



RESTART 2020

**Stages within the Green Phase
For a Safe and Gradual Return to Play**

STAGES OF RESTART

In accordance with the Commonwealth of Pennsylvania recreational and amateur sports can only operate in Green. Sanctioned soccer activity can only take place in Green. Travel is now permissible throughout all counties, but you still must personally assess the risks. Not all counties will turn Green at the same time. Remember, as we move into additional stages, be respectful of those clubs or teams that are not at the same pace of integration and not yet ready for travel or play an outside team. Please note the CDC scale on risk is included in each stage.

STAGE 1

Increasing Risk.

Club members only. Strictly local, community based. Acclimate and reintegrate. Smaller numbers.

STAGE 2

More Risk.

Full teams may be integrated for training. Contact may be allowed. Scrimmages may be played internally with other teams within your club. Higher numbers.

STAGE 3

Higher Risk.

Friendlies/Scrimmages in any Green counties. Typical pre-season type activity. Out of state travel not permitted. Increasing numbers and geography.

STAGE 4

Highest Risk.

All counties are green. Most government restrictions are lifted. Full and regular competitions may occur. Limited inter-state and regional travel recommended.

RESTART 2020



Governor Tom Wolf

Guidance For All Sports Permitted to Operate During the Covid-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

issued June 10, 2020

Recreational and Amateur Sports

*Recreational and amateur sports organizations and teams (not affiliated with a public or private PK-12 school), including, but not limited to, basketball, hockey, field hockey, football, **soccer**, swimming, baseball, softball, lacrosse, gymnastics, and kickball, are permitted to conduct in-person activities, including games and practices, in counties designated as **being in the Green phase only if they strictly adhere to the requirements of this guidance**, including the limits on total occupancy outlined below. For youth sports, refer to the CDC guidance on youth sports as well.*

Organizational Action Plan

As described previously, each organization must have a plan for their local reopening. The plan should contain procedures including but not limited to general hygiene, team training, access points to fields, parking lot procedures, equipment handling, reporting/tracking Covid contact and illnesses. In the event of a reported exposure, parents and guardians only communicate with the organization (not the minor players).

It's imperative to educate your members and it may be an additional requirement within your community. Townships, school districts and other agencies that may provide you with funding, fields and other forms of community support may very well require your plan before providing you their usual access and support.

We have provided a template for such a plan as well as the many resources we engaged. Please go to our website, www.EPYSA.Org under the Covid-19 tab for copy of this template. US Soccer, in its "Play On" document, provides a highly detailed outline you may wish to supplement your plan with, in addition to the PA Department of Health and the CDC.

Please take every opportunity to inform and educate your families and potential guests to your fields regarding local procedures as well as reinforcing federal and state protocols on hygiene.

As stated previously, you must be prepared for the potential shut down of operations or reverting back to a prior stage. Regardless of proceeding with all recommended precautions, it is still possible for someone to be exposed to COVID-19 and further transmit the virus.

Return To Play

Stage I

All Hygiene protocols are in effect unless otherwise noted.

- County must be designated as “Green”
- Facility/fields must be legally open.
- Club only activity only may begin.** Play is limited to your currently registered players and coaches. This includes the 19-20 season *and* players who have registered with your club for 20-21.
- Small group training- no more than 25 per field. Ratio of 1:9 coach to player recommended.**
- No competitions, i.e. league play or tournaments
- Players and coaches may travel to train from Yellow counties. Individual must assess the risks.
- Carpooling not recommended. If carpooling is necessary, same group should always travel together.
- Social distancing required
- No activities with body contact
- Consider injury risk strategies as endurance, strength and soccer skills come back into focus.
- Spectators not recommended at the field.
- Coaches must wear masks/face covering. Players must wear when not engaged in activity.

Allow 2-3 weeks in this stage for acclimating to training and developing new habits, as well as for viewing any symptoms and the possible need for tracing and tracking.

RESTART 2020



Return To Play

STAGE II

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Full teams may be integrated for training.
- body contact is allowed in training
- Scrimmages, friendlies etc... may be played within your club.
- Acclimate players to build up towards competitive play. Train appropriately to reduce the risk of injury.
- No competitions, i.e. league play or tournaments
- No goal celebrations involving physical contact with others
- No pregame/post game line-ups handshakes or fist bumps
- Spectators allowed at the fields and must comply with social distancing to each other. Same applies to the sideline- maintain six foot distance from Assistant Referee and players.

