

RETURN TO PLAY HANDBOOK

The following Return to Play Handbook includes all club wide protocols required to comply with safe reopening orders. City SC protocols are modeled after [CDC](#), [San Diego County](#), [City of Carlsbad](#) and [Cal South](#) guidelines. Protocols are designed to execute Phase 1 of our Safe Return to Play plan and are subject to change. They will be lifted as deemed safe and appropriate as we progress towards a return to normal operations. If stricter measures are introduced by the governing organizations listed above, City SC protocols will be updated accordingly.

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BEST PRACTICES

We all have a role to play in keeping our community safe and keeping our kids on the field. City SC is calling on all players, parents and coaches to observe the following best practices for returning to play:

1) Stay Informed

- ❑ Reference [cdc.gov](https://www.cdc.gov) for best practices on protecting yourself and others
- ❑ Reference [ourcitysc.com](https://www.ourcitysc.com) and check email regularly for up to date policies and procedures

2) Daily Screenings

- Regularly screen all household members for [symptoms](#)
- Keep kids home if anyone in your household is not feeling well.
- If you aren't sure, stay home.

3) Practice Extensive Hygiene

- [Wash and Sanitize Hands Frequently](#)
- [Follow CDC Guidance for Stopping the Spread](#)
 - Sanitize High Touch Surfaces Frequently
 - Avoid any physical contact with people outside your household
 - Avoid spitting
 - Cover coughs with elbow, shoulder or tissue
 - Do not share water, food, or equipment

4) Observe Social Distancing

- Avoid Carpooling
- Report directly to and from your car and designated field via the designated routes
- Stick to designated waiting/observation zones before and after practice
- Work within your assigned area at practice
- Do not linger or congregate on the field or sidelines
- No high fives, fist bumps, hugs, or physical contact with other players/coaches/parents
- Maintain a minimum of 6 feet distance at all times and wear mask under the chin so it can be applied when 6 feet cannot be maintained

5) Communication

- Club communicate important guidelines, policies and procedures
- Players communicate honestly with parents and coaches if you feel ill
- Parents communicate immediately with coaches if anyone in your household has or has come in contact with a confirmed or suspected case of COVID19
- Staff communicate suspected or confirmed cases to club immediately
- Ensure the confidentiality of suspected or confirmed cases
- Show respect for families who choose to refrain from attending practice

SAFETY PROTOCOLS OVERVIEW

What we are doing to keep players and coaches safe.

Keep Sick People Home

- Parents required to check player temps and administer COVID19 Symptom Screening Survey prior to attending practice
- Coaches required to self monitor for symptoms at home
- Coaches will be temp checked before practice
- If you feel sick. STAY HOME. If you are unsure. STAY HOME.

❑ Use PPE

- ❑ Player Temperature checks at all fields before practice
- ❑ Hand Sanitizer will be placed at each individual field
 - ❑ Coaches and players should sanitize hands before, during and after practice
 - ❑ Recommended that players carry hand sanitizer in their bag if possible
- ❑ Coaches required to wear face coverings under the chin at all times and must apply when 6 feet of distance cannot be maintained.
- ❑ Players are required to wear face coverings when walking to and from the car and their field. Face coverings must be worn under the chin for the duration of practice and must be applied over the nose and mouth when coming within 6 feet of anyone. Face coverings can remain under the chin during training drills and exercises so long as players and coaches maintain 6 feet of distance.

❑ Maintain a Sanitary Training Environment

- ❑ Disinfectant solution available at all fields for coaches to sanitize equipment before and after each use
- ❑ Gloves and hand sanitizer available at each field
- ❑ No sharing equipment

❑ Practice Physical Distancing

- ❑ Early phases of training will be no contact progressing to limited contact
- ❑ Players will train in stable groups of 12 players
- ❑ Gap between practice start and end times to minimize contact
- ❑ Designated Entry and Exit routes for each individual field
- ❑ Players must wait in car until 5 minutes before training
- ❑ Parents encouraged to return to the car after drop off
 - ❑ Designated areas around the perimeter of each field to observe/wait to pick up players after training
 - ❑ Parents required to wear mask at all times when outside the car at the fields
- ❑ Designated areas for individual players to place their backpacks to maintain 6 feet of distance during water breaks
- ❑ No congregating or lingering on the sidelines or in the parking lot
- ❑ No hugs, high fives, handshakes, fist bumps, etc.

