

# NY State Phase 4 - LDSC Return to Play Protocols and Plan

As NYS proceeds with Phase 4 of re-opening, LDSC has been reviewing return to play protocol and recommendations. The NYSDOH, CDC, US Soccer, and NYSW have all published recommended guidelines for return to play. Links allowing for the review and reference of these guidelines are listed below:

[INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)

[Considerations for Youth Sports](#)

[US Soccer PLAY ON | Coronavirus \(COVID-19\) Resources](#)

[NYSWYSA Return to Play Update | New York State West Youth Soccer Association \(demosphere-secure.com\)](#)

With the above recommendations and guidelines in mind, LDSC has developed the below Return to Play Protocols and Plan for any and all LDSC practices, training sessions, games, tournaments, gatherings, etc. (hereinafter cumulatively referred to as an “LDSC Event”). **Please note that any state or other municipal law, rule or governance supersedes the LDSC Protocols and Plan detailed below. As such, we expect all LDSC club members, participants, and spectators to observe and follow all NYS, municipal, and CDC guidelines at all times.**

## **LDSC Event Protocols - General Guidelines**

### **Prior to Attending an LDSC Event**

- Before attending any LDSC Event, ask yourself the following questions:
  - a. *Did you have, or feel like you have had, a fever in the last 24 hours?*
    1. Maximum allowable temperature to participate in an LDSC Event is 100.3 degrees Fahrenheit. If your temperature is 100.4 degrees Fahrenheit or higher, you are prohibited from attending any LDSC Event and should contact a health care professional immediately.
  - b. *Are you currently experiencing ANY of the following?* If so, you are prohibited from attending any LDSC Event and should contact a health care professional immediately.
    1. New or worsening cough
    2. Difficulty breathing
    3. Sudden loss of taste or smell

4. New or unusual headaches
  5. Sore throat
  6. Chills
- c. Have you had a positive COVID-19 test in the past 14 days? If so, you are prohibited from attending any LDSC Event and should contact a health care professional immediately.
  - d. Have you had close contact with a confirmed or suspected COVID-19 case in the past 14 days? If so, you are prohibited from attending any LDSC Event and should contact a health care professional immediately.
  - e. Have you traveled to other states? If so, the New York COVID-19 Travel Advisory must be followed, as well as that of the State or States you are travelling to. The travel guidelines require all New Yorkers as well as those visiting from out of state, to take personal responsibility for compliance in the best interest of public health and safety. Effective 4/1/2021, if teams wish to travel to another state, they must fill out the Online Traveler Health Form but are not required to quarantine.
- Players are encouraged to clean their uniform and equipment after each use and prior to any subsequent session, including but not limited to their ball, bag, clothes, goalie gloves, water bottles, etc.
  - Instructions for the location of any LDSC Event along with the designated area for equipment, backpack, etc. will be communicated prior to the Event via your coach or manager.
  - Social distancing requirements are expected to be followed at all times prior to the commencement of any LDSC Event. There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors.
  - All individuals not participating in sports or recreation activities (e.g. coaches, spectators) must wear appropriate face coverings at all times; individuals may temporarily remove their face covering to eat/drink so long as they are socially distant.
  - Event times should be staggered when possible to lessen the number of players arriving at the same time.
  - It is recommended to minimize sharing rides with other players/families at this time.

### **During an LDSC Event**

- The number of groups allowed on a field is determined by the size of the field and the current health regulation mandates around social distancing.
- Players and spectators should avoid touching training equipment such as cones, ladders, nets, etc.
- **No spitting whatsoever is permitted.** Goalkeepers should refrain from spitting on their gloves.
- If pennies or vests will be used, they should not be shared and are for single use only. They must be washed after each use.

- Players should socially distance during breaks and **must not share water**.
- Players will be directed off the field to a designated area for any type of injury or exhaustion and will respect social distancing requirements.
- There is a limit of no more than 2 spectators per player or the State's social gathering limit – whichever method facilitates compliance with health and safety protocols for the specific event.
- Players, coaches and spectators must respect social distancing guidelines at all times during an LDSC Event. There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors, unless safety or core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity (practicing, playing); provided, however, that coaches, trainers, and/or other individuals who are not directly engaged in activity are required to wear face coverings.
- All individuals not participating in sports or recreation activities (e.g. coaches, spectators) must wear appropriate face coverings at all times; individuals may temporarily remove their face covering to eat/drink so long as they are socially distant.

### **After an LDSC Event**

- All personal items and coaching gear must be removed from the field.
- Players, coaches and spectators must respect social distancing guidelines at all times after an LDSC Event. There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors.
- All individuals not participating in sports or recreation activities (e.g. coaches, spectators) must wear appropriate face coverings at all times; individuals may temporarily remove their face covering to eat/drink so long as they are socially distant.
- All players, coaches and spectators are asked to leave the facility promptly following any LDSC Event.
- Coaches, players, and parents must clean soccer equipment, ball, bag, clothes, goalie gloves, etc. after each LDSC Event.

