



RESTART 2020
Protocols and Guidelines
for a Safe and Gradual Return to Play

These guidelines will provide direction for the immediate re-opening stages upon a county turning Green. The focus for now is on **acclimating and reintegrating players, coaches and families.** This is a local, club based restart of training players. Due to the restrictions of no contact, no other sanctioned soccer activity such as tryouts, scrimmages or other competition is yet to be approved.

The guidance from the Commonwealth of Pennsylvania on the Green Phase still engages in mitigation strategies for COVID-19. It is a cautious and gradual re-opening. Most businesses and programs will operate at limited capacity upon entering the Green Phase. We will be no different. As the Governor and Department of Health provide additional information and guidance beyond the initial opening, we too will expand the opportunities for youth soccer.

These guidelines were created in consultation with those developed by the US Olympic Committee, US Soccer, US Youth Soccer, the CDC and the Commonwealth of Pennsylvania and is a collection of best practices for carefully moving forward in the COVID-19 world (See Appendix B). We encourage you to follow all aspects set forward in this document, but to also implement additional strategies based on the input of these other agencies.

The conditions during this pandemic have continually evolved and changed weekly, sometimes daily. We know additional information and new guidelines are forthcoming. They will change at any time, so we must be flexible. These guidelines will be updated as necessary.

This document does not replace the advice or direction of medical professionals. The risks of infection still exists. Until a vaccine or cure is developed for COVID-19, we must proceed cautiously and continue to monitor and comply with the Governor's office, PA Department of Health, CDC and any other federal or local regulations.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart. If a parent, child or coach is not comfortable returning to play, they shouldn't.

The Commonwealth of Pennsylvania is reopening counties in phases based on the number of confirmed cases of COVID-19. Some counties will move into the Green Phase before other counties. As per the PA Department of Health, no organized sports are permitted until the Green Phase. Please comply with the Commonwealth’s regulations regarding openings. Organizations in Yellow Phase can not integrate with those in Green. Individuals residing in Red/Yellow counties must adhere to those established protocols and rules. Travel is for essential purposes- soccer is not essential.

Basic Guidelines for Restarting Soccer

RED PHASE	YELLOW PHASE	GREEN PHASE #	PHASE OUT
<ul style="list-style-type: none"> • No Organized Sports • Stay at Home Order in effect • Travel only for life sustaining purposes 	<ul style="list-style-type: none"> • No Organized Sports • Stay at Home lifted • Aggressive Mitigation in place 	<ul style="list-style-type: none"> • Mitigation strategies still implemented • Open for local, controlled, non-contact practices. • Limit of 25 (including players, coaches, spectators) per field. • Social distancing required. 	<ul style="list-style-type: none"> • Restrictions lifted

More detail on the Green Phase forthcoming. Commonwealth of Pennsylvania to determine criteria for moving forward within Green Phase and when a “phase out” and lifting of restrictions is appropriate.



General Hygiene and Safety Protocols

To be followed regardless of which phase, and until further notice from PA Department of Health and the CDC.

- Wash your hands frequently
- Have hand sanitizer available for all at times.
- No sharing of water, snacks or equipment
- No shaking hands, high fives, fist bump, hugs, etc.
- Social distancing = 6 feet apart
- No player or coach can attend if they are feeling sick.
- Sick players or coaches must quarantine as required by CDC/PA Dept. of Health. Can only return with a Doctor's approval. Must show notice to the club.
- Disinfect all training equipment- cones, goals, flags etc. Only coaches can touch or move equipment
- Coaches to wear a face mask as per CDC/PA Dept. of Health at all times
- Players to wear face mask when not involved in soccer activities or on the bench. Player may wear mask during activity at parents or players discretion.
- Scrimmage vests washed after every session. Should consider it personal equipment, and provide each player with their own.
- Each ball sanitized before/after every practice or game.
- Only one coach may attend to an injured player. Must wear mask and gloves.
- Minimize contact with other teams before, during and after each session

This is a general list. Please consult PA Department of Health and CDC hygiene and safety protocols which must be followed in all stages.