❑ Minimum Requirements for Players to Attend Practice

- ❑ Parents complete at home health screening and temp check
 - ❑ KEEP PLAYERS HOME IF THEY HAVE SYMPTOMS
- ❑ Parents complete [City SC Pre-Practice Checklist](#)

KEEP PLAYERS HOME IF YOU ANSWER “YES” TO ANY CHECKLIST QUESTIONS

- Players bring their own soccer ball and plenty of water
- Players bring face covering
- Players must submit required signed COVID19 waivers on first day back. No forms, no practice.

Communication Protocol for Confirmed/Suspected Cases

- Parents: Contact coach immediately to report a confirmed or suspected case or close contact.
- Coaches: Contact Directors of Coaching to report confirmed or suspected cases or close contacts
- Directors of Coaching: Follow up to confirm details. Determine any players or coaches that need to be excluded from practice, notify necessary contacts of potential exposure, communicate timelines for returning to practice for affected parties.

Respect families that do not feel comfortable attending training yet!

Resources For Coaches and Parents

- Instructional Video
 - Preparing for practice
 - General Drop off/Pick Up Procedures
 - What training will look like
- Return to Play Handbook
 - Comprehensive and detailed overview of the club’s safe return to play protocols
- FAQs
 - For Coaches
 - For Parents and Players

ROLES AND RESPONSIBILITIES

Club:

- Demonstrate compliance with local reopening guidelines
- Work with the City to ensure safe and sanitary training facilities
- Schedule training and set-up fields to ensure social distancing
- Provide clear directional signage and access to hand sanitizer at fields
- Distribute and post return to play protocols
- Train/educate staff, volunteers, parents and players on return to play protocol
- Respect families that are not comfortable returning to play yet

- Keep open lines of communication and report suspected or confirmed cases

Coach:

- Complete required training and remain informed on club's return to play protocol
- Understand the symptoms of COVID19 and send symptomatic players home
- Enforce requirements to train
- Ensure no mixing of stable groups until local guidelines allow
- Ensure no sharing of equipment- only coach can touch cones and goals
- Sanitize training equipment before and after each use
- Ensure drills meet social distancing requirements of the respective training phase
- Ensure no contact including handshakes, hugs, high fives and fist bumps
- Communicate with parents on developing situations
- Respect the decisions of individuals to refrain from returning to practices until later

Parent:

- Do not send your child to practice if you do not feel comfortable. The club and your coach will understand and respect your decision if you are not yet ready to return to play
- Notify your coach immediately if your child or anybody in your household begins experiencing symptoms or tests positive for COVID19, or if anyone in your household has been in close contact with a confirmed or presumed case of COVID19
- Review and comply with the club's return to field protocols
- Sign required participation waivers and forms before returning to training
- Check your child's temperature before training. Do not send them to training if their temperature is >100.4F.
- Administer COVID19 Symptoms Survey before training. Do not send your child to practice if they have symptoms.
- Keep your child home if anybody in your household is not feeling well
- Ensure your child has used the restroom prior to dropping them off at practice
- Ensure that your child has their own soccer ball and plenty of water
- Follow the club's drop off and pick up protocols
- Observe social distancing on the sidelines and wear a mask
- Ensure your child's equipment is sanitized before and after every training session (cleats, soccer ball, water bottles, clothing, etc.)
- Avoid carpooling
- Check emails regularly to stay informed on updated protocol

Player:

- Communicate honestly with your parents and coaches if you are not feeling well before, during or after practice
- Stay home if you feel sick
- Wear mask under chin at all times during practices and over face when you are within 6 feet of anyone
- Wash hands thoroughly before and after training

- Clean/sanitize soccer ball, cleats, clothing, water bottles etc. before and after training
- Do not share water, food or equipment
- Do not touch cones, goals or equipment that you did not personally bring to practice
- Practice social distancing during training, water breaks, drop off and pick up
- Place equipment in designated areas and at least 6 feet apart
- No high fives, handshakes, fist bumps, hugs or group celebrations
- No spitting on the field
- Enter and exit the field through designated gates
- Respect teammates who are not comfortable returning to play yet

RETURN TO FIELD PHASES AND TRAINING PROTOCOLS

What does a return to soccer look like?

