



Return to Play Practice Protocol

Phase I: Virtual Training

- **Type of Training:** Virtual Training; coach-led activities with players on an individual basis or with siblings who reside in the same household.
 - **Group Size:** No group training
 - **Length of time in Phase:** While “shelter in place” orders are in effect and group gatherings are prohibited
 - **Began on March 13th; Scheduled to end on June 8th**
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Phase II: Small Group, Individual Training

- **Type of Training:** Small Group, no contact training. Exercises should be completed with one player and one ball at least 6 feet from other players. Fitness exercises without player to player contact is also permissible in this phase. Players should not head the ball and goalkeepers should train as field players.
- **Group Size:** 9 players for every one coach. Multiple groups can simultaneously practice as long as social distancing guidelines are met. Each group should train in a designated training area and groups should not intermingle.
- **Length of time in Phase:** Two weeks
- **Begin on June 8th**

Additional Phase II Precautions:

- 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 verbal confirmation from each participating player that:
 - a) The player has not had any known close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.



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- Training groups may not exceed nine players and one coach (up to 10 total individuals) and should prioritize grouping players who share living spaces where possible (siblings, for example).
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during each phase.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and arrival and departure times will be staggered to minimize potential interaction with other groups.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

Phase II Equipment and Training Grounds:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
 - Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
 - Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
 - Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
 - All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, gates/doors will remain open to reduce contact with potentially contaminated surfaces.
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Phase III: Expanded Small Group, no contact training

- **Type of Training:** Expanded Small Groups. The team may do individual exercises (one player, one ball), group exercises (passing progressions with a partner or within the group), fitness exercises, or team tactical exercises. Goalkeepers begin to train as goalkeepers while still adhering to social distancing guidelines (they can begin to use their hands).
- **Group Size:** Up to a full team of 18 players and one coach. Players should remain within the same group throughout Phase 3.
- **Length of time in Phase:** Two weeks
- **Begin on June 22nd**

Additional Phase III Precautions:

- 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 verbal confirmation from each participating player that:
 - a) The player has not had any known close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training groups may not exceed 18 players and one coach (up to 19 total individuals).
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group will be given a designated time to arrive and depart the training grounds or facility. Players and coaches will remain in the same groups during each phase.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group will train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals will maintain social distancing guidelines during arrival and departure from training, and arrival and departure times will be staggered to minimize potential interaction with other groups.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.



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- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

Phase III Equipment and Training Grounds:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players.
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, gates/doors will remain open to reduce contact with potentially contaminated surfaces.

Phase IV: Full Team Training

- **Type of Training:** No restrictions on training activities
- **Group Size:** Full team and staff (18 players and all coaches). Training areas should be separated and designated so that groups do not touch the same surfaces (benches for example).
- **Begin on July 6th**

Additional Phase IV Precautions:

- 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 verbal confirmation from each participating player that:
 - The player has not had any known close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - The player has not had a documented case of COVID-19 in the last 14 days.



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- The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training of any size can be conducted
- Contact between players may occur during play, but players should avoid unnecessary contact with each other, including celebrations, handshakes, high-fives, etc.
- Coaches can integrate into training environments for instructions purposes but should not be in contact with players.
- Each group will be given a designated time to arrive and depart the training grounds or facility.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group will train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals will maintain social distancing guidelines during arrival and departure from training, and arrival and departure times will be staggered to minimize potential interaction with other groups.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

Phase IV Equipment and Training Grounds:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Soccer balls should be disinfected immediately before and after use, but can be shared by players. Training vests can be shared between team members but should be washed before and after each use. Other personal equipment recommendations as above should still apply
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, gates/doors will remain open to reduce contact with potentially contaminated surfaces.



Phase V: Return to Local Competition

- Return to local competition which does not require out of state travel; matches are now permissible.
- **Group Size:** Group gatherings only restricted per Governor's existing orders.
- Begin no earlier than July 20th

Additional Phase V Precautions:

- 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 verbal confirmation from each participating player that:
 - a) The player has not had any known close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Players should avoid all unnecessary physical contact with each other, including celebrations, handshakes, high-fives, etc.
- Other individuals in attendance should follow all relative social distancing guidelines as recommended by local authorities (guidelines in place during the phase).

Phase V Equipment and Training Grounds:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Training vests can be shared between team members but should be washed before and after each use.
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected regularly.
- Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.



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- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) will be disinfected between at least daily. When possible, gates/doors will remain open to reduce contact with potentially contaminated surfaces.
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Appendix A:

Symptoms of COVID-19 Infection:

Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. The most common symptoms associated with infection include:

- Fever (greater than or equal to 100.4 degrees F)
 - Cough
 - Shortness of breath
 - Sore throat
 - Congestion
 - Nausea and vomiting
 - Diarrhea
 - Headache
 - Muscle / Joint pain
 - Sudden loss of taste or smell
 - Chills
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Appendix B:

Return to Play Following Confirmed or Suspected COVID-19 Infection

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection:

Cannot attend team events until:

1. At least 3 days (72 hours) have passed since resolution of fever (defined as greater than 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g. cough, shortness of breath), AND...
2. At least 10 days have passed since symptoms first appeared.

OR

3. Resolution of fever without the use of fever-reducing medications, AND
4. Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND...
5. Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected more than 24 hours apart (two negative specimens).

Player / staff with laboratory confirmed COVID-19 who have not had any symptoms:

Cannot attend team events until:

1. 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop symptoms, then management should be guided as above for symptomatic individuals.

OR:

2. Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected more than 24 hours apart (two negative specimens)
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Appendix C:

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission.

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptoms consistent with infection.

Asymptomatic players can return to team events:

1. If asymptomatic 14 days since last exposure, they can return to participation.

OR

2. If they obtain a negative result of an FDA authorized SARS-CoV-2 RNA test at least 48 hours after last possible exposure. (This is a “molecular” test not an “antigen” test commonly referred to as a “rapid test”. An antigen/rapid test has an unacceptable false negative rate at this time.)

In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.

OR

- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example).