



THE ST JAMES FC VIRGINIA

RETURN TO PLAY PROTOCOL



TRAVEL SOCCER RETURN TO PLAY PROTOCOL: TRAINING & LEAGUE MATCHES

WINTER & SPRING 2021

COVID-19 SAFETY



The novel coronavirus (“COVID-19”), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The St. James FC Virginia (“STJFCV”) has put in place preventative measures to reduce the spread of COVID-19; however, STJFCV cannot guarantee that you or your child(ren) will not become infected with COVID-19, any other virus or any other communicable illness or disease (collectively, any “Illness” or “Illnesses”) as a result of entering into the St. James Complex, Evergreen Sportsplex, Bles Park or other venues as a result of participating in competitions or other activities related to participation in STJFCV-sponsored events. Further, attending STJFCV programs or events could increase your risk and your child(ren)’s risk of contracting an Illness.

RETURN TO PLAY PROTOCOL – THE ST JAMES FC VIRGINIA

- ❖ The St. James FC Virginia has designed and adopted the following return to play protocols to align with current medical guidelines and best practices as established by the Fairfax County Department of Health, the Virginia Department of Health and the Centers for Disease Control (“CDC”) to continue the fight against COVID-19.
- ❖ These guidelines and best practices are designed to prevent the spread and reduce transmission of COVID-19, nobody can guarantee or completely eliminate the risk to all members of society of contracting COVID-19.
- ❖ Everyone is reminded that we are all responsible and have a role to play and must show self control and respect for the health and welfare of all in society.
- ❖ Those who choose to participate must follow all guidelines and protocols. Failure to follow protocols will result in practice and event facilities being declined for future use.

RETURN TO PLAY PROTOCOL – TRAINING, LEAGUE MATCHES OR EVENTS

GUIDELINES

Individuals who meet the following conditions are not allowed attend training, league matches or events:

- ❖ You have tested positive in the past 14 days for COVID-19.
- ❖ A member of your household or an individual that you have come into close contact with has tested positive for COVID-19 in the past 14 days.
- ❖ Anyone who has symptoms of COVID-19 should self-quarantine, seek medical advice and refrain from attending practice or club events.
- ❖ Anyone who shows or feels sick or has any symptoms of any illness should stay home out of an abundance of caution. We strongly encourage those with underlying medical conditions to avoid attending practice or events.
- ❖ Please note that the CDC recommends for those that have tested positive a minimum of 10 days have passed since symptoms first appeared; 24 hours since resolution of fever without the use of fever-reducing medicines; any/all symptoms have shown improvement.
- ❖ Anyone that has had close contact with an individual who has tested positive for COVID-19, Fairfax County DOH instructs that they must complete a full, 14-day quarantine before returning to play. Test results do not supersede the 14-day quarantine period.



Pre-Training & Match Arrival Guidelines

TSJ FC Virginia - Return to Play Protocol

PLAYER GUIDELINES

- ❖ Players must have temperature checked before each practice and match and show no signs of a fever
- ❖ Bring their own water bottle, ball, face mask and hand sanitizer
- ❖ Wash hands before and after each practice and match
- ❖ Clean bag, cleats, shin guards, uniforms and soccer ball after each practice and match
- ❖ Avoid any physical contact with coaches, players, or parents
- ❖ Do not gather in groups
- ❖ Dispose of trash – maintain the cleanliness of our home ground!
- ❖ If you are demonstrating any of the symptoms or signs of illness or COVID-19, please stay at home
- ❖ Allow players, coaches and teams on the field to exit at a distance before entering field of play

PARENT & GUARDIAN GUIDELINES

Parents are asked:

- ❖ Do not gather or stay on touchlines – stay a minimum of 10 feet back from the touchline
- ❖ Do not enter the field of play – remain outside the field of play at all times
- ❖ Utilize parking lots to drop off and pick up child before and after each match
- ❖ Avoid carpooling where possible
- ❖ If you are demonstrating any of the symptoms or signs of illness or Covid-19 please stay away from the fields and keep your child at home
- ❖ To ensure that their child brings their own water, ball and hand sanitizer
- ❖ Wash hands with sanitizer before and after match day
- ❖ Avoid any physical contact with coaches, players and other parents
- ❖ Remind your children to wash their hands before and after matches and follow all return to play protocols

ARRIVAL PROCEDURES

@ BLES PARK, @ EVERGREEN SPORTSPLEX & @ THE ST. JAMES COMPLEX:

- All trash must be properly disposed of prior to exiting field
- All players sterilize hands with Hand Sanitizer
- Players must wear facemask when entering facility and transiting to/from athletic fields
- Coaches will wear facemasks throughout entire match day particularly when in close proximity of players, match officials and opposing players and teams

All players must check in with the team manager to verify pre-training health attestation before entering field

- Temperature will be checked by coach and/or TSJFCV staff member
- Those who do not show signs of a fever will be allowed to enter field site
- Those who do show signs of a fever will be asked to leave field site and seek medical attention
- TSJ safety team will be contacted regarding the above and further steps taken to assist family
- Hand sanitizer to be used by all coaches, parents and players
- Carpools are not recommended, if any player in a carpool show signs of a fever none of the players in the carpool will be allowed to participate in match

BLES PARK



-For fields 1 and 2, please use the walking path which begins at the entrance to the parking lot.

