



# CDA SLAMMERS FC

## RETURN TO PLAY – COVID19 PROTOCOL

### PURPOSE:

The protocol put in place by the Club for Returning to Play in a Training and/or Soccer Camp Environment are provided to assist our teams safely and gradually resuming soccer training while reducing infection risk in the setting of the ongoing COVID-19 pandemic. The health and safety of our players, coaches and families is our top priority. As we prepare to emerge from stay at home mandates, we want to share what we are doing to help protect every person who passes through our training facilities.

**These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements.** As a club we are committed to providing the highest level of service as the situation continues to evolve daily and requires constant evaluation.

### SYMPTOMS:

People with COVID-19 have had a wide range of symptoms reported- Ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure of the virus. People with these symptoms or combination of symptoms may have COVID-19.

- Fever (above 100.4 degrees F)
- 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

**Note:** This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19: ([cdc.gov](https://www.cdc.gov)).

**Emergency warning signs:** If someone is showing any of these signs, seek emergency medical care immediately:

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



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### **GENERAL RECOMMENDATIONS:**

General hygiene practices to reduce the risk of spread of infection:

- The following practices should be taken 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 afterward.
- 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, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

Note: The CDC will continue to update this list as we learn more about COVID-19: ([cdc.gov](https://www.cdc.gov)).

### **RETURN TO PLAY STEPS:**

1. In consideration of being allowed to participate in athletic programming, sanctioned activities and events (collectively “Sanctioned Activities”) related to the California State Soccer Association-South (Cal South) and CDA Slammers FC, Club Administrators, Coaches, Team Managers and Players will be required complete and turn in the CalSouth Waiver/Release for Communicable Diseases including Covid-19 Assumption of Risk/ Waiver of Liability/ Indemnification Agreement.
2. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to the League/Club in order to return to full participation in sport & activity.
3. Any coach or player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.



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4. Prior to attending any training event, each coach and player should check their temperature at home, and refrain from participation if he or she has a fever (above 100.4 degrees F).  
  
\* If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker” made available by the CDC.
5. CDA Slammers FC has established an online “Return to Play Log-in” that is required for all Coaches and Player Parent/Guardians to fill out prior to each participation date. This information will be taken to reduce the risk of infection among players and coaches in accordance with CDC recommendations and State and local guidelines.
  - a) Does not have a fever above 100.4 degrees F.
  - b) Has not had a documented case of COVID-19 in the last 14 days.
  - c) Is not currently demonstrating or suffering from any ill symptoms.
  - d) Has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19.
6. CDA Slammers FC has structured an entrance and exit plan to maintain safe distancing protocol (each facility will vary).
7. CDA Slammers FC has structured a field diagram with designated areas for our coaches and players to maintain a safe distance between their group and other groups. More than one team may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 6 feet from other groups, and even further if possible.
8. Coaches should wear facial protection (masks) during practice unless actively participating in drills.
9. Coaches and Players should bring their own hand sanitizer
10. Coaches will establish and enforce safe distancing for all players and will temporarily pause their practices of assembling large groups and large lines. Players should maintain a minimum 6 feet distance at all times, including water breaks.



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11. Players will need to provide their own Capelli Sport Pinnies. Players will be responsible to take their pinnies home after each practice and wash them. No sharing of pinnies will be allowed. Until the Capelli Sport Pinnies are received, no pinnies will be allowed during practices.
12. Coaches and Players will not use “hands” to touch the soccer balls. ONLY FEET will be used to touch the soccer balls. Players will be responsible to bring their own soccer ball. Players will be responsible to take their soccer ball home after each practice to wipe down and disinfect.
13. Players should bring their own facial protection (mask) to be used from the vehicle drop off area to your team practice area and from your team practice area to your vehicle pick up location. **Please note: Players are not required to wear facial protection (mask) during practice activities and drills.**
14. Players using onsite restrooms should wear facial protection. Restroom protocol will be determined by facility guidelines.
15. Players should bring their water bottle for their own use. Sharing water is not allowed.
16. Coaches & Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
17. Players should avoid touching training equipment (small goals, marking poles, cones, etc.).
18. Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission. Congregating in the parking lot or anywhere else on the campus is not permitted.
19. Players will return to their vehicle immediately following practice to maintain safe distancing.
20. In the event of an injury, the coach may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.
- 21. If Parents are not comfortable with returning to play... Don't. Parents are the only one's who will make the decision when their child returns to play.**



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### **CAL SOUTH RETURN-TO-PLAY PHASES AND RESPONSIBILITIES:**

All phases, number of players per group, and whether or not contacted is permitted, is all based on State and/or Local social distancing guidelines and CalSouth Return to Play Phases and Responsibilities Guidelines.

\*Recommended duration of a minimum of two weeks during each phase.

Click on the link below for more information:

<https://calsouth.com/wp-content/uploads/2020/06/CSTF-RTP-CS-Phases-and-Responsibilities.pdf>