

Return To Play

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Overview

As Arlington Soccer prepares to return to the game we love, our players will have the opportunity to return to the field, training and gearing up this summer for the fall season ahead. With restrictions in place throughout our planned return, this will be a new look for many, and a new normal for all. We will follow strict protocols to mitigate risk and safely return to play.

Our safety protocols are built on guidance from national, state and local governments, US Youth Soccer and the Virginia Youth Soccer Association, as well as from a close study of best practices. We will adapt these protocols as public health guidelines change and hopefully ease restrictions.

Our collective safety requires each person to take an active role. We have outlined the safety protocols for parents, players and coaches. Communal safety begins with basic common practices and an acceptance of personal responsibility.



Personal Responsibility

- If you are sick or experience any COVID-19 symptoms throughout return-to-play, or have been **exposed** to someone who is sick or having these symptoms, **STAY HOME**.
- **When you indicate that you are “Available ✓”** for scheduled practices on Team Snap, you are certifying that your child’s temperature has been taken before practice and that they do not have a fever of 100.4 or higher. You are also certifying that your player does not have a cough, shortness of breath, chills, sore throat or muscle aches.
- If you feel uncomfortable participating or are high risk, **STAY HOME**. Return to play is voluntary.
- Maintain appropriate social distancing on and off the field. Wear a face covering when off the field.
- Bring your own water, ball, face covering, and hand sanitizer. Do not share water or equipment prior to, during, or after sessions. Put your name on all your equipment.
- For the safety of all, parents will be asked to remove players who are unable to follow these protocols or who demonstrate signs of illness at practice.

CLUB

- Comply with state, county, health, soccer association guidelines.
- Implement processes and procedures for the safety of the staff, the players and their families.
- Communicate clearly and regularly.
- Train, support and educate technical staff.
- Regularly review protocol and implementation.

TRAVEL COACH

- Comply with all health and safety protocols and attend protocol training.
- Remind players to social distance, practice hand washing hygiene and not share equipment.
- Respect family decisions regarding participation.
- Communicate questions and concerns to the club.
- Support players and have fun.

ROLES



PLAYER

- Follow the instructions of the coach.
- Stay in your designated area of the field and avoid physical contact with others.
- Bring a ball, water bottle, face covering and hand sanitizer to every practice.
- Wash your hands/use hand sanitizer frequently.
- Have fun and enjoy seeing your team again!

PARENT

- This is voluntary – if you or your child is uncomfortable, stay home.
- If your child is sick or has been around others who are sick, please stay home.
- Comply and stay up-to-date with club protocols.
- Review the safety protocols with your player and ensure that they will follow them.
- Minimize carpooling.



RETURN TO PLAY PROTOCOL: PLAYERS

1

BEFORE LEAVING FOR
THE FIELD

- Make sure to update your availability on Team Snap the day before the session.
- If you have a fever or do not feel well, please stay home.
- Bring your own water bottle, ball, mask, and sanitizer and put your name on them..
- Wash your hands or use hand sanitizer before the session.
- Please be aware that there may not be open restroom facilities at the field.

2

WHEN ARRIVING AT THE
FIELD

- Wait in the car until the coach signals you to walk to the field.
- Wear a face covering and maintain social distance from others.
- Follow entry signage and minimize touching gates, fences, and railings.

3

DURING THE SESSION

- Listen to your coach and stay in the location designated for you.
- Keep your hands to yourself. Do not give fist bumps, high fives, or touch anything that is not yours. Do not spit.
- Have fun! Work hard! Wave to your friends and teammates!

4

AFTER THE SESSION

- Collect all PERSONAL belongings, including ball, bottle, sanitizer, and mask.
- When released, put on your mask, exit field at the designated location and return to your car maintaining social distance.
- Use hand sanitizer after the session and wash your hands when you get home.