-For field 3, please use the gravel walking path to enter the field. Parents and spectators should sit on the west side of the touchline which is adjacent to the walking path. Coaches and players are asked to walk around the fields and place personal belongings a minimum of six feet apart on the grass.

-Parents and family members may not enter the field of play. Please greet your child off the field at the conclusion of the match.

-Please maintain a minimum of 6 feet of distance at all times.

-Parents and family members should sit at least 10 feet back from the touchline. No spectators are permitted to sit behind the goals.

-Bathrooms are available on site and guests should bring their own hand sanitizer.

EVERGREEN SPORTSPLEX



Document 3 - Image of entrance signage



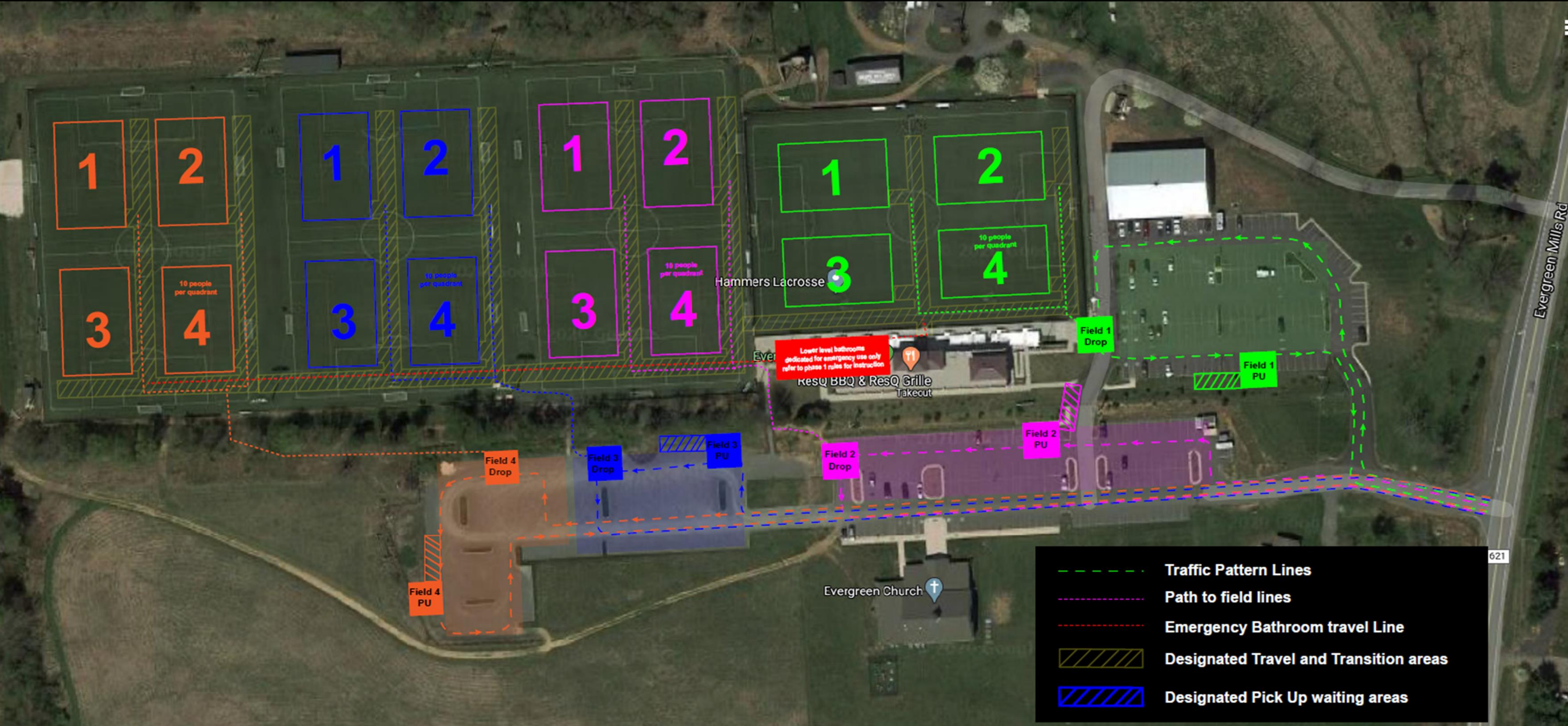
-Evergreen Sportsplex has four synthetic turf fields. Each field is assigned a color and signage is posted on site to direct parents to appropriate parking per field.

