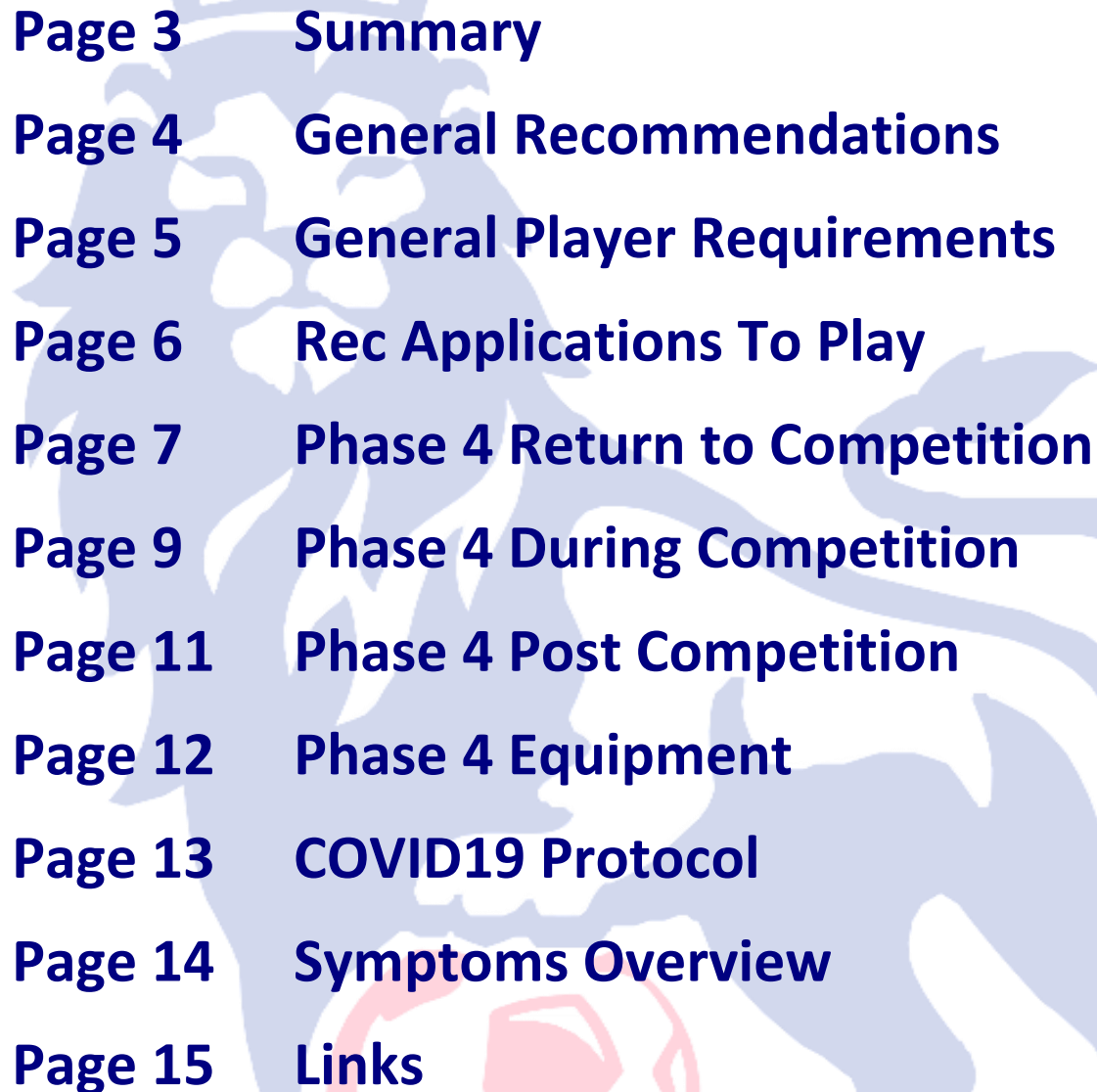




**LJCC RECREATIONAL
RETURN TO PLAY
DOCUMENT**



TABLE OF CONTENTS



Page 3	Summary
Page 4	General Recommendations
Page 5	General Player Requirements
Page 6	Rec Applications To Play
Page 7	Phase 4 Return to Competition
Page 9	Phase 4 During Competition
Page 11	Phase 4 Post Competition
Page 12	Phase 4 Equipment
Page 13	COVID19 Protocol
Page 14	Symptoms Overview
Page 15	Links



In response to the COVID-19 Pandemic, Levite Jewish Community Center has created a series of steps and protocols for a return to play plan. These steps and actions have been developed in conjunction with local and state medical experts, and in conjunction with soccer governing bodies from US Club Soccer to USYS.

