



RETURN TO PLAY PLAN

The Richmond Kickers in accordance with Virginia's Phase One Business Sector and VYSA guidelines have established the following return to play plan through July 2nd. We understand that several of the guidelines may be difficult as players enjoy interacting with their teammates. However, we need to be diligent at enforcing these protocols for the health and safety of our players, coaches, staff and their families.

Implementing the protocols will require a collaborative relationship between the Club, Coach, Parent, and Player. While the **Club** and **Coach** must create a safe environment, the **Parent** must make the decision for their child to return to play. If, as a parent you are not comfortable in your child's returning to play – **DON'T**. And finally, **Players** must be responsible to adhere to, and respect the social distancing requirements and no-contact guidelines that have been established.

Role and Responsibilities for each include:

CLUB	COACH	PARENT	PLAYER
<ul style="list-style-type: none">• Distribute and post Return to Play protocols• Be sensitive and accommodating to parents that may be uncomfortable with returning to play• Train and educate all staff on Return to Play protocols• Provide adequate field space for social distancing• Ensure appropriate waste receptacles at fields• Provide hand sanitizer stations• COVID-19 reporting and communication	<ul style="list-style-type: none">• Follow all Return to Play protocols• Inquire how athletes are feeling - If they are not feeling well, send them home• Ensure all athletes have their individual equipment (ball, water, shin guards, etc.)• Coach is the only person to place/pick up/touch cones, discs or training equipment• Ensure drills/exercises provide for adequate social distancing• Ensure that equipment is disinfected after each use• Respect players, parents, and families by accommodating those that may not yet be comfortable with returning	<ul style="list-style-type: none">• If you are not comfortable with returning to play, <u>DON'T</u> - You are the only one who will make the decision when your child returns to play• Check child's temperature before coming to any training session• Ensure child's clothing is washed after every training session• Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training• Notify club/coach immediately if your child becomes ill for any reason• Supply your child with individual sanitizer• Adhere to social distancing requirement; stay in car• Ensure your child has plenty of water	<ul style="list-style-type: none">• If you are not comfortable with returning to play, <u>DON'T</u>• Adhere to all Return to Play protocols• Wash hands thoroughly before and after training• Wash and sanitize training equipment (shoes, shin guards, clothing) after every training• Do not share water, food or equipment• Respect and practice social distancing• Place equipment, bags, etc. at least 10 feet apart• No high 5's, handshakes, knuckles or group celebrations



MINIMUM REQUIREMENTS

1. CHECK FOR SYMPTOMS:

- If you are sick, feel sick, or may be sick, stay at home!
- Check your child's temperature before coming to any practice session. If the temperature is over 100.4 do not bring your child to practice.
- Any coach, player, parent/guardian or driver who displays symptoms suggesting that the individual may be ill **will be prohibited from attending practice**. These include a persistent cough, a fever or any other indications of being ill (including cold, flu, or suspected COVID-19).
- Any attendee that displays any of these symptoms will politely be asked to leave.
- A player who is displaying any of these symptoms will be safely isolated until a responsible adult can remove the minor.

2. REPORTING AND COMMUNICATION FOR COVID-19 EXPOSURE

- Staff members and coaches are required to report if they test positive for COVID-19, are suspected of being positive for COVID-19 or have been directly exposed to someone who has tested positive for COVID-19.
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID-19 or has been directly exposed to someone who has tested positive for COVID-19 is required to report to Richmond Kickers Director of Operations, Tish Schrock.

Contact for Tish Schrock – tschrock@richmondkickers.com 804-938-1890

- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous.
- The club will notify the local health department in the event of a confirmed COVID-19 case. In addition, the club will cancel all practices associated with the team/coach for up to 14 days.
- Once notified that an individual who has tested positive for COVID-19 has been in close proximity (within 6 feet) with any staff member or player, those staff members and players must adhere to the following protocol.
 - Notify their primary physician.
 - Staff members and players begin in-home isolation for a 14-day period.
 - Staff members and players can discontinue in-home isolation if they undergo testing and the test result is negative.
- Before a staff member or player who has tested positive for COVID-19 can return to practice, the following conditions must be met:
 - A minimum of seven days must pass before the original onset of symptoms.
 - A minimum of 72 hours must pass without symptoms and without the aid of fever-reducing medications.
 - The staff member and player must attain a negative COVID-19 test result.



MINIMUM REQUIREMENTS

3. PLAYER DROP-OFF AND PICK-UP

- We recommend that players do not car pool to and from practice.
- Each practice field has been assigned designated parking spaces in proximity to the player's practice field entrance/exit gate.

Procedure:

- 1) Park in one of the 10 designated parking spots - [**CLICK HERE**](#) for Ukrop Park Map
 - 2) Player exits vehicle and walks to field using designated entrance (5 mins prior to start time)
 - 3) Parent/Guardians must remain in their vehicle during practice and stay on site
 - 4) Player returns to vehicle at the end of the practice (Coaches will stagger the dismissal of players)
 - 5) Parent/Guardian departs immediately to provide parking space for next team
- Players/Coaches must continue to practice social distancing (10 feet distance) while walking to and from the fields.
 - Upon arrival to the field, players will be assigned their own designated area of space to work within.
 - When practice ends, players will be asked to promptly gather their personal items and walk to their vehicle.

