



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.

PHASE IV: NO RESTRICTIONS | AUGUST 30

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

PWSI RETURN-TO-PLAY: PHASE III

PHASE 3: FULL TEAM COMPETITIONS

Environmental Context. This phase will begin once the Virginia Governor moves Prince William County to Phase 3 and the Park Authority approves the progression. Phase 3 allows for groups up to 250 persons. Social distancing should continue to be observed whenever possible.

Full team training and league games are permitted. Team travel, including buses, flights and/or hotel stays are not allowed.

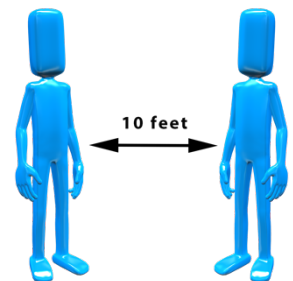


PRE-TRAINING RESPONSIBILITIES - AT HOME

- 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).
- Coaches are **required** to take their temperature prior to each team event and regularly report to Director of Coaching or supervisor.

ARRIVING/DEPARTING THE FIELDS

- 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 10 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.
- Physical contact before or after training is not permitted.
- Players will enter and depart the fields through the designated gate.



PWSI RETURN-TO-PLAY: PHASE III

TRAINING ENVIRONMENT

- Training of any group size can be conducted.
- Maximum 3 sessions per week and 90 minutes per session.
- The team may have regular team training, including scrimmages, without limitation but adhering to all social distancing where possible.
- Players should avoid physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All activities that promote players standing in close proximity to one another (e.g. lines, multi-team transition games) should be avoided.
- Coaches can integrate into training environments for instruction purposes but should not be in contact with players.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.



GAME DAY ENVIRONMENT

- Designated spectator areas (facility map posted).
- Social distancing on sideline (potential removal of benches).
- No team tents to encourage distancing on sideline.
- No hydration stations or sharing of water. Players are **required** to bring own water/sports drink.
- Appropriate time shall be scheduled between games to allow for appropriate warm-up, disinfecting common use areas/equipment and player/spectator transitions.



EQUIPMENT:

- Surfaces that may be contacted and shared by players (benches, balls, for example), must be disinfected before and after use.
- All equipment (e.g. balls and cones) must be disinfected between usage.
- Coaches will be provided balls for training and games. Any ball brought by a player must be disinfected prior to use by the team.
- Each player will be provided a pinnie (property of PWSI) to bring to and from training for individual use. Players are expected to clean and maintain the pinnie and return to the club upon request.
- Coaches will be provided additional pinnies to use when needed that are single use and must be washed before used by another player.

PWSI RETURN-TO-PLAY: PHASE III

- Players are required to bring their own equipment (hand sanitizer, water bottle, training, sunscreen, towels, etc.) such that no equipment is shared between players.
- 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.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 10 feet between other individuals in attendance and away from all fields and/or fences. Ideally, attendees will remain in cars.
- Player "bench areas" must be arranged in order to accommodate social distancing practices and may be removed as appropriate.
- Hand sanitizer shall 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.
- Spitting is strictly prohibited.

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.

