



# RETURN TO PLAY GUIDELINES

Period: May 15th - June 10th

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The knowledge and circumstances around COVID-19 are changing constantly and Virginia Youth Soccer Association makes no representation and assumes no responsibility for the completeness of this information. This document should be referenced as a guide and should in no way be your sole source of information. These guidelines address only early phases of return-to-play and follow the Virginia State Executive Order 51 as amended on May 8th as "Easing of Business Restrictions". Additional guidelines will follow after June 10th when our State provides additional guidance.

**Phase 1 Guidelines (Begin May 15th and continues to June 10, 2020) Based on Virginia State Executive Order 51 "Easing of Business Restrictions" dated May 8th, 2020**

*\*THIS ORDER DOES NOT INCLUDE THE FOLLOWING AREAS PER GOVERNOR NORTHAM'S COMMUNICATION AS FOLLOWS: "Governor Northam had directed those jurisdictions to formally request approval to remain in Phase Zero. Officials in the counties of Arlington, Fairfax, Loudoun, and Prince William; the cities of Alexandria, Fairfax, Falls Church, and Manassas Park; and the towns of Dumfries, Herndon, and Vienna (Northern Virginia Region) requested to remain in Phase Zero. The city of Manassas and the town of Leesburg and Appomattox County are included in the delayed implementation as well."*

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## **Phase 1 "Easing of Business Restrictions" Section 5 Fitness and Exercise Facilities (Outdoor Only)**

- Focused on return to activity with individual training; no group drills
- No contact
- Groups not to exceed 10 participants per field including coaches
- No sharing of water or equipment
- Participants must remain a minimum of 10 feet apart
- No spectators, parents should remain in vehicles
- Coaches must wear masks at all times, must launder them daily, and must sanitize hands every time they touch them
- Hand sanitizing stations must be available
- Encourage players to wear masks, although they may be removed during play
- Practice times should be set to maximize social distancing. Ideally 15 minutes in-between sessions to allow for one group to leave the area before the next arrives.

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

- 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 14 days.
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must have their own ball and equipment
- No one is to share water, towels, or any equipment. This includes, but not limited to: balls; all balls should be disinfected after every practice
- Only coaches should place and pick-up cones
- Practice Vest/Pinnies; At minimum these must be washed after each use. Recommend issuing each player their individual practice vest/pinnie
- No centralized hydration or refreshment stations

## Additional guidelines

- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- Recommend having sanitizing options available. This may include: Hand sanitizer
- Disinfectant to be used to wipe down all equipment
- 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



## Stay home if...

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



## Recommendations



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SOURCE: VYSA.COM