## **Responsibilities**

### **Club**

- Be understanding of a family's choice as to when it is appropriate for their player to attend and LDSC Event.
- Share and communicate the Return To Play Protocol and Plan and use best efforts to amend the Protocol and Plan as regulatory changes occur and to provide updates to players, families, coaches, and staff as soon as reasonably practicable.

- Create an online Return to Play Waiver and provide coaches with a list of players authorized, either individually or by their parents, through waiver submission to participate in LDSC Events.
- Know and communicate additional requirements posted by facilities and fields rented/utilized by LDSC.

## **Coaches**

- It is your responsibility to understand, implement, and monitor protocols, while ensuring such protocols are being followed by you, your players, and their families.
- Verify that all participating players have submitted Return to Play Waivers.
- Have fun and stay positive – players are looking to you to stay calm, organized, and supportive.
- Wash hands thoroughly before and after each LDSC Event. Use sanitizer when hand washing is unavailable.
- Maximum temperature for anyone to participate in a LDSC Event is 100.3 degrees Fahrenheit or lower.
- Wear appropriate face coverings at all times; coaches may temporarily remove their face covering to eat/drink so long as they are socially distant.
- Come with an agenda and practice plan.
- Start and end times for each LDSC Event must be communicated in advance to maintain organized entering and exiting of fields and other venues.
- Designate an area for player backpacks and water bottles and communicate this to players and participants ahead of time.
- Communicate relevant protocol information to your players and parents.
- Follow social distancing guidelines before, during and after all LDSC Events. There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors, unless safety or core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity (practicing, playing); provided, however, that coaches, trainers, and/or other individuals who are not directly engaged in activity are required to wear face coverings.
- Refrain from making contact with players, other coaches, and staff members.
- Discourage players from touching shared equipment.
- If pennies or vests will be used, they should not be shared and are for single use only. They must be washed after each use.
- **Notify LDSC immediately if you or a player become ill or develop symptoms, test positive, or are exposed to the coronavirus and follow all applicable guidelines and quarantine procedures prior to returning for further participation.**
- You can wear a mask whenever you want even if you do not believe it is required.

- Before participating in non-LDSC soccer events or activities, please discuss with your Travel Director(s). It is expected that both LDSC and non-LDSC policies are adhered to and communicated to your players and parents. If there is a conflict in policy, the stricter policy will apply.
- Follow the LDSC Return to Play Protocols and Plan.

### **Players**

- If of majority age, sign the Return to Play Waiver.
- Wash hands thoroughly before and after each LDSC Event. Use hand sanitizer when hand washing is not available.
- Bring hand sanitizer to each LDSC Event and use periodically throughout the Event.
- Have your temperature taken before attending any LDSC Event.
- Follow social distancing guidelines before, during and after all LDSC Events. There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors, unless safety or core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity (practicing, playing); provided, however, that coaches, trainers, and/or other individuals who are not directly engaged in activity are required to wear face coverings.
- Contact between players, including high-fives, handshakes, knuckles, and group celebrations are not permitted at this point in time.
- Place your backpack/equipment six feet apart in the location designated by your coach.
- Bring your own bottle of water or other hydration drink and do not share with others.
- Ask permission to use the restroom, then follow social distancing requirements.
- Clean your uniform and equipment after each use and prior to any subsequent LDSC Event.
- **Notify your coach or LDSC immediately if you become ill or develop symptoms, test positive, or are exposed to the coronavirus and follow all applicable guidelines and quarantine procedures prior to returning for further participation.**
- You can wear a mask whenever you want even if you do not believe it is required.
- Follow the LDSC Return to Play Protocols and Plan.

### **Parents**

- Sign the Return to Play Waiver.
- Follow the LDSC Return to Play Protocols and Plan.
- **Notify your coach or LDSC immediately if you or your child become ill or develop symptoms, test positive, or are exposed to the coronavirus and follow all applicable guidelines and quarantine procedures prior to returning for further participation.**
- Review the Protocols with your child and discuss their responsibilities with them so that they understand them and are prepared to do their part.

- Clean your child's uniform and equipment after each use and prior to any subsequent LDSC Event.
- All individuals not participating in sports or recreation activities (e.g. coaches, spectators) must wear appropriate face coverings at all times; individuals may temporarily remove their face covering to eat/drink so long as they are socially distant.
- You can wear a mask whenever you want even if you do not believe it is required.
- There is a limit of no more than 2 spectators per player or the State's social gathering limit – whichever method facilitates compliance with health and safety protocols for the specific event.
- There should be a 6 ft. distance between individuals at all times, whether indoors or outdoors and all parents, family members, and spectators are expected to follow proper social distancing guidelines, as well as any other NYS or CDC guidelines for attending LDSC Events or other activities.