

2020 GOLDEN BALL SOCCER ACADEMY RETURN TO PLAY POLICY



Golden Ball Soccer Academy (GBSA) philosophy can be summed up in two words: Kids First. It follows then that our number one priority at all times is the physical and emotional well-being of our players on and off the field. GBSA has developed the following guidance for its Programs on returning to activities.

This guidance is founded on the latest medical information available from the following organizations:

The World Health Organization (WHO) <https://www.who.int/>
The Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/>
Virginia Youth Soccer Association (VYSA) <https://www.vysa.com/>
The Virginia Department of Health and Safety (VDH) <https://www.vdh.virginia.gov/covidwise/>
U.S. Soccer Federation (USSF) <https://www.ussoccer.com/>

These Recommendations for Returning to Play in a training environment are provided to assist GBSA in safely resuming training while reducing infection risk in the setting of the ongoing COVID-19 pandemic. COVID-19 is a serious and potentially fatal infectious disease that is caused by the SARS-CoV-2 virus. This virus can be transmitted from person-to-person through the air or through contact with contaminated surfaces.

These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements. Returning to play is optional, and we respect whatever decision parents make based on their comfort level. Thank you in advance for your help in ensuring these steps are followed. These recommendations are intended to provide a phased return to training that will be implemented at different times by our clubs and programs throughout the country.

This document outlines a phased progression in order to promote fitness development, reduce injury risk, and account for the possibility of a local resurgence of COVID-19 cases. Within each club and region we may well experience progress and regression in permitted levels of activity and numbers that can participate, and all clubs will follow local and regional guidelines.

These are intended as minimum guidelines for GBSA Programs as they return to activities. It is intended to supplement – not replace – any state/provincial, local, territorial/national or tribal health and safety laws, rules and regulations with which similar organizations must comply. Additionally, the information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, GBSA makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about symptoms and/or diagnoses related to COVID-19.

All GBSA coaching staff will undergo internal health screening and training to ensure we protect the ongoing health and safety of all participating athletes, and their families. KIDS FIRST

RETURN TO PLAY OVERVIEW KIDS FIRST RETURN TO PLAY GENERAL HEALTH GUIDELINES

The following practices should be reinforced to help mitigate transmission of any communicable disease including COVID-19.

1. Frequently wash hands with soap and water for at least 20 seconds or use hand sanitizer.
2. Regularly clean all commonly equipment.
3. Social distance. Do not shake hands. Maintain a distance of 6 feet whenever possible.
4. Cover mouth and nose when sneezing or coughing.
5. Avoid touching face. Wear a face mask when indoors and when in close proximity to others.
6. Stay home if you feel sick. Contact your health care provider.

COVID-19 LOOK FOR SIGNS of POTENTIAL EXPOSURE

Please remain vigilant and look for warning signs. Check the CDC website for a full up to date list of potential symptoms related to COVID-19, some of which are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. **Please call your medical provider for any other symptoms that are severe or concerning to you**

RETURN TO PLAY PLAYER ACKNOWLEDGEMENT, HEALTH SCREENING AND EQUIPMENT CHECKLIST

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. Returning to organized team activities is optional, however all players must complete the following before returning to play.

- Acknowledgement of return to play.
- Every family must acknowledge that they have read this form, understand its contents and agree to all protocols set forth.
 - Players and families will also be required to sign additional waivers and an assumption of risk form.
- All documentation will be stored & recorded electronically.
- Health screening procedure before any organized in-person team activity.
- **Each player will need to complete a simple health survey/evaluation before attending a team session**

Survey for players before attending practice will be the following questions:

Do you have any of the following?

- Fever or chills • Players who have symptoms of acute respiratory illness are recommended to notify their coaches and stay home until they are free of fever (100.4° F [38.0° C] or greater using an oral thermometer), have signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea Are you ill, or caring for someone who is ill?

- Players who are well but who have a sick family member at home with COVID-19 should notify their Coaches.

- If a player is confirmed to have COVID-19, players should inform fellow team-mates of their possible exposure to COVID-19 in the Team but maintain confidentiality as required by the Americans with Disabilities Act (ADA). In the two weeks before you felt sick, did you:

- Have contact with someone diagnosed with COVID-19?

- Players will not be permitted to join team activities if not completed the day of activity.
- Coaches will be electronically notified when players complete the protocol and designate their intent to attend team activity.
- Families will be asked to conduct a temperature and symptom check.