Allow 2-3 weeks in this stage for players' acclimating and physical preparedness, as well as continued tracing and tracking purposes as may be necessary.

Return To Play

Stage III

All Hygiene protocols are in effect unless otherwise noted. 2-3 weeks have passed since turning green, and there have been no significant outbreaks. If reported exposures or a positive case occurs, a club's protocols should be engaged immediately.

- Typical pre-season activity may occur
- Scrimmages, friendlies etc., may be played with clubs from any Green county.
- Local protocols and procedures should be shared with any visiting team.
- Play Days with multiple teams/clubs not recommend, but if held responsibly, must be within the limits of public gathering size.
- Strongly recommended to stay local.
- Limiting travel still recommended
- No inter-state travel permitted. Must stay within Pennsylvania

Return To Play

STAGE IV

All Hygiene protocols are in effect unless otherwise noted. This stage of Restart to be addressed by Eastern Pennsylvania Youth Soccer and its Board of Director

- Most Government restrictions have been lifted.
- Eastern Pennsylvania member leagues may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel
- Eastern Pennsylvania sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel. Also subject to restrictions on public gathering size.
- Teams will be permitted to participate in out of state or regional leagues, provided the game will be played in an open state.
- Teams will be permitted to participate in out of state tournaments provided the tournament will be played in an open state.
- Be advised travel outside of your area is still comes with caution. Limited travel still recommended.

Return To Play

Reverting to an Earlier Stage

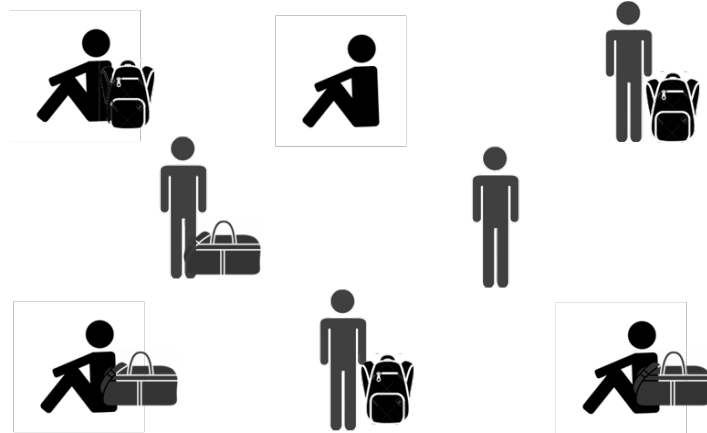
Be advised that you should be prepared at any time to take a step back and revert to an earlier stage, or potentially shut down operations, if:

- A cluster of infections occur**
- Inability to maintain COVID-19 prevention and response protocols**
- Inability to track and/ or isolate players and staff**
- External factor exposes a COVID-19 risk to your team or club**
- Changes to public health guidelines regarding group gatherings**

Final Stage

COVID-19 is no longer considered a public health risk and there are no more federal state or local restrictions.

**SOCIAL DISTANCING REQUIRED IN ALL RESTART STAGES
AND UNTIL FURTHER NOTICE FROM THE CDC and
PENNSYLVANIA DEPARTMENT OF HEALTH**



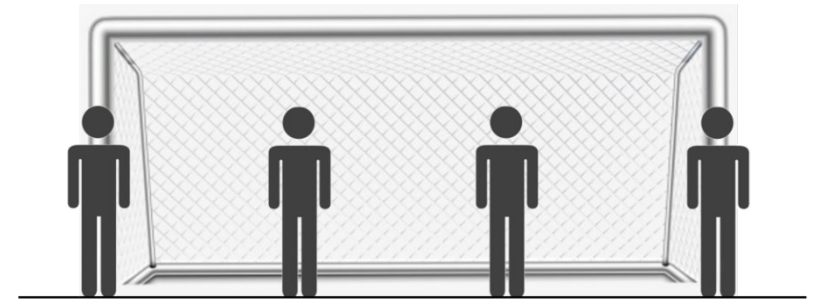
Social distancing during team talks
and with individuals equipment



Social distancing on team bench



NO SHARING DRINKS, SNACKS or EQUIPMENT



Social Distancing = 6 feet apart
Full Size Goal = 24 feet

RESOURCES

Commonwealth of Pennsylvania

- <https://www.governor.pa.gov/covid-19/sports-guidance/>
- <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