Our Return to Play Action Plan addresses many critical details that must be followed by all players, parents, family members, and coaches to ensure the safety and health of everyone in our community. The RTP plan allows flexibility regarding the length of the plan based on the rapidly changing information on the recent pandemic. These Recommendations for Returning to Play (the “Recommendations”) are provided to assist youth soccer clubs in safely and gradually resuming club-to club soccer competition while reducing infection risk in the setting of the ongoing COVID-19 pandemic. These Recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements, which should be adhered to by all clubs. Each club should conform to the guidelines and requirements that apply to them and should routinely monitor any changes to these guidelines and requirements.

***Please note that this RTP plan is based on guidelines from the CDC, local/state government agencies and can be adjusted, modified based on the health and safety of our community and membership. All sessions are optional as we know some people may not be prepared to practice or return to soccer.**



GENERAL RECOMMENDATIONS

General hygiene practices to reduce the risk of spread of infection: As previously outlined in our “Recommendations on Return to Play in a Training Environment,” the following practices are recommended to mitigate transmission of communicable disease, including COVID-19.

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 at any time you are in public and unable to maintain social distancing.

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.

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GENERAL PLAYER REQUIREMENTS

All Players temp taken by parent prior to arrival.

No Play allowed if any symptoms of ANY illness are present.

No hand shakes, hugging, high fives, contact of any kind.

No sharing of water bottles.

No sharing of balls, each player has their own ball.

No sharing of training vests during practice.

No picking up of cones by players.

No sharing goalie vests, each goalie has their own vest.

No sharing goalie gloves.

No hand slaps at substitutions.

All garbage, water bottles must be placed in garbage cans.

No water play, spraying of water, spitting of water, etc (violation is immediate removal).

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RECREATIONAL APPLICATIONS TO PLAY

Practices

One parent per child at practice.

Parents who attend practices must wear a mask and stay 20 yards away from the practice area.

Players may wear mask, optional on field or bench, not required during play.

Players water/bags spread 6 ft, water breaks are 6 ft apart.

Coaches provide sanitizer for player hands at beginning, water breaks, and end of practice.

Training vests will be given to the players, and suggested to wash after use and bring to each practice

Cones are washed after each practice.

Games

LJCC will schedule games with additional field spacing and time space to spread out game groupings.

All parents wear masks on sidelines, when seated in close proximity to others.

2 parents max per player, siblings ok.

Grandparents (elderly spectators) must wear masks.

Coaches sanitize ball before game, and at breaks in game, or swap ball at breaks.

ONLY 2 coaches on sideline permitted.

Coaches' masks optional during game.

Players' mask optional during game on field or bench.

Benches will not be available, so players may bring individual chairs to sit in.



PHASE 4 (Return to Competition)

Competition facilities are open, any local restrictions allow for a gathering size that would accommodate all players, coaches, referees, facility staff and spectators in attendance, and there are otherwise no local guidelines or restrictions that would preclude travel to, or participation in, youth soccer competition. (LJCC may consider limiting spectator attendance in one way or another if open attendance may result in numbers above gathering size limitations.)

Any individual reporting or demonstrating symptoms of illness at any point should be removed from competition (or restricted from competition) and should seek guidance from their healthcare provider before returning to soccer activities. Prior to participation, staff should obtain verbal confirmation from each participating player that:

Each player, coach, and referee should check his/her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).

All coaches, players, referees, and other attendees should be monitoring for symptoms at home to ensure that:

- a) They have not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C);
- b) They have not had a documented case of COVID-19 in the last 14 days;
- c) They have not currently demonstrating or suffering from any ill symptoms (see Appendix A).
- d) Any individual who is unable to confirm these criteria should be restricted from participation and contact both their club and their healthcare provider.