PLAYERS CHECKLIST

- Players must wear a mask/face covering when appropriate (this does not include during physical activities, unless otherwise required by local regulations), until updated by club.
- NO high 5's, handshakes or anybody contact until appropriate stage of training.
- NO sharing of water. **Please label water bottles.**
- NO spitting of water/fluids or chewing of gum/seeds/food at the fields.
- NO **cell phones to be out at practice.**
- Do not touch other players personal belongings.
- NO sharing of equipment.
- Only coaches can move cones and equipment.
- Return to your designated place for breaks.
- **Players must bring personal hand sanitizer.**
- Players must bring their own ball.

RETURN TO PLAY STAGES

STAGE ZERO

STAY AND SHELTER

Stay at home and Bend the Curve

No in person team or individual training sessions.

No competitive games or events.

Players train and educate at home utilizing weekly club integrated curriculum.

Virtual communication with club coaches

STAGE ONE

This stage begins once local stay at home restrictions are eased.

All training will be outdoors.

All team activity must take place at official club facilities.

Groups will be no more than 9 players and 1 coach.

Appropriate social distancing will be enforced.

Players and families must observe official practice guidelines.

No competitive games.

STAGE TWO

All training will be outdoors.

All team activity must take place at official club facilities.

Group sizes may increase Up to 18 players and 1 coach

Appropriate social distancing will be enforced.

Players and families must observe official practice guidelines.

No competitive games.

Multiple groups will be on a field.

STAGE THREE

All training will be outdoors.

All team activity must take place at official club facilities.

Full team training with scrimmaging allowed.

Appropriate social distancing will be enforced.

Players and families must observe official practice guidelines.

League and tournament play allowed based on Local and Regional guidelines

Multiple groups will be on a field.

STAGE FOUR

This stage can begin once all Covid-19 restrictions have been lifted. Indoor facilities can be utilized based upon specific location rules.

All team activity must take place at official club facilities.

League and tournament play resumes.

Players and families must still observe official practice guidelines.

Parents and spectators allowed to observe games, based upon location rules.

Players and families must observe all arrival and departure procedures. .

RETURN TO PLAY PLAYER TRAINING GUIDELINES

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. Returning to organized team activities is optional, however all players must follow the guidelines set forth.

- Health screening must be completed and updated prior to every session.
- Do not join your team for practice if you have had any signs or symptoms of COVID-19 in the past 14 days.
- All players with suspected or laboratory confirmed cases of Covid-19 will be restricted from attending official club activity for 14 days. This includes symptomatic and asymptomatic cases.
- Please observe general health guidelines.
- Players must remain in their car until 15 minutes prior to practice.
- Players must follow all signage and social distancing while entering the field.
- Players will be directed to a specific training area on the field.
- Players must wear a mask/face covering, until updated by club.
- NO high 5's, handshakes or anybody contact until appropriate stage of training.
- NO sharing of water. Please label water bottles.
- NO spitting of water/fluids or chewing of gum/seeds/food at the fields.
- NO cell phones to be out at practice.
- Do not touch other players personal belongings.
- NO sharing of equipment.
- Only coaches can move cones and equipment.
- Return to your designated place for breaks.
- Players must bring personal hand sanitizer.
- Players must bring their own ball.
- Bathrooms may not be available at each site, please plan accordingly.

ALL PRACTICES AT **BURNFIT (GBSA Indoor Facility)** :

- No PARENTS allowed in building during practices. (If you have questions or concerns please feel free to contact your team manager before or after practice)
- ALL PLAYERS and COACHES MUST have temperatures checked at the door.
- ALL PLAYERS and COACHES MUST use HAND SANITIZER when entering the building.
- There will be ONE DOOR for ENTRY and ONE DOOR FOR EXIT so we can try to keep each team player from passing each other.
- There will be ONE side of the building for BAGS of players coming in and the other for players leaving.

GOING FORWARD

Throughout the season as guideline change and we move through our Return To Play stages our protocols will change, and those changes will be communicated to families.

RETURN TO PLAY PARENT & SPECTATOR PROTOCOL

All policies and procedures are designed to reduce the risk of spread related to COVID-19 and other communicable disease. Returning to organized team activities is optional, however all parents and spectators must follow the guidelines set forth

- Health screening and acknowledgement of risk forms for each player must be completed and updated prior to every session.
- All parents with suspected or laboratory confirmed cases of Covid-19 will be restricted from attending official club activity for 14 days. This includes symptomatic and asymptomatic cases.
- Please observe general health guidelines.
- Please wear a mask when entering any facility.
- Please comply with all signage and coach instructions.
- Ensure your child's equipment, ball and water bottle is clearly labelled.
- Specific parking instructions will vary by location, please follow all specific signage and alternate parking spaces if available.
- Please remain in vehicle and observe social distance protocol.
- Please limit carpooling with other team members.
- No spectators will be allowed in close proximity to playing areas.
- Please socially distance once we enter a stage permitting parents to observe practices.

