



RETURN TO PLAY GUIDELINES

DC Stoddert Soccer is following the advice and directives of local and state officials, as well as guidance from health and medical authorities to provide safe return to play for our staff, coaches, players, volunteers, and families.

All staff, coaches, players, and families are required to adhere to the DC Stoddert Soccer Return to Play Guidelines and protocol so that we maximize the safety of all participants. These guidelines are based on the Considerations for Youth Sports prepared by the Centers for Disease Control (CDC).

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

In summary, DC Stoddert Soccer is adhering to the following guidelines, protocols, and safety measures to mitigate risk and safely return to play:

- Training plans will adhere to social distancing and recommended guidelines.
- Coaches and staff will wear masks during sessions and games.
- Players are required to wear masks at all times during all training, clinics, camps, and other activities. Masks are not required while playing during games unless required by the jurisdiction where the game is being played.
- Entry and exit areas will be designated for players, coaches, and staff to ensure the flow of people is organized and limited in number.
- Anyone who does not follow the safety protocols will be asked to leave.
- Equipment will be cleaned/sanitized between sessions.
- Protocol for reporting and quarantining will be followed.
- DC Stoddert will continue to engage with local and state authorities and adhere to all guidelines recommended, making changes to protocol, as needed.

TRAINING PLAN & RESPONSIBILITIES

PARENT/GUARDIAN RESPONSIBILITIES

- Prior to training check your child's temperature and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- If your child currently has any [symptoms](#) consistent with COVID-19 (including cough, sore throat, shortness of breath, fever of ≥ 100.4 degrees, or sudden loss of taste or smell) or is awaiting COVID-19 test results, please complete the [COVID-19 Report](#) and refrain from participation in soccer activities until cleared by a medical professional.
- Adhere to social distance requirements, based on state and local health guidelines.
- Avoid physical contact with players, coaches, and other parents/guardians.
- Adult spectators/parents/guardians must wear masks at training and games.
- Ensure your child's training gear is washed and equipment (cleats, ball, shin guards, etc.) is sanitized before and after every training.
- Notify the club immediately if your child becomes ill for any reason. Email IncidentReport@stoddert.com.
- Supply your child with hand sanitizer for each training session.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness Protocol** included in this document.

PLAYER RESPONSIBILITIES

- Follow directions of coach and DC Stoddert staff.
- If you feel uncomfortable participating or are high risk, **STAY HOME**. Training is voluntary.
- Wash hands thoroughly before and after training.
- Players are required to wear masks at all times during all training, clinics, camps, and other activities. Masks are not required while playing during games unless required by the jurisdiction where the game is being played.
- Wash hands or use hand sanitizer before and after training.
- When you enter the field report directly to your coach.
- Bring your own ball and water bottle to the field.
- Do not touch or share anyone else's equipment (water, soccer ball, or bag).
- Place your equipment, ball and water bottle in a space specified by your coach, keeping 6 ft from others.
- Maintain physical distance and do not gather in groups.
- At the end of training return to your parent/guardian immediately.
- Clean/sanitize your training uniform, cleats, ball, reusable water bottle, and soccer bag after every practice.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness**

COACH RESPONSIBILITIES

- Prior to training, check your temperature and report to your respective director if you have a fever (≥ 100.4 degrees F) or are displaying symptoms consistent with COVID-19.
- Wear a mask at all times on the field and to and from field.
- Wash hands or use hand sanitizer before and after training.
- Keep attendance record of participants for contact tracing.
- Avoid physical contact with fellow coaches, players, and parents.
- Ensure all players have their individual equipment (ball, water, bag, etc.) and designate specific areas for each player to place their equipment at least 6 ft from each other.
- At the conclusion of training dismiss the players safely to maintain social distancing.
- Disinfect equipment (cones, etc.) between sessions.
- In case of illness or exposure to COVID-19, follow **COVID-19 Exposure or Illness Protocol** included in this document.

REPORTING PLAN

COVID-19 Exposure or Illness Protocol

This guidance is based on available information to date about COVID-19 and subject to change as additional information becomes available. Protocol may be amended at any time if there are changes in circumstances or public guidance. This protocol will also be applied to DC Stoddert coaches and staff.

Fever/Illness: Per regular club protocol, players who have a fever or are ill in any way should not attend any in-person session. In the case of fever or illness, please email your coach and copy IncidentReport@stoddert.com to let us know about your child's condition.

Exposure: If a player who has attended an in-person DC Stoddert activity has a **known exposure*** to a person who has been tested positive for COVID-19:

- Family is required to email IncidentReport@stoddert.com and complete a [COVID-19 report](#)
- Exposed player should self-isolate, and the player may not attend any DC Stoddert in-person activities until they meet the Return to Play after Illness/Exposure Guidelines

→ Club Communication: the club will notify the entire team of the exposure

→ Team Activity: team may continue to train, minus the exposed player

COVID-19 Diagnosis: If a player who has attended an in-person DC Stoddert **has been diagnosed with COVID-19** (by a health professional or through a positive test):

- Family is required to email IncidentReport@stoddert.com and complete a [COVID-19 Report](#)
- Player should self-isolate, and the player may not attend any DC Stoddert in-person activities until they meet the Return to Play after Illness/Exposure guidelines

→ Club Communication: the club will notify the entire team of the possible exposure to a COVID-19 positive individual

→ Team Activity: on-field team training will be cancelled until players and coach meet the Return to Play after Illness/Exposure Guidelines. Teams will train virtually during this period.

RETURN TO PLAY ILLNESS/EXPOSURE* GUIDELINES

Players/Coaches who have a positive COVID-19 diagnosis may return to play:

- At least 10 days** have passed since the positive test and the onset of symptoms
- AND All other symptoms have improved and there has been no fever for at least 24 hours

Players/Coaches who have a positive COVID-19 diagnosis with no symptoms may return to play:

- 10 days after a positive test

Players/Coaches who have been exposed to an individual who has tested positive for COVID-19 and remain asymptomatic may return to play:

- 14 days after exposure

Players/Coaches who have taken a COVID-19 test (and are awaiting results) after traveling or for some other reason other than a known exposure should not attend in-person training until he/she has received negative test results.

*Exposure is currently defined as "caring for, living in the same household as, or being within 6 feet of an individual for 15 minutes or more (with a suspected or confirmed COVID-19 infection) within the past 3 days.

Added CDC clarification can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

** Talk to your health provider before resuming play if you have other underlying health conditions or severe symptoms, since you may be advised to isolate for longer.