PARENTS/GUARDIANS

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements. Share information with your son or daughter.
- No signs of COVID-19 for the player the past 14 days and no known exposure before sending him or her to training. Sick players and coaches must stay at home and follow appropriate health guidelines.
- Determine if you want your child to wear a face mask during training.
- Sanitize and wash all equipment and uniforms after training
- Pack hand sanitizer and a face mask in his or her bag.
- Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players.
- Comply with social distancing and mask directives. Adhere to rules of the club regarding attending training session
- Direct your child to never share water, snacks or equipment.
- Notify club and coach should your child becomes ill.
- Do not assist coach or coaches with equipment at the beginning or end of practice.
- Ball goes off touchline or end line allow players or coach to retrieve the ball.
- Parents make the ultimate decision on their child's attendance participation

❖ **Phase Out**

- TBD

COACHES

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

- Comply with Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional club directives or requirements.
- Reinforce directives, policies and protocols as necessary with parents and children.
- As players arrive, inquire how they're feeling. If they are ill or appear to be ill, send them home
- Supply your medical kit or bag with gloves, extra masks, sanitizer, and facial tissues.
- Implement social distancing at all times. Each player and their equipment at least six feet from the next player.
- Coaches wear masks at all times.
- Players may wear masks during training at their discretion. Must wear when not engaged in soccer activity.
- Only coaches may touch or move equipment. Players do not touch or move equipment.
- No bodily contact in training.
- Avoid activities involving lines, maintain social distancing in training. (see US Soccer "Play On" in Appendix B)
- Sanitize all equipment after training.
- Scrimmage vests are not recommended
- Minimize interaction with other teams that train before or after you. Emphasize player should go straight to cars
- Be positive, fun and engaging. Help the children acclimate and reintegrate.

❖ **Phase Out**

- TBD

CLUB

❖ **Yellow Phase**

- No organized training. No organized playing.
- Virtual training allowed. See recommended guidelines.

❖ **Green Phase**

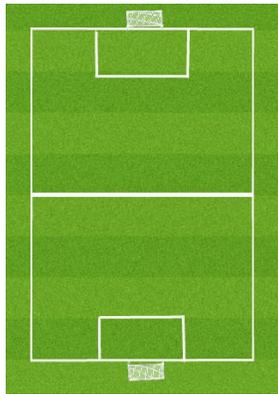
- **Activity may begin within your club only. Activity must be kept local, within your community.**
- **No contact training. No games. No interaction with other organizations.**
- **Individuals must comply with restrictions of their home county.**
- Engage with management of your practice facilities to learn and comply with their policies and procedures.
- Fields must be legally open. No training on a space/field without insurance certificate issued (standard regardless COVID-19) or permission from the facility.
- Create Action Plan –
 - Communicate plan and distribute to families, coaches, admins
 - Actions upon notification of a positive test result for a club member.
 - Be prepared to shut down and stop operations in necessary
- Develop a plan for social distancing and adequate field space. (see appendix A)
 - Minimize interactions among teams.
 - Consider field/training area lay out, entrance and exit from fields, managing training schedules.
 - Social distancing required in all areas, but not limited to sidelines, bench areas, clubhouse, parking lot
 - Consider posting signs regarding such rules at all fields.
- The parent determines participation.
- Spectators are not essential to training and not recommended to attend, however, it be necessary for younger players..
- Green Phase will be further determined with additional guidelines from the Commonwealth of Pennsylvania.

❖ **Phase Out**

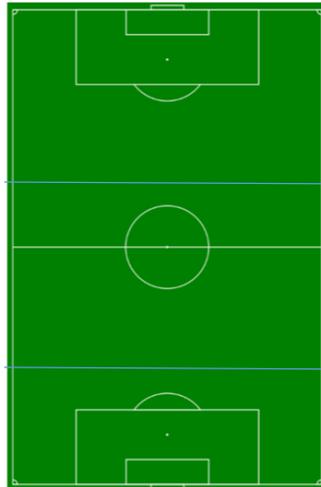
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APPENDIX A - PARTICIPATION LIMITS

The opening of the Green Phase limits the number of participants on a field. Best practices and other professional recommendations are no more than 25 participants per field (both halves) and training in small groups with a ratio of 1 coach per 9 players. Spectators are not recommended as players and coaches come first, but may be required for younger players.



4v4 = 10 people
8 players and
2 coaches per field



7v7 = 16 people
14 players and
2 coaches per field



9v9 = 20 people
18 players and
2 coaches per field



11v11 = 25 people
22 players and
3 coaches per field

APPENDIX B - RESOURCES

Commonwealth of Pennsylvania

- <https://www.governor.pa.gov/plan-for-pennsylvania/>

Pennsylvania Department of Health

- <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

CDC Considerations for Youth Sports

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

United States Olympic Committee and Paralympic Committee

- <https://www.teamusa.org/coronavirus>

US Soccer

- <https://www.ussoccer.com/playon/guides/phase-1-grassroots>

US Youth Soccer

- https://www.usyouthsoccer.org/assets/1/6/usys_rta_notice_051920.pdf

Pennsylvanian Recreation and Park Society

- <https://prps.org/common/Uploaded%20files/Resources/PRPS%20Park%20and%20Rec%20Facility%20Reopening%20Guidelines%20%2020200512.pdf>