



Bethesda Soccer Club -- Return to Play Model

All guidelines are based on the CDC, Maryland & Montgomery County guidance. They are subject to change based on local Health Department guidance.

General Guidelines

1. All participants (coaches and players) must complete Pre-Screening before coming to practices
 - Prior to attending any training event, each player should have his or her temperature checked and refrain from participation if he or she has a fever (≥ 100.4 degrees F). (see checklist below)
 - Anyone who self-reports a temperature of 100.4 or more should be sent home and not allowed to participate for a minimum of 14 days
 - If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19. If a coach, administrator, or official has a concern about a player's health, they have the authority to send the player home.
2. Coaches, must keep attendance via Team Snap at each practice
3. Assign a Station or Designated Space for each player for their equipment and where they will take water breaks and the like. Follow social distancing guidelines (6 feet apart) for Station spacing.
4. All Staff must wear masks in all Phases
5. Each player must utilize their own equipment throughout each session, to include a soccer ball in Phases I – II
6. In ALL phases, **no one** is to share water, towels, or any personal equipment.
7. Only the coach may handle cones, disks, et al.
8. No pennies or bibs will be worn

PHASE I Small Group Training (GROUPS OF 10 OR LESS)

1. A maximum of two coaches/staff will be allowed per half field during practices (head, assistant and GK coaches included)
2. No more than 9 players to be present at a scheduled time (total group size of 10 or less)
3. No physical contact should occur
4. Groups on a half field should not exceed 10 people
5. Players must social distance at 6 feet apart
6. No sharing of water or equipment including soccer balls
7. Each player and coach should sanitize all gear between each training session
8. Participants are to remain a minimum of 10 feet apart during drop off
9. No spectators are allowed
10. Training groups (players & coaches) will not be allowed to cross-pollinate
11. Practice times will be set to allow for social and/or physical distancing between practices.

** Anytime players are not active they should immediately put their masks back on (walking to/from the field, resting between exercises)

PHASE II Team Training (Scrimmaging)

1. A maximum of 3 coaches/staff allowed per half field during practices (head, assistant and GK coaches included) is TBD based on group sizes
 - If your team does not have a second coach, a volunteer parent is recommended to assist with maintaining these guidelines, particularly with younger age group teams
2. Only two coaches allowed for scrimmage / practice games, per team, per half field
3. Physical contact that is necessary for training may occur, but, whenever possible it should be limited
 1. This includes limiting close group discussions, no 'high fives', no embracing, etc.
4. **No sharing** of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - Only the coach may handle cones
5. Participants are to remain 6 feet apart off of the field and at their Stations
 - Designated areas for each attendee's gear should be clearly marked off the field
6. Spectators are not allowed
 - **Anytime players are not active they should immediately put their masks back on (walking to/from the field, resting between exercises)

PHASE III - Full Competition Training

1. Physical contact should be minimized whenever possible
 - No physical contact should occur outside of what is necessary for training / games
 - This includes limiting close group discussions, no 'high fives', no embracing etc.
2. Participants are to remain 6 feet apart off the field and at their Stations
3. Designated areas for each attendee's gear should be clearly marked off the field
4. **No sharing of water or equipment. Soccer balls are excluded**
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient/possible during training
 - Only the coach may handle cones
5. Spectators are allowed but with proper social distancing and no contact with players, teams, or coachesassistants. At-risk individuals should still take precautions

Coach Responsibilities:

- Ensure the health and safety of the Athletes.
- Inquire and monitor how the athletes are feeling. Send them home if you believe they act or look ill.
- Follow all state and local health protocols.
- Ensure all athletes have their individual equipment (ball, water, bag etc.)
- Coach is the only person to handle cones, disk etc.
- All training is outdoors, with proper social distancing per state or local health guidelines.
- Always wear a face mask when not actively coaching. Maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.
- The use of scrimmage vest or pennies is not recommended at this time.

Parent Responsibilities:

- If you are not comfortable with your son or daughter returning to play, do not have them participate. You are the only one who will make the decision about when your child returns to play

- Ensure each child is healthy and ready and able to participate. Check your child's temperature daily.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements. When at training, wear mask if outside your car.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify club immediately if your child becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training.

Players Responsibilities:

- If you are not comfortable with returning to play, Do NOT.
- Take temperature daily, or with the assistance of a parent.
 - Wash hands thoroughly before and after training.
- Bring hand sanitizer with you to every training and USE IT..
 - Wear a mask before and immediately after all training sessions.
 - Do not touch or share anyone else's equipment, water, snack, bag, or ball.
 - Practice social distancing. Place bags and equipment at least 6 feet apart at Designated Stations.
- Wash and sanitize all equipment before and after every training.
 - No group celebrations, no high 5's, hugs, handshakes etc.
- Anytime players are not active they should immediately put their masks back on (walking to/from the field, resting between exercises)

Player & Coach Checklist

- 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 checked document (via TeamSnap) from each participating player that:
 - Covid-19 Symptom Questionnaire
 - 1) Have you been within 6 feet of a person with a lab-confirmed case of COVID-19 for at least 15 minutes.
 - YES
 - NO
 - 2) Do you have any of the following symptoms? Please check all that apply:
 - Fever of 100.4 and above or fever-like symptoms, such as, alternating chills and sweating.
 - Cough
 - Trouble breathing, shortness of breath, or wheezing
 - Chills or repeated shaking with chills
 - Muscle aches
 - Sore throat
 - Loss of smell or taste, or a change in taste
 - Nausea, vomiting, or diarrhea
 - Headache
 - None of the above
 - If you answered yes to any of the above questions or symptoms, please do not attend practice and consult with your health care provider.

Staying Home when Appropriate

- Educate staff and player families about when they should stay home and when they can return to activity
 - Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
 - [Individuals, including coaches, players, and families, should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#).
 - Individuals, including coaches, players, and families, who have recently had a [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
 - CDC's criteria can help inform return to work/school policies:
 - [If they have been sick with COVID-19](#)
- [If they have recently had a close contact with a person with COVID-19](#)

General Hygiene Practices

The following practices should be reinforced within your soccer organization and community to mitigate transmission of any communicable disease.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

RETURN TO PLAY FAQ

RECOGNIZED SYMPTOMS

Symptoms that may appear 2-14 days after exposure:

- Cough
- Shortness of breath or difficulty breathing
- Fever

Or at least two of the following:

Chills

- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

WHAT SHOULD I DO IF I'M EXPERIENCING COVID-19 SYMPTOMS?

- Do not participate in any soccer or team activities if experiencing symptoms, precaution is most important. Immediately inform your club administrator and consult your primary doctor.

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

- Immediately inform your club administrator of your case, and refrain from soccer or team activities for a minimum of 14 days. Individuals may not return to play until cleared by their primary care doctor.

HOW LONG WILL EACH PHASE LAST?

- It is unclear how long each phase will last, or how long until sanctioned rugby activities and competition will be able to return as normal. These timelines will be determined by local government and health officials based on the level of infection and preparedness of COVID-19 in your region.

Inclement Weather:

- In the event of thunder or lightening you must immediately clear the fields and go to your vehicle if available. Only one person per vehicle unless you reside in the same house. If a vehicle is not available than you can always enter the big gym from the outside entrance while continuing to maintain 6 feet of distance. Masks must always be worn when not involved in physical activity.

Bathrooms:

Only one person allowed at a time (players 12 & under will be accompanied by a coach)