



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.



VDA



VDA RETURN-TO-PLAY: PHASE II

PHASE 2: FULL TEAM TRAINING

Environmental Context. This phase will begin once the Virginia Governor moves Prince William County to Phase 2 and the Park Authority approves the progression. Phase 2 allows for groups up to 50 persons with continue social distancing and allowing for incidental contact.

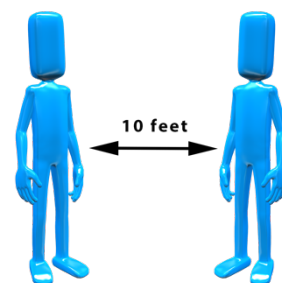
Phase II remains voluntary. Mandatory reporting, social distancing and additional mitigating risk processes are maintained.

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 AND report their temperature to Director of Coaching or supervisor prior to each team function.

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



VDA RETURN-TO-PLAY: PHASE II

TRAINING ENVIRONMENT

- Team training is set based on expected roster. Players may not train with different teams. Groups may not be changed or substituted during this period.
- Maximum 3 sessions per week and 75 minutes per session.
- The team may do individual exercises, group exercises, fitness exercises, or team tactical exercises.
- All activities must be developed with adherence to social distancing to mitigate incidental contact.
- Spitting is strictly prohibited.
- Goalkeeper-specific training is permitted.
- Heading is not permitted.
- Players should avoid physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 10 feet to reduce the risk of disease transmission.
- 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.



EQUIPMENT:

- Surfaces that may be contacted and shared by players (benches, balls, for example), must be disinfected before and after use.
- Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Pinnies are permitted, but are single use and must be washed before used by another player.
- 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

VDA RETURN-TO-PLAY: PHASE II

from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars.

- Player “bench areas” must be arranged in order to accommodate social distancing practices.
- 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.

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.

