



LaVale Soccer Club is dedicated to protecting the health and safety of all people. The purpose of this document is to provide athletes, parents, coaches, and the community with information they can use to assist them with their return to play decision in the context of COVID-19. Many of our recommendations rely upon rules and regulations set forth by public health authorities, which are different across the Country and State. In addition, there will be other logistical challenges of returning to play following COVID-19 that we will need you to be understanding and flexible of.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, LaVale Soccer Club makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The following are recommendations for returning to play in phases designed to help keep all participants and our community safe.

1. The following should be applied regardless of the Return to Play Phase we are in:

- a. Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation
- b. If you are sick or feel sick, **STAY HOME**
- c. At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
- d. Anyone who self reports a temperature of 100 or more will be sent home and not allowed to participate for a minimum of 14 days, or after results of a negative Covid-19 test are obtained

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- e. A “station” will be assigned for each player to place their equipment, and that they will return to their station during breaks.
- f. Each player must utilize their own equipment to include a soccer ball. In phase I – III shared soccer balls are allowed (some with caveats or restrictions) but they must be disinfected after each session as well as during sessions when possible
- g. No one is to share water, towels, or any personal equipment. This includes, but not limited to:
 - i. Shin guards, tape, hairbands
 - ii. Jersey/Uniform
 - iii. Pinnies or bibs of any kind
- h. No spectators on the sidelines during practice please stay in your vehicle or parking area and maintain social distancing. Spectators at games must maintain maximum social or physical distancing and shall wear face masks while on the sidelines.
- i. A sanitizing station will be located at the field for players, coaches and staff. This will be operated by a volunteer and may include but is not limited to:
 - i. Hand sanitizer
 - ii. Disinfectant wipes to be used to wipe down all equipment
 - iii. Paper towels
- j. Respect for each individual’s choices is our top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed
- k. Staff will wear face masks at all times

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CLUB RESPONSIBILITIES

- Create and distribute protocols to members.
- Contact insurers to ensure all coverages and communicate that information to participants prior to commencement of initial training.
- Have an effective communication plan in place.
- Work with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Provide adequate field space for social or physical distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.

COACH RESPONSIBILITIES

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social or physical distancing per state or local health guidelines.
- Coaches will wear a face mask at all times while on the field, sidelines, and on the facilities.
- Coaches should maintain social distance requirements from players based on state and local health requirements.

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- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of scrimmage vest, or pinnies, is not recommended at this time.
- Respect players, parents, and families by as they may not yet be comfortable with returning

PARENT RESPONSIBILITIES

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play.
- Ensure your child is healthy, and check your child's temperature before activities with others.
- Take your child's temperature daily and especially before activities with others.
- Consider not carpooling or very limited carpooling. Limit number of spectators to 4 per game per family.
 - Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training

PLAYER RESPONSIBILITIES

- If you are not comfortable with returning to play, DON'T
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social or physical distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

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Training Days

- Coaches and Staff will wear masks at all times and will arrive prior to players to set up the playing field
 - A table will be set up to check temperatures, sanitize, and answer health related questions
 - Equipment i.e cones, balls, flags will be sanitized prior to each teams use by the oncoming Coach for the first season of the day
 - Upon completion of training the Coach will resanitize and leave everything in place for the next Coach.
 - Time will be scheduled between training events that allow for one team to completely exit the facility before the next team begins
- Players will wear a mask to and from the field and check in prior to entering the field
 - After check in players will be assigned a station where they will place their water, ball, and other equipment and remain until the Coach begins practice
 - We ask that each kid wears their jersey to practice and brings their own white shirt in order to create teams for training
 - Players are allowed to remove masks while on the field but must return to wearing them after coming off of the field. They may remove them for water breaks.
- Parents are to remain in the parking area during training days and continue to social distance. Should you need to approach the field to relay information to a Coach or Staff you must wear a mask and report to the check in station to have your temperature taken.

Scrimmages/Games

- The above guidelines for Coaches, Staff, and players remain the same.
- Parents are allowed on sidelines with masks on and proper 6ft of social distancing. Please try to limit the amount of spectators for each game per family so that everyone has the chance to enjoy their child play.

Scrimmages/Games will be played in a block style format so if we have 8 teams in an age group your team will play another team 2 weeks in a row before playing another team. This will limit the amount of exposure over the course of two weeks.

Balls will be sanitized before, at half time, and after play.

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Once a player handles a ball they will use sanitizer at the next available opportunity.

There will be no hand shaking or high fives after the game. The players will line up on opposite sides of the field and wave to each other.

Parents I want to ensure you that as an organization LaVale Soccer Clubs primary focus is 3 things; keeping our families safe, enjoying our time on the field, and learning something new each time we play. In order to do this it takes a mutual partnership amongst the families and staff, this year more than ever. As Governor Hogan said in his address on July 22nd Maryland is leading the way in way that this pandemic is being handled and Western Maryland in particular is doing outstanding at continuing to have low numbers. The only way that this can continue is if we all work together. That means wearing our masks when around others, being honest about travel to hot spots, and taking breaks when not feeling well. This has to remain in place on the soccer field as well, the only way for us to get through a full season is if we work together, read, understand, and adhere to the guidelines. If we can do this than our children will be able to have a safe fun and enjoyable season.

If a player, coach, or staff tests positive or comes in potential contact we ask the following of you:

- **Positive test:** inform your Coach who will inform a Staff member. Quarantine and do not return to play until 14 days have passed as well as a negative result COVID19 test. A list of all LSC participants whom may have come in contact with that player will be generated to assist the Health Department in proper notification of an exposure.
- **Potential exposure:** we ask that you self-quarantine for a minimum of 3 days until a negative test is obtained by either whom you were potentially exposed to, and/or yourself. Please contact your Coach so that others you were exposed to can complete the same self-quarantine until the source has been confirmed negative.

Thanks

Jason Maszor
LaVale Soccer Club
Commissioner

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This majority of this document was created based on the following resources, guidelines, materials with input from various authorities and other sources. This document was created by the MSYSA staff and reviewed by the MSYSA Board to be used by our affiliates as a reference when creating their own plans and policies. Please note that any information contained herein is for informational purposes only and may not be construed as a directive, edict, or in place of medical or legal advice. This document may only be used in the spirit for which it was intended. There have been parts added by LaVale Soccer Club in response to how we will conduct activities.

- CDC Guidelines:

- o <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

- Maryland State Guidelines:

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- o <https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-BestPractices.pdf>

- o <https://governor.maryland.gov/recovery/>

- o

- o <https://governor.maryland.gov/2020/04/24/governor-hogan-introduces-safe-gradual-andeffective-maryland-strong-roadmap-to-recovery/>

- o https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf

- Other Documents Referenced:

- o MSYSA return to play guidelines version 7 24 July 2020

- o [https://www.msya.org/assets/69/6/msya_draft_return_to_play_2020_\(7.24.20\).pdf](https://www.msya.org/assets/69/6/msya_draft_return_to_play_2020_(7.24.20).pdf)

- o US Youth Soccer's 'Return to Play Guidelines'

- o Arizona Soccer Association's 'Return to Play'

- o Indiana Soccer 'Return to Activity Notice'

- o US Soccer's 'Play On' Grassroots Soccer Recommendations Guide

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