



REAL SO CAL RETURN TO PLAY PLAN

This is an unprecedented time and one that has been challenging for us all in many ways. We have been reminded of how sports play a critical role in a young athlete's mental, physical and social development. Real So Cal has developed this Return to Play Plan for our membership, using guidance from the CDC and Sports Health Experts in an effort to minimize the risk of COVID-19 infection and player injury. However, this plan will take cooperation from our staff and membership.

REAL SO CAL COVID-19 CONTACT: ZACH FELDMAN - ZACH@REALSOCAL.ORG, 818-427-4670

Zachary Feldman will be our primary contact for all things COVID-19. You should contact Zach with any questions regarding Real So Cal's Return to Play Plan or case reporting of Covid-19 cases.

CASE REPORTING: If at any time a player, staff member or family member is suspected of having a COVID-19 infection, has a confirmed case of COVID-19, or has been exposed to an individual who is suspected to have COVID-19 or is a diagnosed case of COVID-19, they must report the information to Zach Feldman along with the following specifics ASAP so we can take the appropriate club action.

- Name of player/staff member
- Team they are on and coach
- When/Where they have been practicing
- Who they feel was possibly exposed.
- Have they notified local health authorities

Players and/or staff, who have possibly been exposed, will be notified as soon as we are made aware and asked to self-quarantine according to Appendices B & C.

See Appendices B and C for return to play guidelines once exposed.

RETURN TO TRAINING

Returning to training involves a step-by-step re-initiation of safe training environments for players. It is intended that each phase lasts for at least 2 weeks, even if our local guidelines regarding social distancing and group gatherings would otherwise allow for transition to the next phase sooner. This provides an incremental return to soccer participation that is intended to account for both: 1) the risk of both COVID-19 resurgence; and 2) the risks of overtraining and injury due to a rapid return to play. This timeline is intended to prioritize athlete health and well-being, including but not limited to the risks presented by COVID-19. As always, we will continually abide by all applicable restrictions in our community and attempt to comply with all recommended guidelines where possible. At any time the phases could be rolled back in the event of an issue.

PHASE 1: TRAINING AT HOME

While local shelter-in-place orders are in effect and group gatherings are prohibited, we will limit participation and activity to individual training at home, or training with household members, with direction from virtual coach Zoom training sessions.

PHASE 2: SMALL GROUP TRAINING AT FACILITIES

Environmental Context. This phase will begin once our local stay-at-home restrictions are no longer in place and group gatherings are permitted, but when social distancing requirements still apply and when our fields are open for use. This phase will last at least 2 weeks before we progress to Phase 3. **If a parent/guardian does not feel comfortable having their child return to play, Real So Cal will be supportive of the player/family choosing to NOT return to play.** Any player that is not comfortable entering phase 2 will stay in Phase 1 and get an “at home” workout plan.

- Prior to any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to training, coach/staff will obtain a verbal confirmation from each participating player that:
 1. The player has not had a documented case of COVID-19 in the last 14 days
 2. The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A)
 3. The player has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see appendix C)
- Any player reporting or demonstrating symptoms of illness at any point will be removed from training (or prohibited from training) and told to seek guidance from his or her physician before attempting to return to training. It is mandatory that this removal and the specific circumstances be reported to Zach Feldman for appropriate management.
- Training groups will not exceed nine players and one coach (up to 10 total individuals). Training groups must abide by the maximum number of players allowed in a “Training Group” based on applicable state and/or local social distancing guidelines.
- Players will avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- Coaches and players will maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group will be given a designated time to arrive and depart the field and should maintain social distancing when entering and exiting the field. These groups will remain the same during Phase 2.
- Other individuals in attendance (i.e. parents or family members, for example) are requested to remain in their cars to reduce the risk of disease transmission. If they do not remain in the car, they must, out of courtesy, stay off the field, wear a mask, and maintain 6 feet distance between other individuals.

- In the event of an injury, staff will assess and handle in accordance with proper first aid management. Family members may participate in injury management but other players should maintain proper social distance.
- League/Club Administrators and Coaches must always wear masks while training unless actively involved in the Training Drill and/or coaching and/or conforming to the six (6) feet distance restrictions.
- Provide a minimum separation between Training Groups of at least six (6) feet.

