

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 and Phase 2 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](#)
- ☐ Stay home if you don't feel 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

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 your child has 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**

- ☐ 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 keep face coverings on hand at all times
 - ☐ Coaches required to wear face coverings if they cannot maintain 6 feet of distance with players
- ☐ Players are not required to wear face coverings, but it is highly recommended that they carry one for use when 6 feet of distance cannot be maintained
- ☐ **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 15 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
 - ☐ 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
 - ☐ Players bring their own soccer ball and plenty of water
 - ☐ Players bring face covering, shin guards and hand sanitizer
 - ☐ Players must submit required signed COVID19 waivers on first day back. No forms, no practice.
- ☐ **Communication Protocol for Confirmed/Suspected Cases**
 - ☐ Plan in place for reporting confirmed/suspected cases to local health officials and close contacts
 - ☐ Identity of players/coaches with confirmed/suspected case will remain private

- ☐ **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
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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
- 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 >100.4°F
- 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
- Ensure your child's equipment is sanitized before and after every training session (cleats, soccer ball, water bottles, clothing, etc.)
- Avoid carpooling
- Notify your coach immediately if your child begins experiencing symptoms or tests positive for COVID19
- 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
- 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 Highly Recommended
- 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

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.

WHEN TO STAY HOME

1) If my child is not feeling well should I still send them to practice?

No. Keep your child home if they do not feel well, even if their symptoms are not consistent with COVID19. If you are not sure, err on the side of caution and keep them home.

2) If a member of my household is not feeling well should I still send my child to practice?

No. If a member of your household does not feel well, do not send your child to practice, even if your child is feeling ok and even if symptoms are not consistent with COVID19.

3) 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.

4) 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](#).

5) 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](#).

6) 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](#).

7) 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](#).

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.

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 have *on hand* at all times. Must be worn when six feet of distance cannot be observed.
 - Players NOT required to wear face coverings but encouraged to have on hand for use when six feet of distance cannot be observed.
 - [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

- *Symptom-based strategy.* Exclude from practice until:
 - At least 3 days (72 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*
- *Test-based strategy.* Exclude from practice until:
 - Resolution of fever without the use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
 - Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)[1]. See [Interim Guidelines for Collecting, Handling,](#)

[and Testing Clinical Specimens for 2019 Novel Coronavirus \(2019-nCoV\)](#).
Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

Coaches/Volunteers/Players with laboratory-confirmed COVID-19 who have not had any symptoms (Either strategy is acceptable depending on local circumstances):

- *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* or *test-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.
- *Test-based strategy*. Exclude from practice until:
 - Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens). Note, because of the absence of symptoms, it is not possible to gauge where these individual are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.

*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

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.

COMMUNICATION PROTOCOL FOR CONFIRMED OR SUSPECTED CASES OF COVID19

- 1) Parents contact coach immediately if their player has a confirmed or suspected case of COVID19 after returning to practice
 - 2) Coach will contact Directors of Coaching
 - 3) Directors of Coaching will notify local health officials and all members of the player's stable training group if necessary and advise on next steps
 - 4) The player's identity will be kept confidential
 - 5) If the player's symptoms first occurred within 48 hours of attending practice, 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 Return to Practice Protocol outlined previously in this document
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CDC GUIDANCE

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



COVID-19 is a respiratory illness caused by a new coronavirus.

Symptoms include:

- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- Body aches
- Runny Nose
- Congestion
- Headache
- Sore throat
- New loss of taste or smell

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for a complete list of symptoms.

To help prevent the spread of the virus and protect yourself, follow these recommendations:

For questions talk to your health care provider or call 2-1-1



Wash your hands or use hand sanitizer often.



Avoid sharing personal household items.



Avoid touching eyes, mouth and nose with unwashed hands.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Stay home and keep your distance from others in the home if you are sick.



Maintain at least 6 feet between you and others.



Use a face covering if you leave your home.



Clean and disinfect household surfaces often.

Updated 6-2-2020

For latest updates, visit:
www.coronavirus-sd.com



How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS-19488A 05/21/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



CS15023-A 04/11/2020

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