



RETURN TO PLAY GUIDELINES

DC Stoddert Soccer is following the advice and directives of local and state officials, as well as guidance from health and medical authorities to provide safe return to play for our staff, coaches, players, volunteers, and families.

All staff, coaches, players, and families are required to adhere to the DC Stoddert Soccer Return to Play Guidelines and protocol so that we maximize the safety of all participants. These guidelines are based on the Considerations for Youth Sports prepared by the Centers for Disease Control (CDC).

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

In summary, DC Stoddert Soccer is adhering to the following guidelines, protocols, and safety measures to mitigate risk and safely return to play:

- Training plans will adhere to social distancing and recommended guidelines.
- Coaches and staff will wear masks during sessions.
- Player to coach ratios will be small.
- Training activities will be scheduled with a grace period between sessions to limit the volume of people on the fields at any one time.
- Entry and exit areas will be designated for players, coaches, and staff to ensure the flow of people is organized and limited in number.
- Anyone who does not follow the safety protocols will be asked to leave.
- Equipment will be cleaned/sanitized between sessions.
- Protocol for reporting and quarantining will be followed.
- DC Stoddert will continue to engage with local and state authorities and adhere to all guidelines recommended, making changes to protocol, as needed.

TRAINING PLAN & RESPONSIBILITIES

PARENT/GUARDIAN RESPONSIBILITIES

- Prior to training check your child's temperature and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- If your child currently has any [symptoms](#) consistent with COVID-19 (including cough, sore throat, shortness of breath, fever of ≥ 100.4 degrees, or sudden loss of taste or smell) or is awaiting COVID-19 test results, please complete the [COVID-19 Report](#) and refrain from participation in soccer activities until cleared by a medical professional.
- Stay in or near your car and adhere to social distance requirements, based on state and local health guidelines.
- Don't gather or wait by or inside fields during practice.
- Avoid physical contact with players, coaches, and other parents/guardians.
- Adult spectators/parents/guardians must wear masks at training and games.
- Ensure your child's training gear is washed and equipment (cleats, ball, shin guards, etc.) is sanitized before and after every training.
- Notify the club immediately if your child becomes ill for any reason. Email IncidentReport@stoddert.com.
- Supply your child with hand sanitizer for each training session.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness Protocol** included in this document.

PLAYER RESPONSIBILITIES

- Follow directions of coach and DC Stoddert staff.
- If you feel uncomfortable participating or are high risk, **STAY HOME**. Training is voluntary.
- Wash hands thoroughly before and after training.
- Wear a mask to and from the field and when idle on the sidelines. Masks are not required during on-field activities.
- Wash hands or use hand sanitizer before and after training.
- When you enter the field report directly to your coach.
- Bring your own ball and water bottle to the field.
- Do not touch or share anyone else's equipment (water, soccer ball, or bag).
- Place your equipment, ball and water bottle in a space specified by your coach, keeping 6 ft from others.
- Maintain physical distance and do not gather in groups.
- At the end of training return to your parent/guardian immediately.
- Clean/sanitize your training uniform, cleats, ball, reusable water bottle, and soccer bag after every practice.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness Protocol** included in this document.

COACH RESPONSIBILITIES

- Prior to training, check your temperature and report to your respective director if you have a fever (≥ 100.4 degrees F) or are displaying symptoms consistent with COVID-19.
- Wear a mask at all times on the field and to and from field.
- Wash hands or use hand sanitizer before and after training.
- Keep attendance record of participants for contact tracing.
- Operate training based on the correct Phase of operations.
- Avoid physical contact with fellow coaches, players, and parents.
- Assign training groups and keep players in the same training group to reduce the risk of transmission.
- Ensure all players have their individual equipment (ball, water, bag, etc.) and designate specific areas for each player to place their equipment at least 6 ft from each other.
- No player is allowed to handle equipment - coaches are the only person to handle cones, discs, etc.
- Do not use pinnies.
- At the conclusion of training dismiss the players safely to maintain social distancing.
- Disinfect equipment (cones, etc.) between sessions.
- Ensure 15 minutes between training sessions.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness Protocol** included in this document.

RETURN TO PLAY PHASES

Phase I

Maximize physical distancing
Implement training exercises where players are at least 6 feet from each other
No physical contact
No competition or scrimmages
One ball per player
No touching soccer balls, cones, goals or other equipment with hands

Phase II

Small group training (group size to be determined based on current jurisdiction guidelines)
Physical contact to be minimized and limited in duration
Possession games without full contact introduced
Controlled small-sided games will be introduced
No tackling
Soccer balls can be shared by all players during training
No touching soccer balls, cones, goals or other equipment with hands (except goalkeepers, wearing gloves)
Players can move throughout the training area
Goalkeeper training permitted in smaller groups

Phase III

Gradual return to full team training
Contact and tackling introduced
Scrimmages and practice games introduced
Participants remain 6 feet apart when off of the field

Phase IV

COVID-19 is no longer determined to be a public health matter and there are no national, state, or local restrictions
No restrictions to training, competition, or travel

REPORTING PLAN

COVID-19 Exposure or Illness Protocol

This guidance is based on available information to date about COVID-19 and subject to change as additional information becomes available. Protocol may be amended at any time if there are changes in circumstances or public guidance. This protocol will also be applied to DC Stoddert coaches and staff.

Fever/Illness: Per regular club protocol, players who have a fever or are ill in any way should not attend any in-person session. In the case of fever or illness, please email your coach and copy IncidentReport@stoddert.com to let us know about your child's condition.

Exposure: If a player who has attended an in-person DC Stoddert activity has a **known exposure*** to a person who has been tested positive for COVID-19:

- Family is required to email IncidentReport@stoddert.com and complete a [COVID-19 report](#)
- Exposed player should self-isolate, and the player may not attend any DC Stoddert in-person activities until they meet the Return to Play after Illness/Exposure Guidelines

→ Club Communication: the club will notify the entire team of the exposure

→ Team Activity: team may continue to train, minus the exposed player

COVID-19 Diagnosis: If a player who has attended an in-person DC Stoddert **has been diagnosed with COVID-19** (by a health professional or through a positive test):

- Family is required to email IncidentReport@stoddert.com and complete a [COVID-19 Report](#)
- Player should self-isolate, and the player may not attend any DC Stoddert in-person activities until they meet the Return to Play after Illness/Exposure guidelines

→ Club Communication: the club will notify the entire team of the possible exposure to a COVID-19 positive individual

→ Team Activity: team training will be cancelled until players and coach meet the Return to Play after Illness/Exposure Guidelines

RETURN TO PLAY ILLNESS/EXPOSURE* GUIDELINES

Players who have a positive COVID-19 diagnosis and symptoms may return to play:

- At least 10 days** have passed since the positive test and the onset of symptoms
AND
- All other symptoms have improved and there has been no fever for at least 24 hours.

Players who have a positive COVID-19 diagnosis with no symptoms may return to play:

- 10 days after a positive test

Players who have been exposed to an individual who has tested positive for COVID-19 and remain asymptomatic may return to play:

- 14 days after exposure

Players who have taken a COVID-19 test (and are awaiting results) after traveling or for some other reason other than a known exposure should not attend in-person training until he/she has received negative test results.

* Per the CDC, "exposure" is currently defined as close contact (<6 feet) for 15 minutes or more.

** Talk to your health provider before resuming play if you have other underlying health conditions or severe symptoms, since you may be advised to isolate for longer.