EQUIPMENT:

- Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example)
- Players should bring their own equipment (ball, hand sanitizer, water bottle, towels, etc.) so that no equipment is shared between players. Training vests will not be used during this phase.
- Surfaces that may be contacted and shared by players (benches, balls, etc.) should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and will be disinfected after each use.
- Face mask use by players and coaches will be dictated in accordance with local guidelines. However, it is suggested that at minimum, they are worn entering and leaving the field facilities.

FACILITIES:

- Every coach and player should have their own hand sanitizer and disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Any surfaces that players/staff may contact when entering and leaving a field (i.e. gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, we will keep gates and doors open to reduce contact with potentially contaminated surfaces.
- Restrooms will be cleaned regularly to reduce the risk of disease transmission. However, if this is not feasible, the restrooms will remain closed. Coaches/Players should disinfect their hands immediately after restroom use.

ACTIVITY:

- In Phase 2, our coaches will be using a training curriculum that allows for social distancing.
- Players should not touch the ball with their hands. Goalkeepers will train as field players during Phase 2.
- Players should not head the ball.
- All practice drills and activities are to focus on individual fitness and skills training for the authorized Training Group in a socially distant environment.

PHASE 3: LIMITED TEAM TRAINING

Environmental Context. Fields are open, local limits on the size of group gatherings have increased, but social distancing requirements remain in place. This phase will last at least 2 weeks, even if local guidelines allow for progression to Phase 4. While many of the points listed in phases 2 and 3 are identical, this progression is deliberately intended to provide a timeline that will promote fitness development, reduce the risk of injuries, and consider a potential resurgence of COVID-19 cases within the local community.

- Prior to any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to training, coach/staff will obtain a verbal confirmation from each participating player that:
 1. The player has not had a documented case of COVID-19 within the last 14 days
 2. The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A)
 3. The player has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see appendix C)
- Any player reporting or demonstrating symptoms of illness at any point will be removed from training (or prohibited from training) and told to seek guidance from his or her physician before attempting to return to training. It is mandatory that this removal and the specific circumstances be reported to Zach Feldman for appropriate management.
- Training group size will increase but to no more than a single coach and one team. Players again will remain within the same group throughout Phase 3. Training groups must abide by the maximum number of players allowed in a “Training Group” based on applicable state and/or local social distancing guidelines.
- Players will avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- Coaches and players will maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group will be given a designated time to arrive and depart the field and should maintain social distancing when entering and exiting the field. These groups will remain the same during Phase 3.
- Other individuals in attendance (i.e. parents or family members, for example) are requested to remain in their cars to reduce the risk of disease transmission. If they do not remain in the car, they must, out of courtesy, stay off the field, wear a mask and maintain 6 feet distance between other individuals.
- In the event of an injury, staff will assess and handle in accordance with proper first aid management. Family members may participate in injury management but other players should maintain proper social distance.
- League/Club Administrators and Coaches must always wear masks while training unless actively involved in the Training Drill and/or coaching and/or conforming to the six (6) feet distance restrictions.
- Provide a minimum separation between Training Groups of at least six (6) feet.

EQUIPMENT:

- Training areas will be separated and specifically designated so that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, towels, etc.) so that no equipment is shared between players. Players and coach may contact another individual's soccer ball with their feet but should not contact it with their hands. Training vests will not be used during this phase.
- Surfaces that may be contacted and shared by players (benches, balls, etc.) should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and will be disinfected after each use.
- Face mask use by players and coaches will be dictated in accordance with local guidelines. However, it is suggested that at minimum, they are worn entering and leaving the field facilities.

FACILITIES:

- Every coach and player should have their own hand sanitizer and disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Any surfaces that players/staff may contact when entering and leaving a field (i.e. gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, we will keep gates and doors open to reduce contact with potentially contaminated surfaces.
- Restrooms will be cleaned regularly to reduce the risk of disease transmission. However, if this is not feasible, the restrooms will remain closed. Coaches/Players should disinfect their hands immediately after restroom use.

