

Shenandoah FC Elite

Soccer Club

2020 Return-To-Play Plan





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Return-To-Play Plan Overview

Our top priority in creating a return-to-play plan is enabling players, families and coaches to get back on the field in a safe and healthy environment that promotes good habits. With this in mind, we have created a comprehensive plan that includes a step-by-step process that will allow us to phase in a “new normal” for youth soccer. In creating this plan, we have consulted with numerous government, health and youth soccer sources, to create what we feel is a comprehensive and executable plan. We want our players, families and coaches to feel confident in returning to play. Anyone who is not ready to return to the fields should wait until they do feel ready, without any penalty or repercussions. Below is an overview of our plan; the pages that follow will outline each point in greater details.

The information provided in this document is based on the most current information available as of May 1, 2020. Specifics such as dates given in the Return-to-Play plan are based on guidelines presented by our states’ governors, local municipalities and soccer governing bodies. This is a fluid situation; and thus, changes made at the state, local or soccer governing body level may cause this plan to be altered or adjusted.

PHASES of RETURN-to-PLAY (RTP)

We have divided this process into four phases. Each is shown with a **target date**. These dates were created with the best information available to us and may change as conditions change.

- **Phase 0** – NO trainings or matches (team or individual) will be sanctioned by the club. All interaction will be virtual. This stage will continue through May 14, 2020.
- **Phase 1** – Beginning May 15th, teams will be able to train in limited conditions. Social distancing practices will be employed. There will be no contact allowed, and training times and frequencies will be limited (45-60 minutes, Up to 2 sessions per week).
- **Phase 2** – Beginning June 5th, teams will be able to train in limited conditions. Social distancing practices will be employed. There will be no contact allowed, and training times and frequencies will be limited (45-60 minutes, Up to 2 sessions per week).
- **Phase 3** – Date TBD, Teams will operate under social distancing conditions. Contact will be allowed in game situations. Trainings will be allowed to expand to 75-minute sessions, and competitive matches will be allowed.
- **Phase 4** – Date TBD, this is the “new normal” situation. It will extend until eradication or vaccination of COVID-19 is released or new guidelines are set forth from health agencies. This will look more like pre-COVID conditions with general health guidelines being applied.

More detail on each phase is provided on subsequent pages.



Health Measures Being Undertaken

When we return to play, various new health and safety measures, some temporary and some permanent, will be employed to protect players, coaches and families. These are meant to minimize the risk of spreading COVID-19.

- Social distancing practices will be incorporated into trainings, games and sidelines (for players and parents).
- All families must sign a form acknowledging that they have read this document and agree to abide by its contents. Players will not be admitted to participate, if this document has not been signed.
- Player contact will be limited. While the game of soccer does necessitate person-to-person contact, the goal is to limit the time of exposure and the amount of players that each individual player comes in contact with.
- Screening and sanitization measures will be put into place, including digital pre-session questionnaires, temperature checks, masks worn by coaches (players encouraged to wear masks before and after training), greater spacing of team location and training times
- Players will be required to have their own scrimmage vest, which will be provided by the club, hand sanitizer, ball and water bottle. Sharing of equipment will not be permitted.
- Policies around reporting and communication of any COVID-19 exposure will be put into place in accordance with HIPAA laws.



Return-To-Play Plan PHASES

Phase 0

March 13th – May 14th

There will be **NO** team or **INDIVIDUAL** training provided by Shenandoah FC Elite. There will be **NO** competitive matches or events.

- Team communications / Individual Development Plans
- At-home training plan, guided by club communications
- Social media challenges
- Virtual competitions
- Online seminars and podcasts

Phase 1

May 14th – June 4th

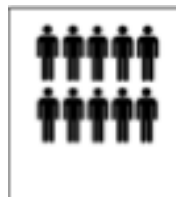
- Teams will train in 45-60-minute sessions.
- Teams will train up to 2 times per week.
- There will be 15 minutes between training sessions.
- Players will train in isolated team groups.
- Teams train with social distancing standards enforced (6-10 feet apart).
- A maximum of (10) people per field will be allowed.
- No parents or spectators allowed at fields.
- No scrimmages/contact will be allowed at training.
- There will be no Goal Keeping specific activities.



No temp above 100°F



6-10 ft distance at all times



10 people max per field



Coaches must wear masks

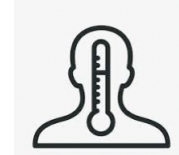
- Player temperatures will be taken before players are allowed to train. Max 100.1.
- No sharing of water or equipment, including a ball.
- Coaches will be required to wear masks.
- Encourage players to wear masks but may be removed during play.
- **PLAYER TRAINING GUIDELINES** will be enforced.
- **GENERAL HEALTH GUIDELINES** will be enforced.



