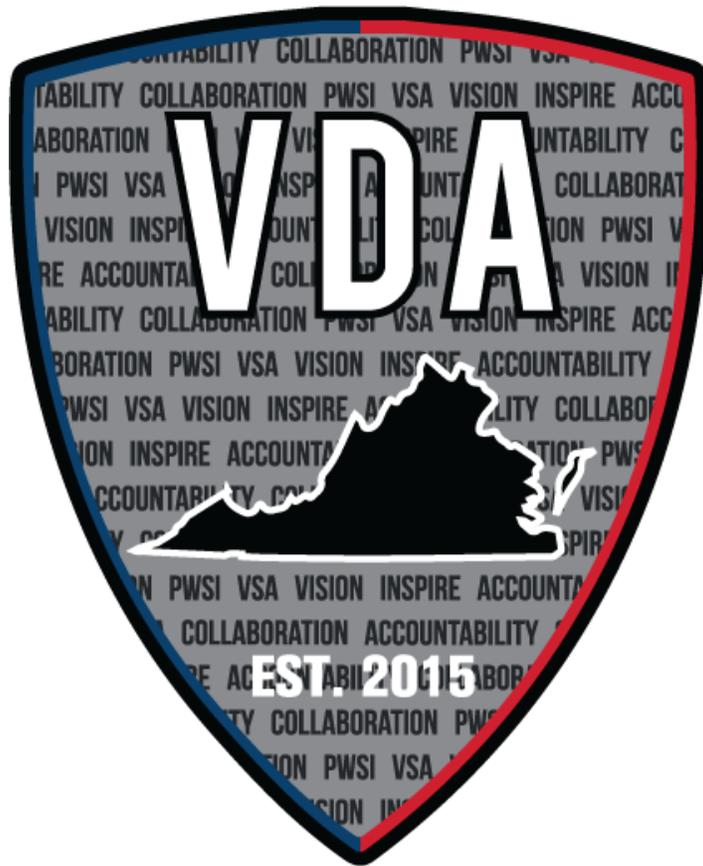


**Virginia Development Academy
Return-to-Play Plan
COVID-19**



VDA RETURN-TO-PLAY

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VDA



Dear Virginia Development Academy Family,

I want to thank you for your patience and support as we have endured an unprecedented time in the world. Our membership has been overwhelmingly understanding as we have navigated this pandemic. We appreciate now more than ever that we are in this together.

I am extremely proud of our staff who worked tirelessly to help each of our children maintain some sense of normal through these times. Their commitment to providing the best possible experience is tremendous and I hope you will join me in thanking them for their continued efforts.

We believe that a safe return to the field is a critical step to a return to normal for our community and brings with it significant and welcomed health and wellness benefits. That said, we must and will remain cautious and vigilant in ensuring we provide the safest possible environment for each and every player, spectator, coach, administrator and referee and we will need your help to do so.

Through my role as a board member of U.S. Soccer and Chairman of the Board for US Club Soccer, I continue to have access to regular updates and information to mitigate risks to our members. That said, all risk cannot be eliminated so we must take every precaution, adhere to government guidelines and follow the advice of the CDC. Your role in this process is critical.

As part of our Return-to-Play plan, we are providing clear protocols for all our members. The plan includes critical pre-training responsibilities by the player and parents. We are establishing a five-phase approach and will only advance through each stage when upon the advice of medical experts and government agencies, we feel it is safe to do so. The published dates are targets and failure by any member to follow this plan may result in a delay in advancing, reverting to a previous phase or starting the process over entirely.

We respect the right and comfort level of each of our members to return the field when they are ready. As such, the ultimate decision of a player to attend any team function is left to the parent or legal guardian without pressure or consequence from VDA or any of its coaches.

We promise to keep you informed and provide transparent access to the information we are utilizing in making all decisions. You are encouraged to remain up-to-date and share any information with me directly you believe would impact our decisions in the best interest of our membership.

We look forward to getting back out on the field soon!

Sincerely,



Mike Cullina
Executive Director



RETURN-TO-PLAY PLAN OVERVIEW

This plan is not intended nor should it supersede or replace any applicable local, state, regional or federal health guidelines or requirements. VDA will continue to monitor all published local, state, and regional guidelines and requirements to ensure we are providing the safest possible environment for our members, spectators, partners and employee.

Our priority is to establish a safe and healthy environment for the holistic development of our players and staff. Understanding the fluidity of the information available and recommendations, this comprehensive plan will continue to be updated as new information becomes available from medical experts and governmental agencies.

A plan can only be successful when embraced by the membership and executed effectively. We recognize and respect each member's responsibility to his/her own safety and the safety of their family and want you to feel comfortable and confident in returning to the field. Our coaches will not pressure any player to return to the fields until they are ready to do so.