ACTIVITY:

- Within Phase 3 our coaches will be using a training curriculum that includes individual exercises (one player, one ball), group exercises (passing progressions with a partner or within the group), fitness exercises or team tactical exercises while maintaining social distancing.
- Players should not touch the ball with their hands. Goalkeepers will continue to train as field players during Phase 3.
- Players should not head the ball.

PHASE 4: FULL TEAM TRAINING

Environmental Context. Training facilities are open and there are no local restrictions on the size of group gatherings. This phase will last at least 2 weeks prior to any formal competition, even if current guidelines would otherwise accommodate competition at an earlier time.

- Prior to any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to training, coach/staff will obtain a verbal confirmation from each participating player that:

1. The player has not had a documented case of COVID-19 in the last 14 days
 2. The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A)
 3. The player has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see appendix C)
- Any player reporting or demonstrating symptoms of illness at any point will be removed from training (or prohibited from training) and told to seek guidance from his or her physician before attempting to return to training.
 - Trainings of any group size can be conducted.
 - Contact between players may occur during play
 - Coaches can integrate into training environments for instruction purposes.
 - Individuals should maintain social distancing guidelines during arrival and departure from training.
 - Other individuals in attendance (parents or family members, for example) are requested to stay away from the field and practice proper social distancing in accordance with local guidelines.
 - In the event of an injury, staff will assess and handle in accordance with proper first aid management. Family members may participate in injury management but other players should maintain proper social distance.

EQUIPMENT:

- Training areas will be separated and specifically designated so that groups will not touch the same surfaces (benches, for example)
- Soccer balls should be disinfected immediately before and after use, but can be handled by goalkeepers and by players for throw-ins. Training vests can be shared between team members but should be washed before and after each use. Other personal equipment recommendations as above will still apply.
- Players should bring their own equipment (hand sanitizer, water bottle, towels, etc.)
- Surfaces that may be contacted and shared by players (benches, balls, etc.) should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and will be disinfected after each use.

FACILITIES:

- Every coach and player should have their own hand sanitizer and disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- Any surfaces that players/staff may contact when entering and leaving a field (i.e. gates, doorknobs, etc.) will be disinfected between sessions and after the final session of the day. When possible, we will keep gates and doors open to reduce contact with potentially contaminated surfaces.

ACTIVITY:

There are no restrictions on training activities.

PHASE 5: RETURN TO LOCAL COMPETITION

Environmental Context: Fields are open and there are no local restrictions on the size of group gatherings, and Phase 4 has been completed for at least 2 weeks. Specific guidelines for return to local competition will be provided in a separate document later, including planning for travel competitions.

APPENDIX A:

Symptoms of Covid-19 Infection:

Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening. The most common symptoms associated with infection include:

- Fever (≥ 100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills

APPENDIX B:

Return to Play Following Confirmed or Suspected COVID-19 Infection

Symptomatic player/staff with suspected or laboratory confirmed COVID-19 infection:

- Cannot attend club events until:
 1. At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath) AND
 2. At least 10 days have passed since symptoms first appeared.

OR:

3. Resolution of fever without the use of fever-reducing medications, AND
4. Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
5. Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

Player/staff with laboratory-confirmed COVID-19 who have not had any symptoms:

- Cannot attend club events until:
 1. 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If player/staff develops symptoms, then the guidelines above will be followed.

OR:

2. Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

APPENDIX C:

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 will be restricted from participation for at least 14 days and monitored for any symptoms consistent with infection.

If asymptomatic after 14 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.

OR:

- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example).

GENERAL INFORMATION

GENERAL RECOMMENDATIONS:

General Hygiene practices to reduce the risk of spread of infection:

The following practices should be adopted 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 afterwards.
- 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 or high fives, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

CDC Considerations for Sports Groups: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

California Department of Public Health: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

State of California Covid-19 website: <https://covid19.ca.gov/>

LA County Covid-19 website: <https://covid19.lacounty.gov/>

LA City Covid-19 website: <https://corona-virus.la/>

Ventura County Covid19 Information: <https://www.vcemergency.com/>