



Beyond the game

FC Richmond's Return to Play Covid-19 Protocol

2020 Fall Recreational Soccer



Beyond the game

FC Richmond in conjunction with the CDC, Local Governing bodies, Virginia Youth Soccer Association, US Youth Soccer, and US Soccer has put forth the following polices to ensure the safety of players, coaches, parents and referees. Compliance is expected by all members and staff

GENERAL GUIDELINES

- Maintain at least of 6 feet of distance at all times
- Sanitize equipment before and after use
- Take temperature before attending (100 or above, stay home)
- Use hand sanitizer before and after each practice/game
- Do not share equipment including water
- U9 and older, Parents stay in vehicle during practice

Confirmed or exposed COVID Responsibilities

- Any individual (player, coach, staff or parent/guardian) who has tested positive for COVID-19 must be symptom free after 14 days and cleared by a medical personnel before returning to the field
- Any asymptomatic player, coach or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 will be restricted from participation for at least 14 days and monitored for any symptoms consistent with infection before returning to play
- Any individual that tests positive or has symptoms consistent with COVID-19 has a duty to report to the Club. Please contact Elizabeth West at (804) 823 9191 ext. 3, or recreation@fcrichmond.com

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If asymptomatic after 14 days since last exposure, the player, coach or staff member can return to play or work. In this case, exposure means any one of the following

- Caring for a 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 on, sneezed on or sharing a water bottle or other item).
- Any staff, player, coach or parent/guardian reporting or demonstrating symptoms of illness at any point will be prohibited from returning to the field and must seek medical guidance from his or her physician before return.

PLAYER & PARENT RESPONSIBILITIES



Take temperature before each practice and game. If you have a temp of 100 or greater, or are feeling sick, stay at home



Wash hands regularly. Keep hand sanitizer in your bag to use before and after all practices and games



Practice social distancing by keeping 6 feet apart at all times



Do not share water, towels, equipment or first aid items

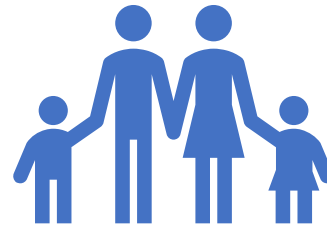
PLAYER & PARENT RESPONSIBILITIES



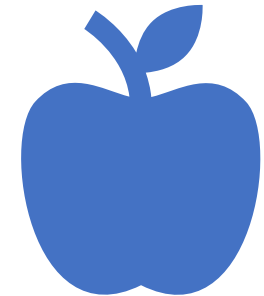
Parents of U9 and older players should remain in vehicles during practice. Parents of U5-U8 players may walk to the field and practice social distancing. Carpooling is NOT recommended for the fall soccer season .



Practice clothes and game uniforms should be washed immediately after use. Goalie gloves should be sprayed with Lysol after each use.



Players and siblings may not roam the complex and children must be attended to at all times



No shared snacks or community treats. No halftime oranges or end of game snacks should be distributed and social gatherings after games and practices are discouraged.

PLAYER & PARENT RESPONSIBILITIES



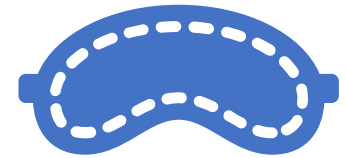
Players should arrive just prior to the start of practice and games and leave immediately afterwards to make room for the new teams coming in.



No high fives, or other celebratory actions that involve contact, including handshakes with opposing teams at the end of the game.



If a family member has a fever or is sick, stay at home. If there has been a positive COVID test in the household please report IMMEDIATELY!



Wear masks when leaving your vehicle to drop off a player or when walking to your assigned fields for games



Beyond the game

What Coaches
and Staff will be
doing for return
to play protocol

2020 Fall Recreational Soccer

COACHING STAFF RESPONSIBILITIES



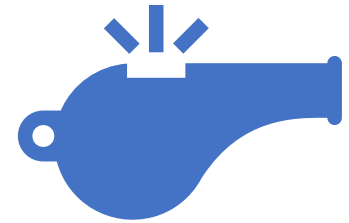
Provide pump hand sanitizer for players to use before and after practice and games



Coaches and volunteers will take their temperatures before practices and games

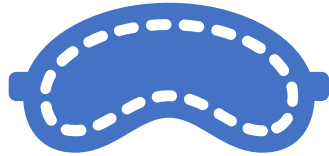


Direct players to place water, backpacks and belongings in designated painted areas that meet social distancing requirements



It is **HIGHLY** recommended that coaches have an assistant to assist with compliance of return to play protocol

COACHING STAFF RESPONSIBILITIES



Coaches will wear masks while on the sideline and will only be allowed to remove them briefly when providing instruction.



Keep equipment sanitized after each use and instruct players not to handle. Recreational soccer will not use pinnies



Only Authorized FC Richmond staff will be allowed in storage areas



We ask our volunteer coaches to reinforce our return to play protocol and partner with parents to do the same

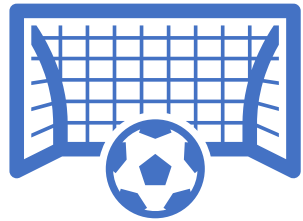


Beyond the game

What the Club
will be doing for
return to play
protocol

2020 Fall Recreational Soccer

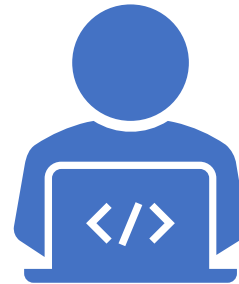
FC RICHMOND RESPONSIBILITIES



Field layouts will be reconfigured to allow for more space between fields for social distancing and additional time between games to help with transition between practices and games



For safety purposes, FC Richmond will not provide benches for teams and players.

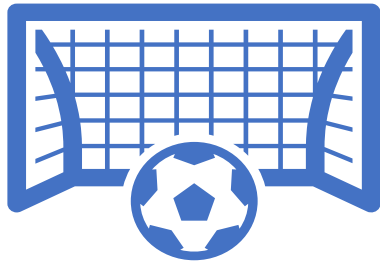


Keep open communication with our club members, updating website and protocol measures as necessary



Review and ensure that our opponents have a return to play in place to keep our players safe.

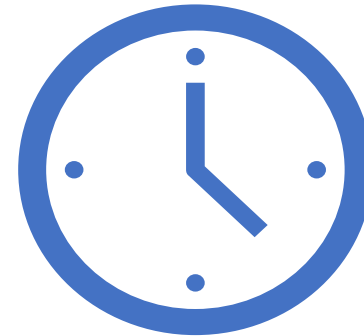
FC RICHMOND RESPONSIBILITIES



Robious Middle School fields will be reconfigured to allow for more spacing between fields to aid with social distancing



For safety purposes, FC Richmond will not provide benches for teams and players.



Practice and game times will be staggered to minimize pedestrian contact and reduce crowding

FC RICHMOND RESPONSIBILITIES



FC Richmond will provide continued instruction on COVID protocol to all staff, coaches and youth referees



For safety purposes, Age groups U5-U10 In House divisions with NOT take throw ins. Player may dribble in or pass the ball into the field of play.



Ensure that the current governing directives along with the Club's return to play protocol is being adhered to for the protection and safety of players, parents, and referees.

ADDITIONAL RESOURCES



Beyond the game

- <https://www.cdc.gov/>
- <https://www.governor.virginia.gov/>
- <https://www.chesterfield.gov/coronavirus>
- <https://www.vysa.com/>
- <https://www.usoccer.com/playon>



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Thank you for your
cooperation and we
look forward to a
successful fall
season!