-Please park in the area designated for your child's field assignment.

EVERGREEN SPORTSPLEX



Document 1 - Overall layout of the traffic patterns



RETURN TO PLAY PROTOCOL – NCSL

- ❖ Parents and legal guardians should familiarize themselves with NCSL's Return to Play Protocol:

<http://www.ncsl-soccer.com/files/NCSL%20Return%20to%20Play%20Guidelines.pdf>

RETURN TO PLAY PROTOCOL – EDP

- ❖ Parents and legal guardians should familiarize themselves with EDP's Return to Play Protocol:

<https://www.edpsoccer.com/return-to-play>

RETURN TO PLAY PROTOCOL – GIRLS ACADEMY LEAGUE

- ❖ Parents and legal guardians should familiarize themselves with the Girls Academy League's Return to Play Recommendations:

<https://girlsacademyleague.com/resources/>



NO "FIVES" / FIST BUMPS

NO TEAM HUDDLES

NO GATHERING IN GROUPS





Home Team Match Guidelines

TSJ FC Virginia - Return to Play Protocol

HOME TEAM RULES

- ❖ Players must bring their own ball, water bottle, shin guards and facemask to matches
- ❖ No sharing of phones, personal property
- ❖ No physical contact during pre and post-match activities
- ❖ Coach to structure pre-game warm up activities to avoid lines and players being in close contact
- ❖ Adequate space between players at all times
- ❖ No High-fives, No team cheers and No team huddles
- ❖ Players to place their bags 6-feet apart on ground along sideline marked by cones
- ❖ Parents and spectators must stay a minimum of 10 feet back from touchline
- ❖ Parents, coaches and spectators must stay a minimum of 10 feet from match officials on touchlines
- ❖ Teams must enter and exit fields separately – parents and family members may not enter field

COACHES GUIDELINES

- ❖ Wear a mask at all times on match day
- ❖ Wash hands before and after each match
- ❖ Clean all bibs, cones and soccer balls before and after each match
- ❖ Avoid any physical contact with other coaches, players or parents
- ❖ Follow session and field guidelines when planning and leading teams on field
- ❖ Have temperature tested before every match
- ❖ If you are demonstrating any of the symptoms or signs of illness or COVID-19, please stay at home
- ❖ Do not have players touch or set up equipment

RETURN TO PLAY PROTOCOL - COACHES CHECK LIST



Coaches Check List	
Face Mask	
Hand Sanitizer	
Clean Equipment	
Avoid Physical Contact	
Follow Field and Practice Guidelines	
Temperature Check	
No Symptoms/Signs of Illness	

RETURN TO PLAY PROTOCOL – TEAM MANAGER CHECK LIST



Team Manager Checklist	
Ensure that all spectators have face masks covering mouth and nose	
Send visiting team welcome email 48 hrs. prior to match	
Check in team members via Team Snap app or through Sports Engine online questionnaire	
Help maintain social distance among parents & families on touchlines	
Coordinate uniform plan for match day	
Groups in waiting area to transition on to field must be 6 feet apart	

SAFETY & RESPONSE PLAN

- ❖ Pursuant to the requirements of the recently adopted emergency temporary standard promulgated by the Commonwealth of Virginia Department of Labor and Industry relating to workplace safety in light of the novel coronavirus known as “COVID-19” and guidance from the Centers for Disease Control (“CDC”), The St. James FC Virginia has instituted the following health and safety protocols (the “Plan”). The Plan is subject to amendments as needed to comply with applicable regulations and best practices in maintaining a healthy and safe workplace.
- ❖ First, in an effort to prevent the transmission of the virus, The St. James FC Virginia has mandated testing of each staff member before returning to work on-site, mandated use of face coverings, implemented mandatory daily health attestations, employed contactless temperature screenings of all persons entering facilities where programs are conducted, deployed hand sanitizer on site at said facilities, and placed signage throughout the facilities promoting frequent and thorough hand washing. Second, The St. James FC Virginia has established the following protocols to control and mitigate any virus-related issues that may arise.

DISEASE PREPAREDNESS & RESPONSE PLAN

Players

- ❖ If a youth participant exhibits COVID-19 symptoms while at home, the parent/guardian shall:
- ❖ Notify the Director of Soccer, who in turn, will notify the Director of Security and Department of Safety & Rescue at The St. James, who will ensure that the youth participant does not attend The St. James FC Virginia travel soccer and Academy programming and events until the following occurs:
- ❖ The youth participant should consult their primary health care provider who will determine if COVID-19 is a consideration;
- ❖ For these cases, The St. James FC Virginia will follow the primary health care provider's recommendations for COVID-19 protocols.

