



# RETURN TO PLAY PLAN

**OCTOBER 2020**



## South Orlando Soccer Club (SOSC) Return to Play Plan

**The following is a phased plan in order to safely resume youth soccer.**

**In order for players to return to the field, parents are REQUIRED to sign and turn in a "COMMUNICABLE DISEASE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT"**

If you have questions, concerns or need to report a COVID-19 case, please contact Cris Whittaker at [president@southorlandosoccer.com](mailto:president@southorlandosoccer.com).

### **Phase Overview**

First and foremost, we will continue to abide by all guidelines and restrictions set forth by the government. These phases are designed to ease our way back into soccer, allowing children to resume some activities outdoors in a safe manner. We will determine which phase is appropriate based on guidance from governmental authorities.

- Phase 1 (finished 5/4): @ home soccer, where players do individual sessions at home.
- Phase 2: this phase allows for 10-person trainings, with specific protocols in place to reduce the spread of COVID-19.
- Phase 3: This phase allows for the resumption of full team trainings, with specific protocols in place to reduce the spread of COVID-19.

*These Phases are fluid and will always follow government restrictions and guidelines as well as governing body guidance. The Phases are not linear as both the federal and state governments have indicated that varied levels of mitigation restrictions may be imposed to slow the transmission of the virus. We welcome input from the medical authorities and are currently seeking their advice.*

### **Detailed Phases**

Objective: Allow players to safely resume training activities outdoors with their teammates.

- Phase 1 @ home soccer, where players do individual sessions at home.
- Phase 2 (Socially Distanced/Modified Training Environment)
  - 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 (which would follow state-mandated quarantine requirements). If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.
  - Training groups may not exceed nine players and one coach (up to 10 total individuals) 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.
  - Each group should be given a designated time to arrive and depart the training grounds or facility and designated pick-up/drop-off area.
  - 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.
  - Only players rostered on the specific team may train together. No scrimmages or guest players at team trainings.
  - Coaching can occur onsite, but coaches must maintain social distancing from all athletes.
  - Face mask use by players and coaches should be in accordance with local guidelines.
  - Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
  - Parents and spectators must follow government social distancing guidelines, i.e. parents to remain in vehicle when comfortable. If parents wish to watch practice, they must maintain adequate social distance at all times and must be far enough away from the group, so they are not counted as part of the gathering.
  - Hand sanitizer should be readily available at all training grounds and facilities. Each coach and player should have their own hand sanitizer. 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.) should be disinfected between sessions and after the final session of the day. ↵ When possible, gates / doors should remain open to reduce contact with potentially contaminated surfaces .
- Phase 3 (Full Training Environment)
    - All rules of Phase 1-2 apply to except where changes have been made below.
    - Full roster (and up to 2 coaches or trainers) may be present on the same field during trainings, there are no local restrictions on the size of group gatherings. Trainings of any group size can be conducted.
    - Soccer balls should be disinfected immediately before and after use, but can be handled by goalkeepers and by players for throw-ins.
    - Coaches can integrate into training environments for instruction purposes but should not be in contact with players.
    - Contact between players may occur during play.
    - Matches/Games Begin

While we are hopeful that match play is able to resume momentarily, we acknowledge that match play may not be feasible in the immediate term. We will evaluate the option with playing in local, regional or national matches based on local/regional input and advice.

That said, resumption of match play will fill a much needed social and physical need in the lives of players and families alike.

### **Communication**

We will establish and communicate to our members a mitigation plan that addresses the primary components of the guidelines above, using agreed upon and aligned consistent language and protocols from the resources available through the established federal and state authorities.

We also understand that individual families within our organizations may have circumstances or

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views that compel them to refrain from participation and as leaders within our organizations, we understand this. No member should be penalized or otherwise pressured should they choose to not participate under these guidelines.

### **Cooperation & Responsibility**

Each stakeholder as outlined below has a responsibility to cooperate within the framework of this plan.

#### **Club**

- Distribute and post Return to Play protocols
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play
- Train and educate all state of Return to Play protocols
- Provide adequate field space for social distancing, as outlined in this document, as applicable to the various phases

#### **Coach**

- Follow all Return to Play protocols
- Send athletes home if they are not feeling well
- Ensure all athletes have their own individual equipment (ball, water, shin guards, pinnie, etc.)
- Ensure activities provide adequate social distancing, as applicable
- Respect players, parents and families by accommodating those that may not yet be comfortable returning

#### **Parent**

- If you are comfortable having your child return to play, **DON'T**
- Check child's temperature prior to attending any activities
- Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity
- Notify Club/coach if your child becomes ill for any reasons
- Supply your child with individual sanitizer
- Adhere to all social distancing expectations
- Ensure your child has plenty of water

#### **Player**

- If you are not comfortable with returning to play, **DON'T**
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart
- No high 5's, handshakes, knuckles, or group celebrations

SOSC reserves the right to modify this plan at anytime.

*Updated October 26, 2020*

## **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 (  $\geq 100.4$  degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

## **APPENDIX B**

### *Return to Play Following Confirmed COVID-19 Infection*

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

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

**Cannot attend club events until:**

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

**OR**

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

Asymptomatic Player/staff with laboratory-confirmed COVID-19:

**Cannot attend club events until:**

- a) 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**

- b) Negative results of an FDA authorized SARS-CoV-2 RNA test from at least (2) two consecutive respiratory specimens collected  $\geq 24$  hours apart (two negative specimens).

## **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.*

If a player or staff member thinks they have experienced an exposure, defined as any potential exposure which is not a confirmed case, they should be tested for COVID-19 and is restricted from participation until they get their test results.

If the player or staff tests negative for COVID-19 and does not have signs or symptoms, they may return to participation and continue 14-day self-observation and appropriate masking and social distancing protocols from date of exposure.

In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one 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 a cumulative amount of 15 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).*