



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

PHASE 0: STAY AND SHELTER | CURRENT - JUNE 14

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

PHASE IV: NO RESTRICTIONS | AUGUST 30

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



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VDA 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.

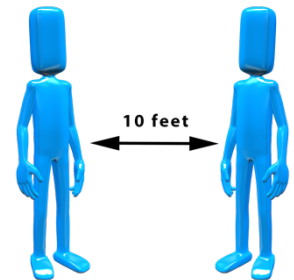
Training groups are established to help isolate any positive test and allow for managing an outbreak.

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

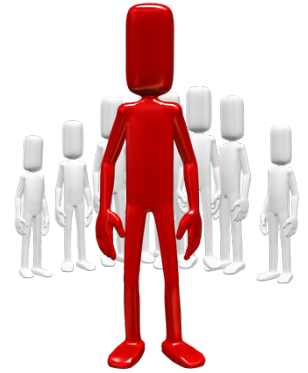
- We recommend players do not carpool to and/or from team functions.
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - a) The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix 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.



VDA 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.



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VDA 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.



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