



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

PHASE 0: STAY AND SHELTER | CURRENT - JUNE 14

- No recreational organized activities
- Follow local, state and federal guidelines
- **PWSI** - 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
- **PWSI** - 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
- **PWSI** - 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.
- **PWSI** - Full training sessions without restriction. Local games. No hotel stays.

PHASE IV: NO RESTRICTIONS | AUGUST 30

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



PWSI RETURN-TO-PLAY: PHASE I

PHASE I: INDIVIDUAL AND SMALL GROUP TRAINING

Environmental Context. This phase will begin once local stay-at-home restrictions are no longer in place, Prince William County opens the fields and group gatherings are permitted, but when social distancing requirements still apply.

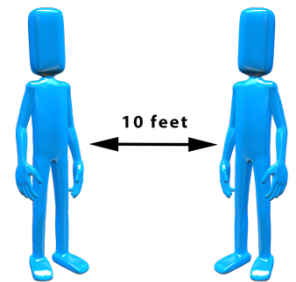
Phase I is voluntary. Training groups are established to help isolate any positive test and allow for managing an outbreak.

PRE-TRAINING RESPONSIBILITIES - AT HOME

- If you are sick, feel sick, or may be sick, stay home!
- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).

ARRIVING/DEPARTING THE FIELDS

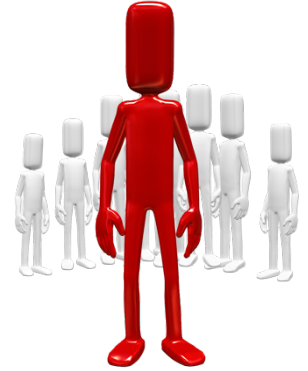
- We recommend players do not carpool to and/or from team functions.
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - a) The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- Any player or coach who displays symptoms suggesting they are ill **will be prohibited from attending any team function.**
- A minimum of 15 minutes between sessions to allow for social distancing.
- Each group will be given a designated time to arrive and depart training.
 - Arrival - no more than 5 minutes prior to training.
 - Departure - no more than 5 minutes after training.
- Players who are late may not be permitted to train.
- Physical contact before, during or after training is not permitted
- Players will enter and depart the fields through the designated gate.



PWSI RETURN-TO-PLAY: PHASE I

TRAINING ENVIRONMENT

- Training groups set not exceed nine players and one coach and may not be changed or substituted during this period.
- Spitting is strictly prohibited.
- Maximum 2 sessions per week.
- Maximum 60 minutes per session.
- Physical contact not permitted.
- Use of hands and heading are not permitted.
- Family members/parents may not attend or view training.
- There will be no goalkeeper specific training.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.



EQUIPMENT:

- Use of benches is not permitted.
- Players are required to bring their own equipment (hand sanitizer, water bottle, training, sunscreen, towels, etc.) such that no equipment is shared between players.
- Players should not handle equipment, including balls, cones, flags, etc...
- Face mask use by players and coaches is not required but may be worn at the individual or his/her parent's discretion.

FACILITIES AND TRAINING GROUNDS:

- Restroom facilities will remain closed. Port-a-johns are available for emergency use. Apply hand sanitizer before and after usage.
- Player "bench areas" must be arranged in order to accommodate social distancing practices.
- Hand sanitizer should be readily available at all training sessions; however, each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Staff members will be present at all session to monitor facility and will ask groups to maintain social distancing.



PWSI RTP: CHECKLIST

PLAYER RESPONSIBILITIES & CHECKLIST

The player and family members must share in the responsibility to limit the risk of spread of COVID-19. As such, the following checklist should be complete prior to each training session until restrictions are lifted:

- Prior to training, check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Players are required to bring their own equipment (hand sanitizer, water bottle, training, sunscreen, towels, etc.) such that no equipment is shared between players.
 - Players who fail to bring their own water will not be permitted to train.
- Face mask use by players and coaches is not required but may be worn at the individual or his/her parent's discretion.
- Players may not use hands to contact a soccer ball or cones.
- Players may only interact with their own training groups.

