



Returning to Play Guidelines

as of 07/2020

- 1- The most important piece of returning to play is the safety and wellbeing of the CVRL/CVSC players, families, and the surrounding community.
- 2- CVRL/CVSC will be taking precautions to ensure all families are in a safe environment upon return of youth sports.
- 3- Players, coaches, parents, families, must work in partnership both at the fields and at home to ensure the safety for everybody.

CVRL/CVSC will continue to follow the CDC, State and City of Baltimore COVID-19 policies, and US Youth Soccer for pertinent information regarding the return to play. As their guidelines continue to evolve so too will CVRL's returning to play guidelines.

However: AT ALL TIMES – STAY HOME / DO NOT PLAY IF YOU FEEL UNCOMFORTABLE OR ARE HIGH RISK

FOUR PHASES OF RETURNING TO PLAY

(CVRL/CVSC will determine which PHASE it is in, however an individual coach can decide to start their team with an earlier phase)

PHASE 1

- No more than 10 participants per training area
- Individual training only; no contact or group activities
- Participants must remain 6 feet apart on and off the field at all times
- No sharing of water, gear, equipment, or soccer balls
- Only the coach handles the equipment
- Practice times minimized and restricted to the exact minute
- Spectators are encouraged to stay in their cars; must social distance and encouraged to wear mask
- Spectators will be asked to leave if not following protocol



PHASE 2 * current phase

- No more than two groups or 20 participants per half field
- No contact allowed
- Small group without contact can play (i.e. passing patterns to feet, no use of hands/head permitted)
- Participants must remain 6 feet apart on and off the field at all times
- No sharing of water, gear, equipment, or soccer balls
- Only the coach handles the equipment
- Practice times minimized and restricted to the exact minute
- Spectators are encouraged to stay in their cars; if watching the practice, must social distance and encouraged to wear mask
- Spectators will be asked to leave if not following protocol
- Masks are to be worn at all times by players, coaches, parents unless drinking water.

PHASE 3

- Participation limits may be further reduced
- Group sizing may increase to include more teams/players
- Physical contact introduced but limited to certain activities
- No high fives, fist bumps, hugs, dabs, etc etc
- No sharing of equipment or water bottles
- Only the coach handles the equipment
- Practice times minimized and restricted to the exact minute
- Spectators are encouraged to stay in their cars; if watching the practice, must social distance and encouraged to wear mask
- Spectators will be asked to leave if not following protocol

PHASE 4

- No limitations on participants per field
- Formal competition with other teams will resume
- Limited contact and only used during necessary training and games
- No sharing of water bottles • Equipment may be shared but must be sanitized after each session
- Only the coach handles the equipment • Practice times minimized and restricted to the exact minute
- Spectators are encouraged to stay in their cars; if watching the practice, must social distance and encouraged to wear mask
- Spectators will be asked to leave if not following protocol



Roles and Responsibilities of PLAYERS

Before Practice

- ALL training gear must be properly cleaned and sanitized
- Have your parent check your temperature
- Complete Wellness Check questionnaire
- Have your parent update your attendance in SI Play App (if coach uses it)
- Pack all equipment needed for your session as there is no sharing of water or gear
- Use bathroom before leaving house
- Wear a mask when walking to field
- Carpooling should be avoided

During Practice

- If early, wait until 5 minutes before practice before walking to field
- Use hand sanitizer before entering the field
- Keep your mask on while practicing.
- Stay 6 feet away from all coaches and players
- Place your equipment socially distanced from teammates equipment
- Wait for coaches' instructions to begin
- NO SPITTING ON THE FIELD

After Practice

- Listen to the coach about dismissal
- Put on mask before leaving the training area
- Leave through the designated area
- Use Hand sanitizer
- Leave immediately- No congregating or socializing
- When you arrive home, wash hands thoroughly, clean your clothing, and disinfect your training gear before next session

Roles and Responsibilities of PARENTS

Before Practice

- ALL training gear must be properly cleaned and sanitized
- Complete Wellness Check questionnaire
- Complete temperature check - If above 100.4 degrees, please email your coach immediately, and do not attend
- Update your child's attendance in SI Play App
- Pack all equipment needed for your child's session as there is no sharing of water or gear
- Use bathroom before leaving house- Remind child to use bathroom
- Drop child off at main entrance or walk player to entrance while wearing mask
- Carpooling should be avoided

During Practice

- Follow any drop off rules associated with each facility
- If you arrive early, wait in vehicle for 5 minutes before your practice and then send your child to the designated entrance
- For parents of younger players; you are allowed to walk them to their field. Please wear a mask and social distance. Please return to your car after drop off until the practice is over or stay about 20 feet or more from the field and distanced from the other parents.
- Ensure your child uses hand sanitizer before the session
- Parents should remain on site and with 5 minutes remaining, be on the look out for their child or walk to the field to walk back with them

After Practice

- Pick up your child and leave promptly- no congregating or socializing, and practice social distancing
- Use hand sanitizer, and ensure your child does too
- Upon returning home, promptly wash your hands and ensure your child does theirs; clean their clothing; and disinfect their training gear prior to the next session

Roles and Responsibilities of COACHES

Before Practice

- If you feel uncomfortable returning, DO NOT PARTICIPATE. Notify CVSC to determine alternative options for the players
- Plan training sessions in accordance with State, local, and club social distancing guidelines with approval by CVSC
- Complete your own pre temperature check –DO NOT PARTICIPATE if above 101 degrees
- Remind your teams families of their responsibilities before, during, and after the practice
- Wear a mask at all times during the session except for water breaks.

During Practice

- Arrive to field 10 minutes early
- Use hand sanitizer before your session
- Practice Social distancing throughout the entire session
- Enter the field through designated areas, establishing one for the players if there isn't one already identified
- Direct players where to place their equipment distanced from their teammates
- Record attendance of all players at practice
- Provide clear content for the players in terms of social distancing, congregating and to make sure players abide by 6 feet separation
- No equipment is to be shared during your session
- Do not let players pick up the cones
- Wear a mask at all times during the session except for water breaks.

After Practice

- Promptly clear your area of equipment, and exit through the designated area wearing your mask
- Lead and direct players to leave the facility ordering and without socializing
- Use hand sanitizer
- Upon returning home, promptly wash your hands, clean your clothing, and disinfect your training gear prior to the next session

COVID-19 Participation Waiver

Prior to participating in CVRL/CVSC activities, specific COVID-19 waivers outlining risks and expectations must be submitted by parents of each player. One household member will need to sign and return to the Coach the covid-19 waiver emailed from CVRL.

Before attending any session, a player must complete a two step at home wellness check:

1. Temperature Check- individuals with 100.4 or higher are prohibited from participating
2. Complete COVID-19 pre play questionnaire before each practice 1.
 1. Is your participant's current temperature 100.4 or higher?
 2. Has the participant been diagnosed with COVID-19 within the last 14 days?
 3. Is the participant exhibiting any signs or symptoms of COVID-19 in the last 14 days?
 4. Has the participant been exposed to anyone that has diagnosed with or has symptoms of COVID-19 in the last 14 days?

RECOGNIZING SYMPTOMS AT HOME

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

IF YOUR CHILD DISPLAYS THESE SYMPTOMS, PLEASE REFRAIN FROM BRINGING TO PRACTICE, CONTACT YOUR COACH IMMEDIATELY AND DISCUSS WITH YOUR DOCTOR

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.