A safe return to the field will require a methodical progression through several key phases until we can resume competitive games and tournaments. Movement through these phases will be dictated by government officials in compliance with the established reopening guidelines at the state/county/city level.

Safety Protocols:

City SC will align our club wide COVID19 policies and procedures with CDC, State, County, and City guidelines. Examples of measures and strategies that you may see on the field include:

- 1) Minimum requirements to attend training and games
- 2) Symptom monitoring requirements
- 3) Application of PPE (facemasks, hand washing, sanitizing of equipment and facilities)
- 4) Training of staff and volunteers to implement safety protocols
- 5) Parent and player education on safety policies, procedures and best practices.
- 6) Communication protocols for reporting symptoms, close contacts or scaling up protocols to reduce to increase restrictions

PHASE 1:

- No Contact Curriculum- Individual skills and fitness drills that can be performed while maintaining 10 feet of distance between players
- Small Group Training Format- Teams may be broken up into multiple time slots and will train in smaller stable groups to maximize social distancing
- Shorter practice time slots
- Staggered start times to maximize social distancing
- No sharing of water or equipment

PHASE 2:

- Limited Contact Curriculum- Can include up to 4v4 games

- Expand Stable Training Groups & total number of players allowed on the field
- No sharing of water or equipment
- Shorter practice time slots and staggered start times

PHASE 3:

- Introduction of controlled scrimmages and small sided games
- Minimize physical contact (still no handshakes, high fives, hugs, fist bumps, etc)
- No sharing of water and equipment
- Recommend no travel to events outside of SD County

PHASE 4:

- Return to competitive games and tournaments
- No training restrictions
- No sharing water
- Limit sharing of equipment
- Recommend social distancing practices still be maintained by leagues and clubs at games and events

REQUIREMENTS TO TRAIN

- Parents must administer the COVID19 Symptom Screening Survey and check temperature at home before each practice (SURVEY BELOW)
 - STAY HOME if you feel sick or have a fever of >100.4°F
 - STAY HOME if members of your household feel sick
- Players required to bring the following equipment
 - Soccer Ball
 - Water
 - Face Covering & Hand Sanitizer
- Sign and submit required waivers and forms
- Clean/sanitize soccer ball, water bottle, cleats and clothing before and after training
- Avoid carpooling
- Observe social distancing on the sidelines and when walking to/from the field

COVID19 SYMPTOM SCREENING SURVEY

Instructions:

- 1) Parents are required to administer the following survey at home prior to each practice to screen their child for COVID19. Do not send your child to practice if they do not pass the health screening.
- 2) Staff will be required to submit to a temperature check and answer the following survey questions before beginning their shift. Do not proceed to work if you do not pass the health screening.

Step 1: Temperature Check

- Temperature must be less than 100.4°F to proceed to training

Step 2: Symptom Survey

In the past 24 hours have you experienced any of the following symptoms:

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

COVID19 PRE-PRACTICE CHECKLIST

- 1) Complete the following checklist with your child before all team activities.
- 2) **If you answer YES to any of these questions, please keep your child home!**

- In the last 48 hours has your child shown any symptoms of COVID19?**
 - Fever (100.4+) or Chills
 - Cough
 - Shortness of Breath or Difficulty Breathing
 - Fatigue
 - Muscle or Body Aches
 - Headaches
 - New Loss of Taste or Smell
 - Sore Throat
 - Congestion or Runny Nose
 - Nausea or Vomiting
 - Diarrhea
- In the last 48 hours have any members of your household shown symptoms of COVID19?**

- | | |
|----------------------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Fever (100.4+) or Chills | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Cough | <input type="checkbox"/> New Loss of Taste or Smell |
| <input type="checkbox"/> Shortness of Breath or Difficulty Breathing | <input type="checkbox"/> Sore Throat |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Congestion or Runny Nose |
| <input type="checkbox"/> Muscle or Body Aches | <input type="checkbox"/> Nausea or Vomiting |
| | <input type="checkbox"/> Diarrhea |

In the last 48 hours, have any members of your household been in close contact with somebody who has shown symptoms of or tested positive for COVID19?

- Close Contact= being within 6 feet of a confirmed/presumed case for 15 minutes within 48 hours prior to that person becoming symptomatic.

Are any members of your household awaiting results of a COVID19 Test?