Phase 2

June 5th - TBD

- Teams will train in 45-60-minute sessions.
 - Teams can train and/or play up to 2 times per week.
 - There will be 15 minutes between training sessions.
 - Players will train in isolated team groups.
-
- Teams train with social distancing standards enforced (6-10 feet apart).
 - A maximum of (50) people per field will be allowed.
 - No parents or spectators allowed at fields.
 - Contact will be allowed in game situations and context only.
-
- Player temperatures will be taken before players are allowed to train. Max 100.1.
 - No sharing of water or equipment, besides a ball.
 - Coaches will be encouraged to wear masks.
-
- PLAYER TRAINING GUIDELINES will be enforced.
 - GENERAL HEALTH GUIDELINES will be enforced.



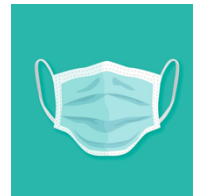
No temp above 100°F



6-10 ft distance when possible



50 people max per field



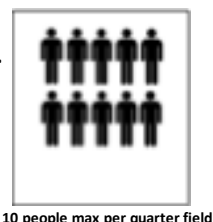
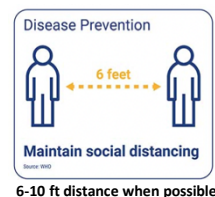
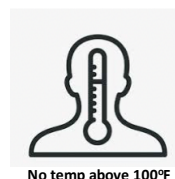
Coaches encouraged wear masks



Phase 3

TBD

- Teams will train in 75-90-minute sessions.
- Teams will train a or play up to 3-4 times per week.
- There will be 5 minutes between training sessions.
- Participation limits per field may be further reduced or eliminated.
- Teams train in larger groups to include other teams.
- Physical contact introduced and limited to game situations.
- Close group contact (Huddles, high-fives, etc.) prohibited.
- Player temperatures will be taken before players are allowed to train. Max 100.1
- Shared equipment (balls, scrimmage vests, etc.) MUST be cleaned by the coach prior and after each session
- Parents and spectators are allowed but will be required to maintain social distancing.
- GENERAL HEALTH GUIDELINES will be enforced.



Phase 4

TBD

- Teams will train in 75-90-minute sessions.
- Teams will train and or play 3-4 times per week.
- There will be 5 minutes between training sessions.
- No limitations on participants per training area.
- Formal competition with other teams and clubs resume.
- Player temperatures will be taken before players are allowed to train. Max 100.1
- Limited physical contact, only as necessary for training and games.
- Close group contact (Huddles, high-fives, etc.) limited. Participants are to remain 6-10 feet apart off the field, and as much as possible on the field.
- Parents and spectators are allowed but will be required to maintain social distancing.
- GENERAL HEALTH GUIDELINES will be enforced.



Player Training Guidelines

Coaches' Responsibility

- Players should not be handling training equipment (cones, goals, corner flags, etc.).
- Player activities should be arranged to maintain social distancing as much as possible in accordance with the stage mandates.
- Player "bench areas" must be arranged in order to accommodate social distancing practices.

Parents' Responsibility

- Parents must sign acknowledgement of Back-to-Play form before players may attend training.
- In Phase 2, parents should drop-off players but remain in their car.
- Parents should stay on site until players are admitted to training based on temperature check. Players with temperatures higher than 100.4 will not be allowed to train.
- In Phase 3, parents may attend trainings and games but must adhere to social distancing standards.
- In Phase 3, parents attending trainings and matched are STRONGLY encouraged to wear masks.
- Parents should not send players to training, if they are showing any sign of illness.

Players Responsibility

- Players should be responsible for their own scrimmage vest, in which the club will provide one for each player.
- Players are strongly recommended to wear a mask before and after training.
- Players may train in a mask. This is an optional measure.
- Players should have their own ball, and players should not handle any other soccer ball except for their own, at any time.
- Players must have their own hand sanitizer at each session. Players should sanitize their hands before and after training and during any breaks.



General Health Guidelines

- Players must have hand sanitizer in their bags at all times. They should apply before and after every session and if possible, during any breaks.
- Players must have their own scrimmage vest and wash after each use.
- Players must have their own ball that is clearly labeled with their name.
- Players must employ social distancing on the sidelines and during training as much as possible.
- Players will not be permitted to shake hands, high five, etc.
- Players will not be allowed to share equipment, training gear or water.
- Players should have their own water at every training and match, in a bottle that is clearly labeled with their name. Water stations will not be provided.
- Spitting will not be permitted.
- Coaches will discourage player congregation and gatherings as much as possible. No close-in team huddles, no lines in training, etc. will be executed.



