AT ANY GIVEN FACILITY.

Coaches

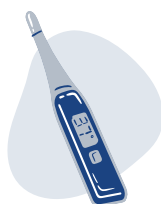
- During this crisis period, coaches should design training and pre-match warmups with as much physical distancing as possible
- Assign a "station" for each player to place their equipment, and that they should return to during breaks
- No one should share water, towels, balls or any equipment. All balls 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



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