These criteria should be confirmed verbally on arrival as follows:

- a) Each participating player should confirm that they have met the above requirements of no known symptoms or exposures with the lead coach of their team.
- b) The lead coach from each participating team should confirm with the lead coach of the opposing team that all participating players and staff have met the above requirements of no known symptoms or exposures.
- c) All referees should confirm individually with both lead coaches that all referees have met the above requirements of no known symptoms or exposures.
- d) Any individual who is unable to confirm these criteria should be restricted from participation and contact their healthcare provider.

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PHASE 4:

DURING COMPETITION

Soccer play can be conducted as normal with the following exceptions:

- a) Team pre-game and post-game handshakes should be avoided.
- b) Handshakes or contact in substitution should be avoided.
- c) Physical contact should be avoided during celebrations and post-game activities.
- d) Social distancing should be ensured between players and coaches on the sideline during play and during any individual or group conversations throughout the competition (pre-game, half-time, post-game).
- e) No player, coach, or spectator should violate social distancing guidelines with a referee at any time.
- f) Use of masks or cloth facial coverings by staff and players on the sideline should be guided by local or national guidelines regarding public use.
- g) Players on the sideline or bench should remain socially distanced (6 feet apart) – including during pre-game, half-time, and post-game discussions.
- H) Players are not permitted to spit, or spit water from bottle in or around the playing area or bench area.

All attendees should always maintain social distancing guidelines during arrival and departure from competition.

Spectators should remain off the field, practice proper social distancing and utilize masks or cloth facial coverings throughout the event in accordance with local and national guidelines.

In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members and any on-site healthcare providers may participate in injury management as necessary, but others should maintain proper social distance.



PHASE 4:

POST COMPETITION

Clubs should have contact information for the lead staff member from each club that they have competed against prior to departure from the facility. Ideally this should be a designated staff member responsible for COVID-19 related matters.

Any individual with a confirmed case of COVID-19 should notify their respective clubs immediately.

Any referee with a confirmed case of COVID-19 should notify any clubs involved in competitions worked by that individual within the last 14 days.

Any club notified of a confirmed case of COVID-19 in a player, staff member, or referee should notify any other organization involved in competition with that individual in the 14 days prior to the diagnosis of COVID-19.

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PHASE 4: EQUIPMENT

Team areas should be separated from spectators and each other so that teams and attendees will not touch the same surfaces.

Benches will not be available for games, so players may bring their own chair if they wish.

Shared surfaces, soccer balls, discs, and any other equipment should be disinfected before and after each game.

Training vests will not be shared between team members. Vests should be washed before and after each day of use.

Players and referees should bring their own equipment (hand sanitizer, water bottle, towels, etc.) that should not be shared between individuals.

Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.

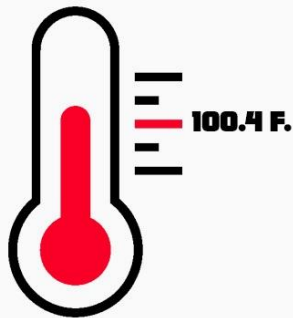
Shared “hydration stations” will be eliminated, and players and staff should bring their own water or other hydration.

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COVID19 PROTOCOL

**IF YOU FEEL SICK OR
HAVE A 100.4 TEMP
STAY HOME**



GET TESTED FOR COVID19



**IF THE TEST IS POSITIVE A 14 DAY SELF
QUARANTINE IS MANDATORY**



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Symptoms of COVID-19 Infection:

Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening.

