



# RETURN TO PLAY GUIDELINES

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## **Phase 2 Guidelines - Safer at Home: Outdoor Recreational Sports Activities MANDATORY Requirements**

Beginning June 12th - All areas of Virginia

- Gatherings should be limited to 50% occupancy of the event space, if applicable, or 50 participants, whichever is less.
- For high contact areas, routinely disinfect surfaces at least every 2 hours.
- Provide a place for players and coaches to wash hands with soap and water, or provide alcohol-based hand sanitizers containing at least 60% alcohol.
- Indoor and outdoor recreational sports may occur if ten feet of physical distance can be maintained by all instructors, participants, and spectators, with the exception of incidental contact or contact between members of the same household. This applies during instruction and practice and during events.
- Competitions and scrimmages must be avoided.
- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days.
- Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met.
- Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility.
- Shared equipment must be limited. If required it must be disinfected between each use. Ball movement must only be done by kicking the ball. Throwing and carrying a ball other than your own must be avoided.



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## Regardless of the phase, clubs should consider the following guidelines:

- If capability exists to take the temperature of participants, including coaches should be taken. Anyone with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days.
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must have their own ball and equipment
- No one is to share water, towels, or any equipment. This includes, but not limited to: balls; all balls should be disinfected after every practice
- Only coaches should place and pick-up cones
- Practice Vest/Pinnies; At minimum these must be washed after each use. Recommend issuing each player their individual practice vest/pinnie
- No centralized hydration or refreshment stations

## Additional guidelines

- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- Disinfectant to be used to wipe down all equipment
- Respect for each individual’s choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations should be made if needed



## Stay home if...

- You are feeling sick
- You have a sick family member at home



SOURCE: VYSA.COM

## Recommendations



[GOVERNOR.VIRGINIA.GOV](http://GOVERNOR.VIRGINIA.GOV)



[USYOUTHSOCCER.ORG](http://USYOUTHSOCCER.ORG)



[CDC.GOV](http://CDC.GOV)