RETURN TO PLAY REPORTING & COMMUNICATION RESPONSE

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Please report suspected or diagnosed cases of COVID-19 to the club immediately.
Suspected cases include asymptomatic athletes.

All players with suspected or laboratory confirmed cases of Covid-19 will be restricted from attending official club activity for up to 14 days from initial date of reporting.
We will also require a confirmed negative test result before an athlete can return to activities.

Athlete return to play checklist following exposure or confirmed case of COVID-19
Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection.

- Participation will be restricted until 14 days have passed since onset of symptoms.

- Maintained temperature (lower than 100.4 degrees F) without the use of fever reducing medications, for 48 hours.
- NO signs of respiratory symptoms (e.g., cough, shortness of breath)
- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected.
- For information regarding the basics of Coronavirus testing follow the link below:
<https://www.fda.gov/consumers/consumer-updates/coronavirus-testing-basics>

Asymptomatic player / staff

With suspected or confirmed exposure to a diagnosed case of COVID-19.

- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected 24 hours apart.
- Participation will be restricted until 14 days have passed since confirmed exposure.
- NO Fever or chills
- NO Cough
- NO Shortness of breath or difficulty breathing
- NO signs of Fatigue
- NO Muscle or body aches
- NO Headaches
- NO New loss of taste or smell
- NO Sore throat
- NO Congestion or runny nose
- NO Nausea or vomiting

Return to Play Protocols

These Protocols are intended to guide decision-making regarding players, coaches, and staff members who have tested positive for COVID-19, are exhibiting signs or symptoms of COVID-19, or have come in close contact with someone who has tested positive for or is displaying signs or symptoms of COVID-19 in order to mitigate the risk of disease transmission.

Case 1: Symptomatic - Return to Play Following Confirmed or Suspected COVID-19 Infection:

Any symptomatic player, coach or staff member with a suspected or laboratory-confirmed COVID-19 infection cannot attend any GBSA related events or activities until:

- At least ten (10) days have passed since symptoms first appeared, AND
- At least twenty-four (24) hours with no fever without use of fever-reducing medication, AND
- Other symptoms have improved; OR
- At least two (2) consecutive negative viral tests, collected ≥ 24 hours apart, are received AND
- At least twenty-four (24) hours with no fever without use of fever-reducing medication, AND
- Other symptoms have improved

Case 2: Laboratory-Confirmed/Asymptomatic - Return to Play Following Laboratory-Confirmed COVID-19 Infection Who Have Not Had Any Symptoms:

Any asymptomatic player, coach or staff member with a laboratory-confirmed COVID-19 infection who has not had any symptoms cannot attend any GBSA related events or activities until:

- At least ten (10) days have passed since the date of the first positive COVID-19 diagnostic test; AND
- A continuation of no symptoms since the test. If symptoms develop, then management should be guided according to symptomatic individuals as listed in Case 1 above.

Case 3: Household Exposure - Return to Play Following Exposure to a Suspected or Diagnosed COVID-19 Infection Within the Same Household:

Any asymptomatic player, coach or staff member who lives in a household with an individual with a suspected or diagnosed case of COVID-19 is restricted from participation in any GBSA related events or activities until:

- Fourteen (14) days from the time the infected household member is released from a health care practitioner as no longer contagious; OR
- Twenty-four (24) days after the infected household member gets his or her first positive COVID-19 test or first onset of symptoms (10 days of infectious period plus 14 days of potential incubation period); OR
- The player, coach or staff member provides a note from a health care provider stating the player, coach or staff member is safe to return to work or play; OR
- At least two (2) consecutive negative viral tests, collected ≥ 24 hours apart, are received.

Case 4: Non-Household Exposure - Return to Play Following Exposure to a Suspected or Diagnosed COVID-19 Infection Outside of the Household:

Any asymptomatic player, coach or staff member who has close contact with an individual with a suspected or diagnosed case of COVID-19 who does not live in the same household is restricted from participation in any GBSA related events or activities until:

- Fourteen (14) days from last contact; OR
 - The player, coach or staff member provides a note from a health care provider stating the player, coach or staff member is safe to return to work or play; OR
 - At least two (2) consecutive negative viral tests, collected ≥ 24 hours apart, are received.
- Here, “close contact” means any one of the following:
- Providing care for a sick person with a suspected or confirmed COVID-19 infection; OR
 - Being within six (6) feet of an individual with a suspected or confirmed COVID-19 infection for fifteen (15) minutes or more; OR
 - Having exposure to respiratory secretions from an individual with a suspected or confirmed COVID-19 infection (e.g., being coughed or sneezed on, sharing a water bottle or utensils, kissing, etc.).