The most common symptoms associated with infection include:

Fever (≥ 100.4 degrees F) \cup Cough

Shortness of breath. Less common symptoms that may still be evidence of COVID-19 infection include: \cup Sore throat

Congestion

Nausea and vomiting

Diarrhea

Headache

Muscle / joint pain

Sudden loss of taste or smell

Chills

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LINKS

Follow these links for up-to-date information. (Hold CTRL and click on the link to open the page)

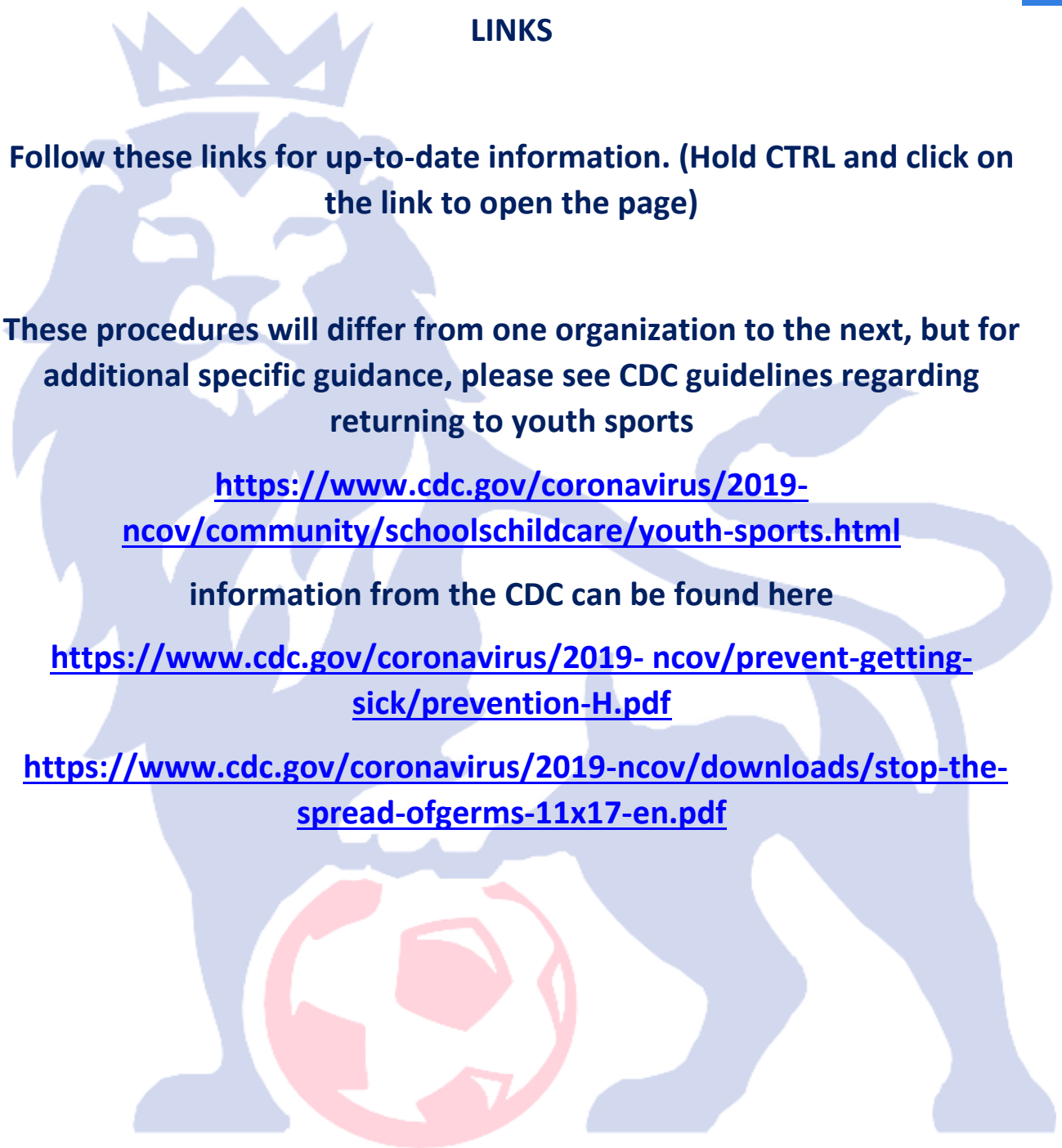
These procedures will differ from one organization to the next, but for additional specific guidance, please see CDC guidelines regarding returning to youth sports

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

information from the CDC can be found here

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-ofgerms-11x17-en.pdf>





Please sign and return after reading the LJCC Recreational Return to Play Document by the first day of practice.

Child's Name: _____

I have read the LJCC Recreational Return to Play Document, understand, and agree to the policies and procedures outlined therein.

Signature: _____

Date: _____