

El Dorado Hills Soccer Club Return to Play Policy

Updated June 9, 2020

This Policy will be implemented in phases once public health authorities in El Dorado County have lifted the shelter in place requirements and have allowed small group activities.

The following best practices are intended to offer guidance to our EDHSC community. Adherence to these considerations, recommendations, and responsibilities does not ensure immunity from exposure to COVID-19. EDHSC makes no representations and assumes no responsibility for individual activity or participation decisions by Associations, Clubs, Coaches, Parents, or Players.

EDHSC will be closely monitoring health guidelines and will remain up to date with best practices and procedures as recommended by the Centers for Disease Control and Prevention (CDC), local public health officials, and our governing organizations.

Return To Play Phases Overview

Phase 1: Individual and Small Group Training – No Contact

Phase 2: Full Team Training – Minimal Contact

Phase 3: Full Team Competitions – Minimal Contact

Phase 4: Minimal Restrictions – Full Contact

These steps should be initiated at each Return to Play phase:

- Participants must have NO signs/symptoms in the past 14 days.
- Participants have had NO sustained contact with anyone who is sick within 14 days of beginning group training.
- Recommend that parents take their child(ren)'s temperature prior to training to ensure there is no fever.
- Minimize changes in small group participants.
- All participants must self-monitor for symptoms of COVID-19, and if any signs or symptoms of infection are present, the participant should not attend the practice, should notify coaches and staff, and should contact their health care provider.
- Upon arrival to train, coaches should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19 they should be sent home and instructed to contact their health care provider.
- If a participant is confirmed to have COVID-19, parents and/or coaches must notify EDHSC immediately. Affected teams must cease training until further notice from EDHSC.
- Infection prevention measures should be followed during practice. Make sure appropriate infection prevention supplies are present (e.g. hand sanitizer, tissues, etc.).
- Group training sessions should take place outside in an area where social distancing can be maintained.
- Participants should use their own equipment and avoid touching each other with their hands. Use own water bottle, towel, personal hygiene products, etc.
- NO activities that would require direct or indirect contact between athletes.
- Rigorous, frequent cleaning schedule/protocol of equipment before, during and after training. Specifically, coach or designated person will wipe down goal posts.
- Coaching can occur onsite, but coaches must maintain social distancing from all participants.
- EVERYONE must respect a person's decision regarding personal safety. There should be NO confrontations regarding masks or the handling of medical decisions.
- Coaches must respect a family's right to choose to participate during these times. Nonparticipation due to health concerns will not impact a player's standing in the team or playing time once games have started.

SIGNS AND SYMPTOMS OF COVID-19

- | | | | |
|-------------------------|----------------------------|-----------------------------|------------------------|
| • Chills | • Headache | • Rash | • Sinus congestion |
| • Cough | • Joint aches and soreness | • Recent exposure (14 days) | • Sore throat |
| • Fever > 100.4 degrees | • Loss of taste/smell | • Shortness of breath | • Vomiting or diarrhea |

Return to Play Phase 1

In accordance with the *California Department of Public Health (CDPH) COVID-19 Industry Guidance: Day Camps*, dated June 5, 2020, EDHSC has implemented a Return to Play approach that puts players in the 'Lowest Risk' category by dividing players into 'small groups of campers' who 'stay together each day' and 'remain at least 6 feet apart and do not share objects'.

Initial Programming Format:

EDHSC Solo Technical & Fitness Camps

No contact allowed during training sessions, limiting any physical exposure to other players.

- These mini-camps will allow players to slowly and carefully re-engage with on-field activity.
- Players will be pre-assigned to a 'Stable Sports Group'.
(This is a defined list of players that have been grouped together in advance by age and gender and assigned to that specific practice group).
- Mini-camps will be non-contact, limiting any physical exposure to other players.
- Participants must always be at least 6-10 feet apart during training sessions.
- All practice times must be set with the intent to maximize social distancing guidelines.
- Designate a space for each player on the field.
- Ensure that no players are sharing any water, food, or equipment with each other.

Mini-Camp Format

- INDIVIDUAL (isolated) ball mastery and SOLO technical footwork.
- UNOPPOSED (non-contact) passing and receiving.
- UNOPPOSED shooting and finishing, with NO GKs (or anyone handling a ball).
- INDIVIDUAL (isolated) fitness and functional training.

Return to Play Phase 1 Overview

Target Return Date:

- Friday, June 12 – Strictly limited to 'pilot' groups (Club implementation run through)
- Monday, June 15 – For no more than 75% of membership
- Monday, June 22 – For remaining 25% of membership

Phase activity will strictly adhere to CDC guidelines in all areas.