RETURN TO PLAY PROTOCOL: PARENTS

1	BEFORE LEAVING FOR THE FIELD	<ul style="list-style-type: none">• On practice day, reconfirm availability in Team Snap to certify that your child does not have a fever, cough, shortness of breath, chills, sore throat or muscle aches.• Remind your player to bring a water bottle, ball, mask, and sanitizer.• Please be aware that there may not be open restroom facilities at the field.
2	WHEN ARRIVING AT THE FIELD	<ul style="list-style-type: none">• Park and wait in or next to your car until a coach signals your child to enter fields.• Remind your child to wear a face covering and maintain social distance.• All players must enter the field where marked.
3	DURING THE SESSION	<ul style="list-style-type: none">• Parents should remain in their car or social distance and wear a mask.• Parents should not be on the field surface at any time. If the field is fenced in, please remain outside the fence. Parents should remain close by.
4	AFTER THE SESSION	<ul style="list-style-type: none">• When the session is complete, players exit at a designated location, returning to their vehicle while maintaining social distance.• If a player becomes ill or comes in contact with someone who becomes ill, please notify the club immediately at ReturnToPlay@arlingtonsoccer.com.



What if...

Below are some challenges we may face and the decisions we have elected to undertake should they arise during our return to play. The safety of our players, families, and coaches is of utmost importance.

WHAT IF A PLAYER APPEARS ILL AT PRACTICE?

To ensure the safety of the group, coaches will contact parents to bring the player home.

WHAT IF PLAYERS DO NOT COMPLY WITH PROTOCOLS?

For the safety of all, parents will be asked to remove players who are unable to follow the safety protocols.

WHAT IF MY KID FORGETS A BALL?

Players must bring their own ball. If they forget, the coach will provide one which will be sanitized by the coach before and after its use.

WHAT IF THERE IS LIGHTNING?

Club will take conservative action to proactively cancel sessions. If unexpected weather arrives, follow traditional protocol to shelter and contact parents. Parents are asked to remain nearby.

WHAT IF A PLAYER BECOMES INJURED?

Parents are asked to remain nearby. They'll be called immediately and asked to pick up their child. With the help of other coaches, physical contact will only take place as a last resort.

WHAT IF MY KID HAS A CONFLICT. CAN THEY ATTEND A DIFFERENT SESSION?

No. Unfortunately, due to contact tracing and restrictions on numbers per session, a player is only allowed to attend their assigned team session.



RETURN TO PLAY PROTOCOL: COACHES

1	BEFORE LEAVING FOR THE FIELD	<ul style="list-style-type: none">• Check TeamSnap availability of players to confirm who is permitted to participate.• Sanitize all equipment prior to the session.• Double-check that you have your mask, cones, hand sanitizer, whistle.• Confirm your field assignment & understand the entry/exit protocol.
2	WHEN ARRIVING AT THE FIELD	<ul style="list-style-type: none">• Set up activity space only when prior groups are done. Finish set up before calling the players to the field.• Communicate with coaches in the same time-block to discuss entry/exit order.• Observe all incoming players for signs of illness. Contact parents with any concerns.
3	DURING THE SESSION	<ul style="list-style-type: none">• Maintain social distancing and continue to observe players for signs of illness.• Communicate signaling format (whistles, claps, rotation) before activities begin.• Reinforce group understanding by utilizing individuals to demonstrate exercises.• Wear mask at all times and do not let players touch anything that is not theirs.
4	AFTER THE SESSION	<ul style="list-style-type: none">• Conduct correct exit strategy based on the training location.• Collect and sanitize your own equipment.• Communicate with your families regularly to provide updates and pertinent information regarding next steps.



Moving Forward

These safety protocols are a living document and will change frequently. Arlington Soccer will adapt these protocols as public health guidelines change and hopefully ease restrictions. We will continue to be forthcoming in communicating our plans.

By working together, we can help reduce the spread, protect those in our community who are most at risk, and **return to play safely and responsibly**.

In an effort to provide clarity and to begin our scheduled return, please complete the required waivers and review these safety protocols. Please also watch out for additional updates. Ongoing updates will be released both via email directly to families and on our Arlington Soccer webpage.

The information in this document can and will evolve over time. It is based on current best-practices and is not intended to be a substitute for professional medical advice and is provided for information purposes only.



Welcome Back!