RETURN-TO-PLAY PHASES OVERVIEW

This overview provides structure for a gradual approach to return to play during this unprecedented time of the COVID-19 pandemic. Each phase includes **target dates** for implementation, which may be adjusted based on the conditions at that time and/or availability of fields.

Failure by any player, parent or coach to adhere to strict compliance within each stage may result in an inability to move to the next stage or reverting to a previous stage to ensure the safety of our community. Recognizing different parts of the country, region or state will likely be in a different stage of return to play, local compliance is the only way to ensure we can advance through each stage.

VDA would like to thank the Elite Clubs National League and U.S. Soccer for their leadership and providing valuable information to help guide the development of this plan.

For the purpose of clarity and consistency, VDA will utilize U.S. Soccer's "PLAY ON" phases labels.





FIVE PHASES OF "PLAY ON" | VDA TARGET DATE(S)

PHASE 0: STAY AND SHELTER | CURRENT - JUNE 14

- No recreational organized activities
- Follow local, state and federal guidelines
- **VDA** - NO trainings or matches (team or individual) will be sanctioned by the club. All interaction will be virtual.

PHASE I: INDIVIDUAL AND SMALL GROUP TRAINING | JUNE 15-27

- Maximum of nine (9) players and one (1) coach allowed (or less, based on state/local social distancing guidelines)
- Maintain COVID-19 mitigation and incident action plans
- **VDA** - Limited training in pre-determined groups. Social distancing. No contact. Maximum two (2), 45-minute sessions per week

ASSESSMENT/RE-EVALUATION | JUNE 28-JULY 5

PHASE II: FULL TEAM TRAINING | JULY 6-25

- Maintain COVID-19 mitigation and incident action plans
- **VDA** - Limited team training. Social distancing. Contact permitted in limited game-like situations. Maximum two (2), 60-minute sessions per week.

ASSESSMENT/RE-EVALUATION | JULY 26-AUGUST 2

PHASE III: FULL TEAM COMPETITIONS | AUGUST 3-29

- Maintain COVID-19 mitigation and incident action plans.
- **VDA** - Full training sessions without restriction. Local games. No hotel stays.

PHASE IV: NO RESTRICTIONS | AUGUST 30

- No restrictions related to COVID-19
- **VDA** - No restrictions.



VDA



HYGIENE PRACTICES TO REDUCE THE RISK OF SPREAD OF INFECTION:

The following practices will help our organization and community 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

VDA POLICIES TO REDUCE THE RISK OF SPREAD OF INFECTION:

When we return to play, VDA will implement various new health and safety measures, some temporary and some permanent, aimed at protecting players, coaches and families and minimizing the risk of spreading COVID-19.

- Players may not share water bottles, equipment or training gear.
 - Players without their own water bottle that is clearly labeled will not be permitted to train or play.
 - Water stations will not be provided.
- Players and coaches will not be permitted to shake hands, high five, etc.
- Players are expected have hand sanitizer in their bags at all times and apply before and after each session.
- Pinnies must be washed after each use and may not be shared between uses.
- Players and coaches must adhere to social distancing guidelines.
- Spitting will not be permitted.
- Bathroom facilities will remain closed until deemed safe for re-opening.
- Social distancing practices will be incorporated into trainings, games and sidelines (for players and parents).
- Prior to participating, all families must sign a form acknowledging that they have read this document and agree to abide by its contents.
- Player contact will be limited during the phases to limit each player's exposure and risk.
- Screening and sanitization measures will be adopted.



PROTOCOLS FOR REPORTING

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 Executive Director, Mike Cullina: mcullina@pwsj.org | 703-670-6061
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will to the best of our ability 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.
 - Begin in-home isolation for a 14-day period or until documented negative test result.
- 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.



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 (≥ 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 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 club events until:
 - a) At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 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 ≥ 24 hours apart (two negative specimens).

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

- 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 two consecutive respiratory specimens collected ≥ 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.

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.

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



ADDITIONAL RESOURCES - COVID-19

[CDC Advice - How to Protect Yourself and Others](#)

[CDC - Consideration for Youth Sports](#)

[FIFA COVID-19 Resources](#)

[WHO Hand Washing Steps \(Video\)](#)

[WHO Advice for Public](#)

[US Center for Safe Sport Digital Safety](#)

[SAFE Soccer](#)

[US Soccer Recognize to Recover - COVID-19 and Mental Health](#)

[US Soccer Recognize to Recover - Nutrition and Hydration Guidelines'](#)

[US Soccer Playon](#)

[Elite Clubs National League COVID-19 Resource Center](#)

