**REAL SO CAL WVSL Social distancing skills and drills.**

**All players need a Ball, Water, a signed RSC/WVSL waiver and 1 parent.**

EQUIPMENT:

* Training areas will be separated and specifically designated such that groups will not touch the same surfaces (benches, for example)
* Campers 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 campers (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 campers 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.

Pre Camp:

* Prior to any camp 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 camp, 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 Paul Clifton for appropriate management.
* Training groups will not exceed 10/14 players and one coach. Training groups must abide by the maximum number of players allowed in a “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.
* 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.
* 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.

**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 Paul Clifton along with the following specifics ASAP so we can take the appropriate club action.

* Name of player/staff member
* Team they were on, Date, Time.
* Who they feel was possibly exposed.
* Have they notified local health authorities

Campers 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.

**Communication**

Our plan will be emailed to all of our members for them to review before they participate in the camp.

ACTIVITY:

* Our coaches will be using a training curriculum that allows for social distancing.
* Campers should not touch the ball with their hands.
* Campers 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.

**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:**

* 1. Resolution of fever without the use of fever-reducing medications, AND
	2. Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
	3. 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:**

* 1. 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/>