Protocols for Reporting And communication of COVID-19 Exposure

- Staff members, including coaches, are required to report if they test positive for COVID- 19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19.
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID- 19 or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to the director, Cosmo Balio.
 - Contact for Cosmo Balio, info@shenandoahfc.com or call 540-313-5463
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous.
- Once notified that an individual who has tested positive with COVID-19 has been in close proximity (within 6 feet) with any staff member or player, those staff members and players must adhere to the following protocol.
 - Notify their primary physician.
 - Staff members and players should begin in-home isolation for a 14-day period.
 - Staff members and players may discontinue in-home isolation if they undergo testing and the test result is negative
- Before a staff member or player who has tested positive for COVID-19 can return to training or games, the following conditions must be met:
 - A minimum of 7 seven days must pass since the initial onset of symptoms.
 - A minimum of 72 hours must pass without symptoms, and without the aid of fever-reducing medications.
 - The staff member and player must attain a negative COVID-19 test result.



Protocols for parents and spectators

- Parents and spectators are NOT PERMITTED to be on or around the field during Stage 2. Parents may watch trainings from their car.
- When dropping players off, parents are required to stay until their player is admitted to training. Any player who is showing signs of illness or fever will be sent home. Players with a temperature higher than 100.4 will not be allowed to train.
- Once we begin Stage 3, parents and spectators are allowed to attend trainings and matches but must adhere to social distancing protocols. This extends to not only the field but also in the parking lot and other park facilities.
- All parents and spectators attending trainings and matches during Stage 3 and Stage 4 must maintain a MINIMUM distance of 6 feet off the field's touchline at all times.
- Parents and spectators who repeatedly disregard social distancing standards and/or field spacing guidelines will be required to leave the field and either remain in their car or leave the premises.

ADVICE FOR PARENTS & GUARDIANS



STAY INFORMED. Review all safety recommendations and ensure your family follows them. Have your player take the PLAY ON Pledge. Support the coach and organization in adhering to all safety recommendations.

STAY SAFE. If possible, do not attend training. Stay in your car or away from the training field. Socially distance from other parents at all times. Avoid carpools/ridesharing if able. Ensure your player's gear and clothing are cleaned immediately at home after training.

STAY IN TOUCH. Obtain the contact information of relevant staff in case of questions or concerns. Communicate and stay at home if you, your player or family are unwell or exposed to COVID-19.

For more information, visit
[USSOCCER.COM/PLAYON](https://ussoccer.com/playon)





Acknowledgement of Return-To-Play Protocol

Below is a copy of the Acknowledgement of Return-to-Play form. Every family must electronically acknowledge that they have read this form, understand its contents and agree to abide by the protocols set forth in it. This acknowledgement will be completed through each player's Team Snap Account. Players will also be asked to acknowledge and agree to the Assumption of Risk Statement shown on the following page.

DO NOT FILL OUT THIS FORM. A copy will be posted on Team Snap, to each player's account, approximately one week before the return to play begins. Players will not be allowed to participate in any Shenandoah FC Elite sanctioned events or trainings without the completion of this form.

SFCE Parent and Athlete COVID-19 Return-to-Play Agreement and Consent Form

- I declare that I have read, fully understand, and agree to comply with Shenandoah FC Elite's return-to-play plan, which includes: the return to play phases, player training guidelines, general health guidelines, protocols for reporting, and protocols for parents/spectators.
- I agree to inform SFCE personal if my child is diagnosed with, or suspected of having COVID-19.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 requires Shenandoah FC Elite to guard the privacy of your protected health information. You have the right to confidential treatment of all information and records pertaining to your case; as well as full consideration of privacy concerning your treatment. You also have the right to be advised as to the reason for the presence of any individual during the course of your medical care.

Player's Name

Printed Name of Parent/Legal Guardian



COMMUNICABLE DISEASE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

In consideration of being allowed to participate on behalf of the _____, event or program (the 'Program') including, but not limited to, events and activities, observation or use of facilities or equipment, participation in or acting as a spectator during any program (collectively 'Participation'), the undersigned acknowledges, appreciates, and agrees that, on behalf of him or herself and any of his or her minor children:

1. I am aware there are risks of exposure to directly or indirectly arising out of, contributed to, by, or resulting from an outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof, as a result of my Participation in the Program.
2. I am aware that my Participation or that of my minor children includes a risk of possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19; and that while particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my Participation and the Participation of any of my minor children; and,
4. I willingly agree, on behalf of myself and any of my minor children, to comply with the stated, reasonable, and/or customary terms and conditions related to my Participation—and that of my minor children—as regards protection against infectious diseases; and if I observe any unusual or significant hazard during my presence or participation, I will remove myself and my minor children, as appropriate, from Participation and bring such hazard to the attention of the nearest official immediately; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives, children and next of kin ('Releasers'), HEREBY RELEASE AND HOLD HARMLESS _____, it officers, officials, agents, consultants, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ('Releasees'), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name

Age

Participant's Signature

Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION):

This is to certify that I, as parent/guardian with legal responsibility for the below-named minor child participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself and for the other Releasers I do hereby release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or Participation in the Program as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Parent/Guardian Name

Parent/Guardian Signature

Minor Child Participant's Name

Date



Player Pre-Session Checklist

Below is a checklist that every player should run through before attending training.