- 3) If you are concerned that any members of your household may have been exposed to COVID19, keep your child home and contact your coach immediately.
- 4) If a member of your household may have been exposed to COVID19, it is important that you stay home and adhere to the quarantine guidance from the CDC and SD County Health and Human Services Agency. Links to useful resources and the most current information are listed below:

[SD COUNTY COVID19 HOME QUARANTINE GUIDANCE](#)

[CDC GUIDANCE: WHEN TO QUARANTINE](#)

[WHEN YOU CAN BE AROUND OTHERS AFTER YOU HAD OR LIKELY HAD COVID19](#)

DROP OFF AND PICK UP

Diagrams highlighting entry and exit routes will be provided for each field.

Drop Off Procedure:

- 1) Players remain in their car until 5 minutes before the start of practice.
- 2) Players report directly from their car to their field via the designated entry path for their field. Parents may drop their child off or park and walk them to their designated field. Parents are encouraged to return to the car after dropping their child at their field.
- 3) Players place their backpack in designated areas around the perimeter of their field and wait for their coach. Maintain 6 feet distance at all times.
- 4) Coaches will greet players and send them to their designated workspace one by one.

Pick Up Procedure:

- 1) After being dismissed by their coach players can either wait in the designated waiting zones/passive areas around the perimeter of the field for their parents to collect them or proceed to the parking lot via the designated exit for their field to be picked up (Pine Park parents must park and walk inside the field to collect players).
 - 2) No lingering or congregating on the sidelines. Maintain 6 feet of distance at all times.
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WHEN TO STAY HOME

1) When should I keep my child home from practice?

- *If your child or anybody in your household is not feeling well*
- *If your child or anybody in your household has experienced symptoms of COVID19 in the previous 48 hours*
- *If your child or anybody in your household is awaiting results of a COVID19 Test*
- *If your child or anybody in your household has been in close contact with a confirmed or presumed case of COVID19 within the previous 48 hours.*

2) What happens if my child starts feeling sick while at practice?

If your child is not feeling well at practice, your coach will contact you and ask that you pick him/her up. Continue to monitor your child's [symptoms](#). If they are showing symptoms of COVID19, keep them home for at least 72 hours from when they have recovered from symptoms, and 10 days from when symptoms first occurred.

3) What should I do if my child shows symptoms or tests positive for COVID19 after returning to practice?

Contact your coach immediately. Your coach will initiate necessary communication protocols including alerting local health officials and close contacts if necessary. Your child's identity will be kept private. Keep your child home from practice until at least 72 hours with no fever without use of fever reducing medications and symptoms improved and 10 days from when symptoms first appeared. [Reference CDC Guidelines for Isolation](#), and CDC guidelines for [symptom based vs. test based strategies for ending isolation](#).

4) What should I do if a member of my household shows symptoms or tests positive for COVID19?

Keep your child home from practice until 14 days after their last exposure and monitor for symptoms. [Follow the CDC Guidelines for Quarantine](#).

5) What should I do if my child or a member of my household tests positive for COVID19 but has no symptoms?

Keep your child home from practice until 10 days have passed since the positive test, or until two negative tests in a period greater than 24 hours. Follow the [CDC Guidelines for Ending Home Isolation](#).

6) What should I do if my child has recently been in close contact with a confirmed case of COVID19?

If your child has been in close contact with a confirmed case of COVID19 within 48 hours prior to the confirmed case showing symptoms, keep them home for 14 days and monitor for symptoms. [See CDC Guidelines for Community Related Exposure](#).

7) What is the best resource for determining if members of my household need to quarantine or self isolate and for how long?

Reference the [CDC Guidelines on quarantining if you might be sick](#).

COACH SYMPTOM CHECK PROTOCOL

- Coaches should self monitor for symptoms at home.
 - Stay home if you are feeling sick. Contact your DOC if you are not feeling well to arrange cover for practice.
 - Arrive at field 30 minutes prior to training time and check in at Temp Check Tent
 - Temperature of <100.4°F required to proceed to the field
 - If Coach temperature registers >100.4°F coach will be sent home and alternate coach will run their session.
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EQUIPMENT SANITATION PROTOCOL

Before Practice:

- After passing temp check, coach proceed to Equipment Sanitization area
- Spray cones, extra soccer balls and any equipment that will be used at training

After Practice:

- Proceed to Equipment Sanitization area
 - Spray all equipment used at training before packing up and leaving the field
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PPE PROTOCOL

- **Face Coverings**
 - Coaches required to wear mask under chin at all times. Must be applied over mouth and nose when six feet of distance cannot be observed.