Format: Solo Technical & Fitness Camps

- Players will be assigned to a 'Stable Sports Group'.
- Zero tolerance non-contact policy.
- Must maintain social distancing minimum of 6-10 feet between participants throughout training.
- Practice outdoors.
- Players and coaches must use hand sanitizer before, during breaks, and after practice.
- Carpooling is highly discouraged.
- No Congregating Policy for players or parents in parking lots, at drop off/pick up zones, or anywhere within the facility before, during, or after training.
- Participants MUST adhere to social distancing guidelines at all times, as set by the CDC, local public health departments, and the El Dorado Hills CSD.

Return to Play Responsibilities

EDHSC Club Requirements

- Assign a COVID-19 Safety Committee that will communicate policy club-wide to coaches, parents, and players, and provide regular updates and reminders.
- Assign each team a coordinator to oversee compliance at the team level during training.
- Communicate frequently with local health departments as needed.
- Schedule and help structure training sessions to comply with social distancing guidelines.
- Establish designated drop off and pick up zones.
- Provide coaches and teams with sanitizing products as needed.
- Prioritize the safety of all participants over any desire to play.
- Promote an environment of respect and responsibility.

Coach Requirements

- Screen players before every training session by asking if they have any signs or symptoms of illness.
- Withhold a player if the player or anyone in their household has knowingly come into contact with someone diagnosed with COVID-19.
- Coaches must wear a mask when unable to be 6 feet away from players.
- Limit equipment brought to practice, disinfecting all equipment before and after use.
- DO NOT allow players to share drinks, food, or any equipment.
- Encourage players to bring their own balls to training.
- Report confirmed cases of COVID-19 to EDHSC immediately and cease training.
- Adhere to all Return to Play protocols, including social distancing guidelines.

Parent Requirements

- IF you are NOT comfortable returning to play, only return when you are ready.
- Check your child's temperature before coming to any training sessions.
- Be HONEST regarding the health of your child, and DO NOT send your child to training if they have any signs or symptoms of illness.
- Ensure your child's clothing is washed and sanitized before and after any activity.
- Ensure all equipment has been sanitized before and after any activity.
- Please provide ample water for your child!
- Carpooling is highly discouraged
- No Congregating Policy at all activities.
- Notify club coaches and directors immediately if your child becomes ill.
- Adhere to all Return to Play protocols, including social distancing guidelines.

Player Requirements

- If you are NOT comfortable returning, please speak with your parents.
- Maintain good hygiene and wash hands thoroughly before and after any activity.
- Wash and sanitize all personal equipment before and after any activity.
- Place your equipment and backpacks at least 6 feet apart from the next player's equipment.
- DO NOT share drinks, food, or equipment with any player on your team.
- DO NOT give high fives, handshakes, hugs, fist bumps or perform any group celebrations.
- Smile and cheer from a distance.
- Adhere to all Return to Play protocols, including social distancing guidelines.

EDHSC will be monitoring public health guidelines and notify participants when it is acceptable to move to additional Return to Play Phases.

Return to Play Phase 2: Full Team Training – Minimal Contact

- Group training can be introduced on a small scale, with any group-based activities not exceeding a strictly enforced guideline (such as 3v3).
- Physical contact to be introduced on a small scale, minimal contact.
- Continuing to ensure that no players are sharing any food, drinks, or equipment.
- All practice times must be set with the intent to maximize social distancing.

Return to Play Phase 3: Full Team Competitions – Minimal Contact

- Introducing controlled environment scenarios such as scrimmages and practice games.
- Continuing to emphasize minimal contact, not allowing players to have full contact during controlled scenarios.
- Continuing to ensure that no players are sharing any food, drinks, or equipment.
- Maximizing home facilities to limit general travel-related exposure to players.

Return to Play Phase 4: Minimal Restrictions – Full Contact

- Introducing full return to play, allowing for controlled environment scenarios to contain full contact.
- No restrictions on training sessions.
- League games and tournaments will resume.
- Continuing to ensure that no players are sharing food or drinks with one another.
- Continuing to recommend proper social distancing practices.

References:

USOPC Sports Medicine. Return to Training Considerations Post-Covid-19. United States Olympic and Paralympic Committee. April 28, 2020

U.S. Youth Soccer Return to Activity Notice. May 5, 2020.

U.S. Soccer Play On Guidelines

Helpful Links:

<https://www.cdc.gov/>

<https://covid19.ca.gov/>

<https://covid19.ca.gov/pdf/guidance-daycamps.pdf>

<https://www.ussoccer.com/playon>

<https://www.usyouthsoccer.org/resources/return-to-activity-resources/>

<https://www.aspenprojectplay.org/return-to-play>