

WVSA Return To Play PHASE PLAN



WEST VIRGINIA SOCCER ASSOCIATION - Return to Play (RTP) Phase Plan
UPDATED: September 18, 2020

These RTP Phase Plan apply to all parties associated with the direction, training, or management of soccer activities, including but not limited to players, coaches, trainers, onsite administrators, referees, and match officials (activity participants). For more information regarding RTP Guidelines, Forms, and other reference material, go to <http://www.wvsoccer.net/rtp/>.

In all cases WVSA Clubs must adhere to the rulings and policies of the local county health departments and should check with them prior to any activity.

The following RTP guidelines should be implemented indefinitely until Federal, state, and local health officials deem them as unnecessary:

In general, activity participants should not participate in training or game activities if:

- They are exhibiting any symptoms of COVID-19: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the Centers for Disease Control (CDC). In general, symptoms such as fever or severe cough should preclude a player from participating in most activities regardless of the circumstances for the general safety of the player and other participants.
- They have been in contact with someone with COVID-19 in the last 14 days.
- They are a vulnerable individual such as an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

PREPARING TO PLAY



- Protect against infections by using appropriate pre-cautions such as washing hands with a disinfectant soap and water (for 20 second or longer) or use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are sick and touching the face.
- Wear a facemask when in contact with other people.
- Disinfect equipment planned for the activity such as balls, cones, etc. Preferably, each player should have and use their own pinnie when permissible. Coaches may also consider half the team come to an activity in one color shirt and the other half in another color.

WHEN PLAYING



- Avoid unnecessary contact with activity participants such as shaking hands, high fives, fist bumps, or distances less than 10 feet.
- Avoid touching the face unnecessarily.
- Do not share food, drinks, towels, and other personal hygiene products.

AFTER PLAYING



- Practice social distancing protocols while at the facility.

- Leave the field as soon as reasonably possible.
- Disinfect all used equipment.
- Do not use any locker or shower facilities.



All soccer organizations want to get back on the pitch for training, games, and other activities. A phased approach will provide clear direction and understanding for coaches, players, families, administrators, officials, and other participants. These Phased Guidelines introduce training/practices in a manner that provides a safe environment due to both the current situation but also due to the prolonged time since athletes were last participating in organized activities.

All references to scrimmages, games, or other practice activities within this document refer to club activities. The Phased Guidelines will be subject to the determination of the WVSA in consultation with the Office of the Governor of West Virginia, and should be followed by member clubs.

Respect for each individual's choices must be a top priority. If participant wishes to wear a face mask this should be allowed, and accommodations should be made to the activity plan.

All activity participants, parents, and spectators should follow local health department, facility, and/or state requirements for social distancing and other precautions.

PHASE ONE



Effective until June 7, 2020

No training, games, or other soccer activities involving direct, in-person contact between activity participants should be permitted. Fields and training facilities should remain closed.

- Individual training sessions can be held in participant home/residence or outside (maintaining social distancing) using their own equipment.
- Coaching occurs virtually. No coaches or other athletes should be present during training.

PHASE TWO



THESE GUIDELINES ARE SUBJECT TO CHANGE BASED ON GUIDANCE OR DIRECTION
FROM THE WEST VIRGINIA OFFICE OF THE GOVERNOR

EFFECTIVE JUNE 8 – 14, 2020

- Activities are only held outdoors.
- Require a parent or guardian, players over age 18, and adult participants to complete the WVSA Participant Release of Liability and Assumption of Risk Agreement prior to engaging in ANY activities. The release only needs to be completed one time for the Spring season.
- Require a parent or guardian of a minor player, players over age 18, adult players, and adult participants to confirm they are symptom free before attending an activity. Refer to the WVSA Symptom Screening Form.
- No spectators / parents allowed in the immediate training vicinity. Each club / facility should set up a safe zone and require social distancing to observe training. Parents should remain in their vehicles when possible.
- Require coaches, trainers, and other adult activity participants to wear masks during all activities.
- Encourage parents/spectators to wear masks when outside of their vehicle.
- Encourage players and participants to wear masks when not actively participating in training.
- Limited to 25 or less activity participants assuming available space. If possible, limit to 10 or less players per coach.
- Zero tolerance non-contact policy (coach/player or player/player).
- Must maintain social distancing minimum of 10 feet between participants at all times.
- Practice times are separated by 20 minutes to maximize social distancing and to provide coaches/trainers sufficient time to clean equipment.
- Activity participants must use hand sanitizer before, during breaks, and after activity.
- Activity participants limit and manage equipment used in activity following “Preparing to Play” and “After Playing” guidelines. Generally, on field equipment for each player should consist of one ball and one water.
- Prohibit sharing of food, drinks, towels, and other personal hygiene products.
- Prohibit the use of scrimmage vests or pinnies.
- No congregating for activity participants at activity locations, such as fields, parking lots, drop off zones, or facility entrances/exits. Organizations should publish a pickup/drop off procedure.
- Document attendance at all training and practice sessions. Documentation must become a significant part of your return to play protocols. It is imperative to document what was done, who did it and how, and who from the club verified it was done. By documenting positive actions, the club will be able to demonstrate reasonable and prudent steps were undertaken and completed to keep players, coaches, staff, and spectators as safe as reasonably possible.