- Players are required to wear face coverings when walking to and from the car and their field. Face coverings must be worn under the chin for the duration of practice and must be applied over the nose and mouth when coming within 6 feet of anyone. Face coverings can remain under the chin during training drills and exercises so long as players and coaches maintain 6 feet of distance.
 - [Reference CDC Guidance for Face Coverings.](#)
 - **Hand Sanitizer**
 - Hand sanitizer pumps will be placed around the fields to be accessible for players and coaches before, during and after training.
 - **Disinfectant Solution**
 - Will be available at each site for staff to sanitize equipment before and after each use.
 - **PPE Supply Bin**
 - Each site will have a bin that includes extra face coverings, gloves, hand sanitizer, disinfectant solution and a thermometer.
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RETURN TO PRACTICE PROTOCOL FOR CONFIRMED OR SUSPECTED CASES OF COVID19

City SC will adhere to the most current CDC protocols for discontinuing isolation and allowing confirmed/suspected cases to return to practice:

[CDC: When you can be around others if you had or likely had COVID19](#)

- *Symptom-based strategy.* Exclude from practice until:
 - At least 24 hours have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
 - At least 10 days have passed *since symptoms first appeared*

Coaches/Volunteers/Players with laboratory-confirmed COVID-19 who have not had any symptoms:

- *Time-based strategy.* Exclude from practice until:
 - 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the *symptom-based* strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their

illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

*Note that detecting viral RNA via PCR does not necessarily mean that infectious virus is present.

City SC will consult with local infectious disease experts when making return to practice decisions for individuals who might remain infectious longer than 10 days (e.g., severely immunocompromised).

If coaches/volunteers/players had COVID-19 ruled out and have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to work should be based on that diagnosis.

After returning to practice, coaches/volunteers/players should:

- Wear a facemask for source control at all times while on the training ground until all symptoms are completely resolved or at baseline. A facemask instead of a cloth face covering should be used by these coaches/volunteers/players for source control during this time period while in the facility if possible.
- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen

RETURN TO PRACTICE PROTOCOL FOR CLOSE CONTACTS

City SC will follow the CDC Protocol for determining [close contacts](#) and when they can return to practice.

Coaches/volunteers/players who have been in close contact with a confirmed or suspected case of COVID19 must stay home and quarantine for 14 days from last exposure to monitor for symptoms.

A close contact is anybody who has been in close physical contact with a confirmed or suspected case of COVID19 within 48 hours prior to that person experiencing symptoms.

[CDC: When to Quarantine](#)

COMMUNICATION PROTOCOL FOR CONFIRMED OR SUSPECTED CASES OF COVID19

- 1) Parents: Contact coach immediately to report a confirmed or suspected case or close contact.
 - 2) Coaches: Contact Directors of Coaching to report confirmed or suspected cases or close contacts
 - 3) Directors of Coaching: Follow up to confirm details. Determine any players or coaches that need to be excluded from practice, notify necessary contacts of potential exposure, communicate timelines for returning to practice for affected parties.
 - 4) The player's identity will be kept confidential
 - 5) If the confirmed case attended practice within 48 hours of experiencing symptoms, team practices will cease for 14 days and all members of the stable training group are encouraged to stay home and monitor for symptoms
 - 6) The confirmed/suspected case will follow the CDC guidance for quarantining and discontinuing isolation
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CDC GUIDANCE

Useful Links:

[SD COUNTY COVID19 HOME QUARANTINE GUIDANCE](#)

[CDC GUIDANCE: WHEN TO QUARANTINE](#)

[WHEN YOU CAN BE AROUND OTHERS AFTER YOU HAD OR LIKELY HAD COVID19](#)

CDC Posters:

- [**CLICK HERE for CDC Face Covering Guidance**](#)
- [**CLICK HERE for CDC Covid-19 Symptoms Info Sheet**](#)
- [**CLICK HERE for CDC Guidance on How to Protect yourself and others**](#)
- [**CLICK HERE for Info on Preventing The Spread of COVID19**](#)