

# CYA

## RETURN-TO-PLAY PROCEDURE & GUIDELINES Virginia PHASE III



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# The CYA Return-To-Play plan is not intended nor should it supersede or replace any applicable local, state, regional or federal health guidelines or requirements.

***All CYA Return-to-Play waivers ARE REQUIRED to be completed or acknowledged prior to in-person participation.***

***The waivers can be found at <http://www.chantillyyouth.org/cya-covid-19-waivers>***

A plan can only be successful when embraced by the membership and executed effectively. We recognize and respect each member's responsibility to his/her own safety and the safety of their family and want you to feel comfortable and confident in returning to play.

The health & safety of our CYA Soccer community is our first priority and is the guiding light in our approach to returning to play. While we recognize sports play an important role in the lives of our players and families and we are eager to return to the field/court, nothing matters more than protecting the safety of our members. As such, the following principles represent the core of these guidelines:

- 1. The health & safety of our CYA community is the first priority when it comes to our planning for returning to play.**
- 2. Our guidelines are designed so our community knows what is being asked of them before, during, and after each training session.**
- 3. Together we can do this, and the shared desire for health & safety transcends your role at CYA, be it a coach, player, parent or volunteer.**



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## Return-to-Play Procedures & Guidelines

The Return-to-Play Procedures & Guidelines are laid out in Phases, to best align with Virginia's gradual reopening. Our first activities were conducted under the state's Phase II parameters. The intention is to transition through each additional Phase as external conditions improve and local health officials permit; however, a regression in those conditions may result in a return to a previous Phase.

These procedures & guidelines are subject to change based on new information, resources, or circumstances, but represents our current way forward to a safe return to play.



# Return to Play Procedures & Guidelines - Phases

## Phase I

- No more than 10 participants per training area.
- Team rosters organized as separate groups (e.g. a roster of 16 organized as two groups of 8)
- Individual training only; no group activities, or physical interactions or contact.
- Participants must remain at least 10 feet apart, on and off the field
- No sharing of water or equipment, including the ball
- Only the coach handles cones and other equipment
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- No spectators allowed

## Phase II

- No more than two groups or 50 participants per training area.
- Group size may increase to include full team roster
- No physical interactions or contact permitted.
- Small group or cooperative play (e.g. players passing a ball with their feet) may occur; use of hands is prohibited.
- Participants must remain at least 10 feet apart, on and off the field
- No sharing of water or equipment besides a ball.
- Only the coach handles cones and other equipment
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- No spectators allowed

*\*Items that appear in yellow denote changes from stage to Phase\**



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# Return to Play Procedures & Guidelines - Phases

## Phase III

- Participation limits per field/court may be further reduced or eliminated.
- Group size may increase to include additional participants.
- Physical contact introduced and limited to necessary activities and game play.
- Close group contact (huddles, high-fives, fist bumps, hugs, etc.) prohibited.
- No sharing of water or equipment.
- Shared equipment (bats, balls, scrimmage vests, etc.) MUST be cleaned and sanitized by the coach prior and immediately after each session.
- Only coaches handle cones and other equipment.
- Participants are to remain at least 10 feet off the field, and as much as possible on the field.
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- Spectators are allowed outside the fencing or area of play but with physical distancing and no contact with players

## Tentative Phase IV

- No limitations on participants per training area.
- Formal competition with other teams and clubs resume.
- Limited physical contact, only as necessary for training and games.
- Close group contact (huddles, high-fives, fist bumps, hugs, etc.) limited, if not still prohibited.
- No sharing of water
- Shared equipment (bats, balls, scrimmage vests, etc.) MUST be cleaned and sanitized by the coach prior and immediately after each session.
- Only coaches handle cones and other equipment.
- Participants are to remain 10 feet apart off the field, and as much as possible on the field.
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- Spectators are allowed outside the fencing or area of play but with physical distancing and no contact with players



# HYGIENE PRACTICES TO REDUCE THE RISK OF SPREAD OF INFECTION:

The following practices will help our organization and community to mitigate transmission of any communicable disease.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain 10 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

**Individuals who are considered high risk, or those who feel uncomfortable returning at this time, should stay home. Your comfort level is your guide.**

For in-person programming, Players, Parents, Staff & Volunteers must adhere to the following protocols prior to, during, and at the conclusion of these events.