Training Guidelines:

- 1 player, 1 ball, and 10' x 10' grid space per player – foot skills, mobility, flexibility, reactions, strengthening, speed, and general fitness work. Refer to diagram attachment at <http://www.wvsoccer.net/rtp/>.
- As long as a 10-foot radius is observed between grids, a grid space can be any 10x?? dimension as designated by the club or coach (ie. 10x20, 10x30, etc.). The length of the grid can be changed but not the width.
- If more than one team is using a field, teams should remain at least 20 yards apart and maintain separate areas for personal items and equipment.
- Passing drills without overlaps or take overs.
- Shooting drills with no rebounds, maintaining required distance, and without goalkeepers.
- Goalkeeper drills with coaches/trainers and separate equipment. Do not share gloves, headgear, or other protective equipment.
- Not Allowed:
 - All players dribbling in and out of each other in the same box for foot skill and warm up work.
 - Drills involving lines of players.
 - Possession drills to decrease the chance of physical contact.
 - Small sided games.
 - Any drill that involves lines or physical contact.

PHASE THREE



THESE GUIDELINES ARE SUBJECT TO CHANGE BASED ON GUIDANCE OR DIRECTION
FROM THE WEST VIRGINIA OFFICE OF THE GOVERNOR

EFFECTIVE JUNE 15– 25, 2020

- Activities can be held indoors or outdoors.
- Encourage health safety practices.
- Require a parent or guardian, players over age 18, and adult participants to complete the WVSA Participant Release of Liability and Assumption of Risk Agreement prior to engaging in ANY activities. The release only needs to be completed one time for the Spring season.
- Require a parent or guardian of a minor player, players over age 18, adult players, and adult participants to confirm they are symptom free before attending an activity. Refer to the WVSA Symptom Screening Form.
- Require coaches, trainers, and other adult activity participants to wear masks.
- Encourage parents/spectators to wear masks when outside of their vehicle.
- Encourage players and participants to wear masks when not actively participating in training.
- No spectators / parents allowed in the immediate training vicinity. Each club / facility should set up a safe zone and require social distancing to observe training. Parents should remain in their vehicles when possible.
- Limited to 25 or less activity participants assuming available space.
- Continue to follow best practices for social distancing, unnecessary contact, and congregating before, during, and after activities.
- Prohibit sharing of food, drinks, towels, and other personal hygiene products.
- Individual scrimmage vests or pinnies must be cleaned/washed between activities. Parents should be encouraged to obtain an individual pinnie for their player that is brought to each practice/game.
- Prohibit travel to events that would require overnight stay.
- Document attendance at all training and practice sessions. Documentation must become a significant part of your return to play protocols. It is imperative to document what was done, who did it and how, and who from the club verified it was done. By documenting positive actions, the club will be able to demonstrate reasonable and prudent steps were undertaken and completed to keep players, coaches, staff, and spectators as safe as reasonably possible.

Training Guidelines:

- Resume most normal scrimmage and practice activities within a club:
 - Limit drills with lines and close proximity to other players.
 - Limit numbers of players involved in particular drills or small-sided games. Consider numbers up drills such as 4v3 or 3v2 to make reps go quicker with less contact.
 - Limited touches will stop dribbling which stops tackling thus physical contact.
- If more than one team is using a field, teams should remain at least 20 yards apart and maintain separate areas for personal items and equipment.
- Permit regular training, practice, and game like activities with contact.

PHASE FOUR



THESE GUIDELINES ARE SUBJECT TO CHANGE BASED ON GUIDANCE OR DIRECTION
FROM THE WEST VIRGINIA OFFICE OF THE GOVERNOR

EFFECTIVE JUNE 26, 2020

- Activities can be held indoors or outdoors.
- Require a parent or guardian, players over age 18, and adult participants to complete the WVSA Participant Release of Liability and Assumption of Risk Agreement prior to engaging in ANY activities. The release only needs to be completed one time for the Spring season.
- Require a parent or guardian of a minor player, players over age 18, adult players, and adult participants to confirm they are symptom free before attending an activity. Refer to the WVSA Symptom Screening Form.
- Encourage health safety practices.
- Encourage coaches, trainers, and other adult activity participants to wear masks.
- Encourage parents/spectators to wear masks when outside of their vehicle.
- Encourage players and participants to wear masks when not actively participating in training and matches.
- Permit games with WVSA approval.
- Continue to follow best practices for social distancing, unnecessary contact, and congregating before, during, and after activities.
- Avoid sharing food, towels, and other personal hygiene products.
- Prohibit sharing of water.
- Individual scrimmage vests or pinnies must be cleaned/washed between activities. Parents should be encouraged to obtain an individual pinnie for their player that is brought to each practice/game.
- No restrictions on training sessions.

PENDING FURTHER CLARIFICATION FROM THE WEST VIRGINIA OFFICE OF THE GOVERNOR

- Permit tournaments with WVSA approval.
- Permit out of state travel to events with WVSA approval.
- Permit overnight travel to events with WVSA approval.