- Players have had their temps checked.
- Players have their own ball with name on it.
- Players have their own water with name on it.
- Players have hand sanitizer (must use before & after training) with name on it.
- Players have their own training scrimmage vest and cleaned before each training or game.
- Players may only interact with their own training groups.



GETTING READY FOR TRAINING THE PLAYER'S CHECKLIST

- ☒ Pack at least two water bottles for training - put your name on each.
- ☒ Get dressed in your training gear at home so that you can arrive ready to play.
- ☒ Pack any personal sanitizing supplies, including hand sanitizers.
- ☒ Have your PPE (facemask) ready to wear to and from training, and when not active at training.
- ☒ Wash your hands before departing for training.
- ☒ Conduct a daily temperature check. If you have a fever at or above 100.4° F, do not go to training.

For more information, visit
USSOCCER.COM/PLAYON



HEALTHY HYGIENE CHEAT SHEET

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover when not physically active at training.
- Do not share equipment at training, including water bottles, towels, and bibs.

For more information, visit
[USSOCCER.COM/PLAYON](https://ussoccer.com/playon)



HYDRATION

- Participants should clearly label their water bottles with their own name.
- Participants should not touch anyone else's bottle and only drink from their own.
- Single-use bottles should be discarded or immediately on site.
- Water breaks should adhere to social distancing guidelines.
- Fluid breaks are recommended at least once every 15 minutes, but will largely be dictated by the duration/intensity of the session.
- All organizations, clubs, teams, coaches and players should follow the heat policy outlined by Recognize to Recover [here](#).

For more information, visit
[USSOCCER.COM/PLAYON](https://ussoccer.com/playon)



WHEN NOT TO PLAY ON

Stay home and consult a doctor if you don't feel well or have any symptoms below.

COVID-19 exposure in past 14 days

Sore throat

Shortness of breath/difficulty breathing

Fever at or above 100.4° F

Chills

Headache

Sinus congestion

Rash

Persistent cough

Joint aches and soreness

Vomiting or diarrhea

**Keep your
team safe.**



Frequently asked questions

Does my player need to wear a mask during training?

Players are not required to wear masks during training. While masks may limit the transmission of airborne particles, they may also hamper the flow of oxygen that is needed for a player working in a strenuous, athletic environment. It is **STRONGLY RECOMMENDED** that players wear masks before and after training. Coaches will be required to wear masks during Phase 1 and encouraged to wear them during Phase 2.

Why are sessions during Phase 2 limited to 60 minutes?

There is scientific research that shows that after being inactive for a prolonged period, the body's immune system may be weakened during prolonged strenuous activity. Sessions that extend beyond 60 minutes may increase the risk towards players until they have been able to reacclimate to longer sessions.

Why is there time between training sessions?

The time between training sessions will allow us to clear the previous session before players arrive for the next session. Players will be encouraged to go directly to their cars at the end of training. Players should not get out of their car until no more than 10 minutes before their session starts. This will limit the amount of player interaction between sessions.

Why are players required to carry their own scrimmage vests?

Each player will be issued their own scrimmage vest and must keep it and wash it after each session. This will eliminate the need for players to share vests and for parents to wash potentially contaminated vests as well. Players should not share balls, water bottles, equipment or clothing either.

What sideline practices are being observed to keep social distancing standards?

Player sideline will be organized by each coach, with players' bags a minimum of 6 feet apart. While some close contact is inevitable during the game of soccer, our goal is to minimize the frequency and duration of close contact. Teams will not engage in close-in huddles, post-game handshaking or high-fives, and coaches will be instructed to organize sessions to minimize player congregations – no lines, etc.

My player feels fine but is running a slight fever. Should he/she attend training?

Any player with a fever of 100.4°F or greater will not be allowed to attend training. This is a zero-tolerance policy. Players showing signs of a fever should be checked for other symptoms and monitored. A fever combined with other symptoms and/or a persistent fever should be referred to your primary physician. Fever-reducing medication **SHOULD NOT** be used to allow a player to attend training.