# Required Participation Waivers and Protocols

- Prior to participation in in-person activities, specific COVID-19 waivers outlining risks and expectations must be submitted by players, parents, and coaches. Waivers can be found at: <http://www.chantillyyouth.org/cya-covid-19-waivers>. Understanding and acknowledgement of these documents is required during Summer/Fall 2020 registration.
- For Phase III activities: individuals who meet any of the criteria below are PROHIBITED from participating in in-person events until they have been cleared by a medical professional and provide appropriate documentation to the CYA at [covidalert@chantillyyouth.org](mailto:covidalert@chantillyyouth.org):
  - Current temperature of 100.4 or higher;
  - Diagnosed with COVID-19 in last 14 days;
  - Is sick with symptoms consistent with COVID-19 (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash) in the last 14 days; and/or
  - Exposed or been in contact with anyone who has been sick with symptoms of or diagnosed with COVID-19 in the last 14 days
- Individuals who are sick, feel sick, or in contact with others who may be or have been sick should STAY HOME and avoid in-person programming.
- At-risk individuals with health conditions – youth or adult – should STAY HOME and avoid in person programming.
- All members prior to attending any event must complete a two-step at home wellness check:
  - Temperature check: individuals with a temperature of 100.4 or higher are prohibited from participating; must refrain from participating for a minimum of 14 days; and must notify the appropriate club representative.
  - Complete COVID-19 Pre-Play Questionnaire the same day as the event:
    - Is your participant's current temperature 100.4 or higher?
    - Has the participant been diagnosed with COVID-19 within the last 14 days?
    - Is the participant exhibiting any signs or symptoms (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash) of COVID-19 in the last 14 days?
    - Has the participant been exposed to anyone that has been diagnosed with or has symptoms of COVID-19 in the last 14 days?
- Participants who answer YES to any of these questions are prohibited from participating. Participants who answer NO to all four questions are permitted to attend.



# Protocols for Reporting and Communication of COVID-19 Exposure

- Volunteers, Staff and Coaches are required to immediately report to their CYA Leadership if they test positive for COVID-19, are exhibiting symptoms of COVID-19, or have been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19.
- For players who have tested positive for COVID-19, are exhibiting symptoms of COVID-19, or have been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19: their parent or guardian is required to report this to the club at [covidalert@chantillyyouth.org](mailto:covidalert@chantillyyouth.org), and should provide as much information, such as:
  - Child's first and last name;
  - Team;
  - Specific symptoms (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash);
  - Testing: have they been tested, or are they being tested, the results, if applicable;
  - Family details: whether the case was identified within another household member, etc.
  - Last date your child participated in a CYA Soccer in-person event.
- All names and details will be kept confidential and will only be shared with local health officials when requested.
- If a case of COVID-19 is reported, CYA will follow the appropriate Virginia DOH & CDC guidelines. All players, coaches, staff & volunteers who came in contact with that person will be notified. Due to HIPPA laws and to protect the privacy of all involved, the identity of that person will remain anonymous.
- Once notified that an individual that has tested positive for COVID-19 and/or has been in close proximity with any player, coach, staff member or volunteer, such individuals must adhere to all guidelines as communicated. These guidelines may include, but are not limited to:
  - Notifying your primary physician
  - Adhering to self-isolation and/or quarantine for 14 days or undergo testing and confirm and negative test result
  - Requiring proof of a negative test or a doctor's note before returning to play
- Affected teams or participants may transition to Virtual Training during this period until members are cleared to return to in-person programming.