4. SMALL GROUP PRACTICE

- Practices are limited to 10 or less players/coaches per field.
- Teams will be split into two small groups. Each group will have their own coach and practice field. [**CLICK HERE**](#) for Ukrop Park Map
- Practice Schedule [**CLICK HERE**](#)

5. ZERO TOLERANCE NON-CONTACT BETWEEN PLAYERS AND COACHES

- Coaches shall ensure all players and coaches avoid "high fives," handshakes, or other types of physical contact.

6. COACHES TO WEAR FACE COVERINGS DURING PRACTICE SESSIONS

- Coaches are required to wear face coverings during training sessions. Players will also be allowed to wear face coverings while training, but this will be a personal choice of the player's parent or guardian.

7. NO SPECTATORS ALLOWED

- Spectators must remain in their cars at all times.



MINIMUM REQUIREMENTS

8. HAND SANITIZER

- Players should have hand sanitizer for personal use.
- Coaches must use hand sanitizer before, during breaks, and after practice.
- Hand Sanitizer stations will be provided at Ukrop Park.

9. AVOID “SHARED” EQUIPMENT

- Players should wear their regular Red, Red, Red Training Attire.
- Players should bring their own ball, water bottle, towel, etc. No sharing allowed.
- Players should only use their own soccer ball. At no time should they use their hands to pick up another player's soccer ball. Players should consider sanitizing their soccer ball before and after each training session.

10. REDUCE PLAYERS TOUCHING PRACTICE EQUIPMENT

- Coaches will only use cones/flat discs for practice and are required to disinfect before and after use.
- Practices will NOT utilize goals, pinnies, ladders, hurdles, etc.
- The handling of ALL equipment will be limited to coaches/staff only.

11. RESTROOMS

- Port-a-johns will be accessible for emergency situations only.
- If you need to utilize the port-a-johns please follow the social distancing guidelines and utilize hand sanitizer before and after use.

12. INCREASED SIGNAGE THROUGHOUT FACILITIES

- Signage will be posted to remind all players, coaches and spectators about COVID-19 symptoms and social distancing.

13. SOCIAL DISTANCING MONITORING

- Staff members will be present to monitor the facility to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing.

FAILURE TO FOLLOW THE RETURN TO PLAY PLAN RISKS THE SANCTIONING AND PROTECTION (INCLUDING INSURANCE) FOR THE PLAYERS AND THE CLUB.

MINIMUM REQUIREMENTS

ADDITIONAL RESOURCES

- For more information about guidance from the CDC, please visit the following links:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- Virginia Phase One Business Sector
<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Virginia-Forward-Phase-One-Business-Sector-Guidelines.pdf>
- VYSA Return to Play Guidelines:
<https://files.constantcontact.com/7659298e001/00e87625-3384-4a96-8ce8-a20a10988451.pdf>



RETURN TO PLAY AGREEMENT AND CONSENT FORM

Parent/Guardian:

I acknowledge and agree to follow the Richmond Kickers Youth Soccer Club Return to Play Plan. I understand that Phase One training through July 2nd is completely voluntary. I have also shared this information with my child and any person responsible for transporting them to and from practice.

Parent/Guardian

Date

Print Name & Relationship to Player

Player's Name

Team



ASSUMPTION OF RISK STATEMENT

Training for and playing soccer carries with it certain dangers and risks that cannot be eliminated regardless of the care taken to prevent or minimize harm. Soccer is a vigorous team sport involving severe cardiovascular stress, exertions of strength using various muscle groups, quick movement involving speed and change of direction, and potential contact with equipment, fixed objects, and other participants (including participants that are older or younger and may be larger or smaller in terms of height and weight). The specific risks vary from (1) minor injuries such as cuts, bruises, muscle strains or sprains, to (2) major injuries such as broken or fractured bones, concussion or lost teeth, to (3) catastrophic injuries, such as heart attacks or fractured skull or those that cause disfigurement, loss of mental capacity, loss of sight, speech or hearing, paralysis or death. Participants may also be exposed, or expose others, to contagious and potentially harmful or deadly diseases such as influenza, common cold, chicken pox, meningitis or measles. This risk includes exposure to COVID-19, the virus that causes the coronavirus disease.

In addition, Participants may also be exposed to risks while travelling for club activities including vehicular accidents and those risks arising from hotel stays; exposure to large crowds; and exposure to risks related to the receipt of treatment for any physical or mental condition.

By signing this statement the Participant and his or her Parent/Guardian acknowledge that they have (1) read the previous paragraph (2) understand the nature of the activities offered by Richmond Kickers Youth Soccer Club; (3) understand the demands of those activities relative to the physical condition and skill level of Participant; (4) appreciate the types of injuries and illnesses that could occur and (5) understand the risks related to travel and treatment which may occur as a result of participation with the Richmond Kickers Youth Soccer Club. Participant and Parent/Guardian hereby acknowledge that participating with Richmond Kickers Youth Soccer Club and use of their facilities and services is voluntary and that Participant and Parent/Guardian knowingly and expressly assume all related risks.

Parent/Guardian

Date

Print Name & Relationship to Player

Player's Name

Team