

West Milford Youth Soccer Organization



COVID 19 – Return to Play Guidelines

RECOMMENDATIONS FOR RETURNING
TO PLAY IN A TRAINING ENVIRONMENT
TO BE REVIEWED BY ALL PARENTS

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PURPOSE:

These Recommendations for Returning to Play in a Training Environment (the “Recommendations”) are provided to assist in safely and gradually resuming soccer training while reducing infection risk in the setting of the ongoing COVID-19 pandemic. These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements, which should be adhered to by all clubs. To date, published local, state, and regional guidelines and requirements vary widely. Each club or organization should conform to the guidelines and requirements that apply to them and should routinely monitor any changes to these guidelines and requirements. **PLEASE NOTE THAT THESE GUIDELINES MAY CHANGE FROM NOW AND UNTIL THE SEASON OPENS.**

CONTEXT:

Soccer presents its own inherent risks of disease transmission with respect to SARS-CoV-2, the novel coronavirus responsible for the COVID-19 pandemic, as well as other communicable diseases. Nonetheless, particularly with respect to COVID-19, member organizations will encounter widely disparate levels of local infection and disease spread, local public health guidelines, available resources for testing and preventive measures, and training / competition environments. In this context, it is unrealistic to implement uniform guidelines that are applicable to all organizations. These recommendations are intended to provide a phased return to training that will be implemented at different times by organizations throughout the country based on local disease burden, local restrictions and gating criteria, local resources and club environmental characteristics. Even if local laws or restrictions would accommodate immediate return to full team activities, this document outlines a training progression of at least 6-weeks in duration before full-contact and high intensity team training in order to promote fitness

development, reduce injury risk, and account for the possibility of a local resurgence of COVID-19 cases. In addition, if an organization, or certain groups within an organization, cannot adequately accommodate the requirements of a given phase in certain environments (for example, social distancing in younger age groups), then those groups should not progress to that phase.

GENERAL RECOMMENDATIONS:

General hygiene practices to reduce the risk of spread of infection:

The following practices should be reinforced 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 CHECKLIST

- ✓ Pack at least 2 water bottles – name on each
- ✓ Get dressed at home and get ready to play with cleats and shin guards on
- ✓ Pack personal sanitizing supplies (hand sanitizers) - name on all supplies
- ✓ Wear your face mask to and from training when walking toward and away from fields
- ✓ Wash your hands prior to training
- ✓ Conduct daily temperature check. If you have a fever at or above 100.4 F, DO NOT ATTEND PRACTICES OR GAMES.

Required Parent Responsibilities

- ❖ Ensure your child is healthy and check your child's temperature before arriving at the field. Coaches are also required to check player's temperature.
- ❖ A health questionnaire will also need to be filled out prior to each practice/game and handed into coach. IF this is not brought, the player will NOT be able to participate.
- ❖ Parents can spectate but must practice social distancing guidelines, mask must be worn when six-foot social distancing can't be maintained, except where doing so would inhibit an individual's health or where the individual is under two years of age.
- ❖ Ensure washing (e.g. hands) takes place after every training.
- ❖ Ensure clothes and equipment (clothes, cleats, ball, shin guards etc.) are sanitized before and after every training.
- ❖ Notify your coach immediately if your child becomes ill for any reason.
- ❖ Do not assist your coach with equipment before or after training.
- ❖ Be sure your child has hand sanitizing products with them at every training
- ❖ IF player is a goalie and receives a pinnie, it's the parents responsibility to wash and return that pinnie to the coach.
- ❖ **PLEASE NOTE THAT THESE GUIDELINES MAY CHANGE FROM NOW AND UNTIL THE SEASON OPENS AS WELL AS DURING THE SEASON.**

Required Coach Responsibilities

- ❖ Coaches will ensure that each players' temperatures is checked before practice or game play. Any player with a temperature over 100.4° F will be not be allowed to participate for the scheduled session.
- ❖ Coach will be responsible for collecting and tracking health questionnaire (attendance sheet). Without a completed health questionnaire, the player will NOT be able to participate
- ❖ Coach must hand in health questionnaire by Friday of each week
- ❖ Prioritize the health and safety of the participants.
- ❖ Send home anyone you believe acts or looks ill.
- ❖ Exercise reasonable care to ensure all athletes have their own individual equipment (ball, water, bag etc.). There will be a designated area on the sideline for equipment (e.g. backpack).
- ❖ Coach should maintain physical distance requirements (6 feet) from players based on state and local health requirements and exercise reasonable care to ensure players practice appropriate physical distancing (e.g. prohibit high-5s, hugs, handshakes, fist-bumps, etc.)
- ❖ Ensure coach is the only person to handle equipment (e.g. cones, soccer balls, disks etc.); do not enlist parent or player assistance.
- ❖ Wear a face mask during coaching.
- ❖ Pinnies will be provided for only goal tending use and SHOULDN't be used for scrimmages and players should bring their reversible jerseys.
- ❖ **Players should wear masks on sidelines when taking breaks**
- ❖ **Place cones or disks where players are to stand when arriving**
- ❖ **PLEASE NOTE THAT THESE GUIDELINES MAY CHANGE FROM NOW AND UNTIL THE SEASON OPENS.**

Coaches Signature: _____

Required Player Responsibilities

- ❖ Wash hands thoroughly before and after training.
- ❖ Bring, and use, hand sanitizer with you at every training.
- ❖ Wear mask before and immediately after all training.
- ❖ Utilize your designated location and do not touch or share anyone else's equipment, water, food or bags. Coaches to inform where to stand.
- ❖ Practice social distancing, place bags and equipment at least 6 feet apart.
- ❖ Wash and sanitize all equipment before and after every training.
- ❖ No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- ❖ Do not assist your coach with equipment before or after training.
- ❖ Bring your own jersey provided by Recreation Department or black or yellow shirt if jersey is not available.
- ❖ **PLEASE NOTE THAT THESE GUIDELINES MAY CHANGE FROM NOW AND UNTIL THE SEASON OPENS.**

COVID-19

Acknowledgement Form

All players and parents will be required to sign an acknowledgement form prior to participating in any soccer practice or game activities provided by the West Milford Community Services and Recreation Department. This will be a mandatory field while registering your child that you must be check off in order to complete registration