DISEASE PREPAREDNESS & RESPONSE PLAN

Coaches

- ❖ If a The St. James FC Virginia Staff Member exhibits COVID-19 symptoms while at home, the individual shall:
- ❖ Notify his/her Supervisor, who in turn, will notify the Director of Security and Department of Safety & Rescue at The St. James, who will ensure the staff member does not attend or engage in events until the following occurs:
- ❖ The coach should consult their primary health care provider who will determine if COVID-19 is a consideration;
- ❖ For these cases, The St. James FC Virginia will follow the primary health care provider's recommendations for COVID-19 protocols.

DISEASE PREPAREDNESS & RESPONSE PLAN

- ❖ If a The St. James FC Virginia staff member exhibits COVID-19 symptoms while at work, the employee must:
 - ❖ Promptly notify his or her Supervisor by telephone, text or e-mail (NOT in person)
 - ❖ Contact The St. James Department of Safety & Rescue
 - ❖ Report to a quarantine area outside The St. James complex while avoiding contact with others (i.e., go to your vehicle or to a bench outside the complex while avoiding close contact with others)
 - ❖ Remain at home until at least 14 days have passed since symptoms first appeared.

DISEASE PREPAREDNESS & RESPONSE PLAN

- ❖ If a The St. James FC Virginia staff member tests positive for COVID-19, the individual shall:
 - ❖ Self-quarantine away from work;
 - ❖ Notify this or her supervisor by telephone, text or email;
 - ❖ If symptom free, may return to work when: at least fourteen (14) days have passed since the date of his or her first positive test.
 - ❖ Note, The St. James will provide a test kit to the staff member by home delivery.
- ❖ If symptomatic, may return to work when at least fourteen (14) days have passed since symptoms first appeared.
- ❖ If hospitalized, may return to work when: The team member has tested negative, no longer exhibits any symptoms and has been cleared for return to work by a medical professional that treated the team member or that provides virus screening services. Team members are required to provide documentation from a doctor clearing his or her return to work.

DISEASE PREPAREDNESS & RESPONSE PLAN

If a The St. James FC Virginia staff member comes into close contact (within six (6) feet for 15 minutes over a 24-hour period), or learns of close contact, with an individual who has tested positive for COVID-19 (co-worker or otherwise), the employee shall:

- Notify his or her supervisor by telephone, text or email;
- Self-quarantine away from work for fourteen (14) days from the last date of close contact with that individual;
- Contact their healthcare provider to determine whether they need to be tested, or;
- Use Medstar's e-visit tool to determine whether to be tested.

DISEASE PREPAREDNESS & RESPONSE PLAN

If The St. James learns that a The St. James FC Virginia staff member has tested positive, The St. James shall:

- Clean and disinfect any area visited by that individual The St. James FC Virginia staff member;
- Conduct an investigation to determine co-workers who may have had close contact with the confirmed-positive team member in the previous fourteen (14) days;
- Direct those individuals who have had close contact with the confirmed-positive team member to self-quarantine for 14 days from the last date of close contact with that team member; and
- If applicable, The St. James will also notify any members, contractors, vendors/suppliers, government officials and/or visitors, who may have had close contact with the confirmed-positive team member.

If The St. James learns of a The St. James FC Virginia member who tests positive for COVID-19, the same procedures stated above will be followed. In addition, The St. James FC Virginia employees who interact with subcontractors and companies that provide contract or temporary employees to The St. James FC Virginia and/or The St. James shall advise those subcontractors, temporary staffing companies, etc. about the policies referenced above. In addition, The St. James FC Virginia and The St. James's personnel shall confer with subcontractors, etc. about the importance of suspected and known COVID-19 contract/temp. employees staying home and encourage them to develop non-punitive sick leave policies. Likewise, The St. James FC Virginia personnel shall advise subcontractors and their personnel that if any subcontractor personnel are known or suspected of infection not to report to work or be allowed to remain at work until cleared for return.

DISEASE PREPAREDNESS & RESPONSE PLAN

In order to ensure compliance with applicable regulations, The St. James FC Virginia Ashburn designates Douglas Homer, Director of Soccer, as the primary point of contact. Mr. Homer will report to Randy Cooper, Director of Safety & Rescue at The St. James. Mr. Cooper is The St. James FC Virginia's officer responsible for administering this Plan. Any questions concerning this Plan should be directed to Randy.

KEY CONTACTS

Douglas Homer, Director of Soccer, douglas.homer@thestjames.com

Randy Cooper, Director of Safety & Rescue, randy.cooper@thestjames.com

Christian Cziommer, Technical Director, Christian.Cziommer@thestjames.com