



GUIDELINES FOR A SAFE “RETURN TO PLAY”

UPDATED JUNE 15, 2020

SPECIAL POINTS OF INTEREST:

- **Step 1:**
Always First!
- **Step 2:**
Phased Approach to Reopening
- **Step 3:**
Individual Responsibilities
- **Step 4:**
Preparing for illness and Communicating Exposure to BAC Community

On June 12th, 2020, Northern Virginia will enter into **PHASE 2** of the Governor’s plan for reopening the area. Burke Athletic Club is a community organization focused on implementing the precautions necessary to ensure a safe return to play for all players, parents, coaches and staff. This next step allows Fairfax County to let permitted organizations to begin using county fields and is the beginning of organized youth sports returning to our area.

The following information is a compilation of resources we have gathered over the past three months: the rules and regulations set forth by Federal, State and Local governments; guidance from the CDC and state/local health and medical authorities; and the best practices researched by national soccer and youth sports organizations. This information is evolving daily as the COVID-19 situation changes and as new information becomes available.

Please contact us with any questions or concerns you have:

- BAC COVID Point of Contact Ellen Kiely: covid19@burkeacsports.com
- BAC President Carol Coulter: burkeathletic1@gmail.com

YOUTH SPORTS GAME PLAN

Reduce the Spread of COVID-19

LOWER RISK

HIGHER RISK



Skill-building drills at home



Team practice



Within-team competition



Competition with teams from your area



Full competition from different areas



cdc.gov/coronavirus

CS 317099-E 05/28/2020

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Step 1: Always First!

The health and safety of our BAC community (parents, players, visitors, and coaching/training staff) is our first priority! Our goal is to provide clear and accurate information, so that all club decision-making and guidance can be transparent and helpful. The precautions put in place are designed so that all members of our BAC community (parents, players, staff) understand their individual roles. Recognizing the fluidity of the COVID-19 situation, BAC understands that parents, players, coaches and staff needs and concerns may change during this next few months. Working together with a commitment that safety is always first, an understanding of the sensitivity to others beliefs, and the ability to be flexible and cooperative, is the only path forward.

Step 2: Phased Approach to Reopening

Federal, State and Local guidelines are the beginning steps to a successful and safe reopening. Governor Northam has announced that on June 12th, the Northern Virginia area can enter into **Phase 2**, which gives Fairfax County the guidance to allow permitted organized youth sports to return to field play with a limit of 50 participants on a field or designated space. The goal is to transition safely through all the Phases of reopening as conditions improve and local health officials allow. ***However, there is no set time for each Phase and we will adapt as we go forward.***

Sport specific guidance from National and State Soccer organizations also provides information on how to safely return to the field. The information shared by these organizations are outlines on youth sports, not to be confused with the legally enforceable set of orders from the state of Virginia as directed in the Governor's "Forward Virginia Plan" and it's relevant implementation to Fairfax County.

This step by step outline below provides a breakdown of BAC recommended **Stages** and best practices for the return to soccer based on a compilation of resources from State and National Youth Sports organizations. BAC leadership will advise when the soccer community can progress through the Stages of Play in accordance with Virginia guidance on status of Phased reopening.

However, there is no set time for each Phase and we will adapt as we go forward.

Stages

1

- No more than 10 participants (Players & Coaches) onsite
- Social distancing of 10 feet apart, on and off the field
- Individual Training, no physical contact or group activities; Injury risk prevention strategy; Strength and endurance training
- No sharing of equipment or water bottles
- Player belongings spaced in designated area on field, spaced 6 feet apart
- Coaching staff solely responsible for equipment; Equipment must be sanitized after daily use or between training groups
- No spectators
- Staggered arrival and departure times to avoid overlap

2

- No more than 50 participants per field
- Social distancing of 10 feet apart, on and off the field
- No physical contact
- Small group activities (passing, footskills, etc); Fitness training; Injury risk prevention strategy; Use of hands or head prohibited (no throw ins, goalie training, heading the ball)
- No sharing of equipment or water bottles
- Player belongings spaced in designated area on field, spaced 6 feet apart
- Coaching staff solely responsible for equipment; Equipment must be sanitized after daily use or between training groups
- No spectators
- Staggered arrival and departure times to avoid overlap

3

- Limits on participants may be reduced and group sizes increased (as dictated by state/local authority)
- Social distancing of 6 feet apart, on and off the field
- Physical contact may begin, but is limited to necessary training activities and game play
- Group contact (celebratory high fives, fist bumps, huddles, etc) prohibited
- No sharing of water bottles or equipment
- Player belongings spaced in designated area on field, spaced 6 feet apart
- Coaching staff solely responsible for equipment; Equipment must be sanitized after daily use or between training groups
- Staggered arrival and departure times to avoid overlap
- Spectators are allowed with social distancing practices in place and no contact with players

4

- No Limits on participants per field
- Social distancing of 6 feet apart, on and off the field
- Formal competition with other teams and clubs can resume
- Physical contact limited to training and games
- Group contact (celebratory high fives, fist bumps, huddles, etc) prohibited
- No sharing of water bottles
- Player belongings spaced in designated area on field
- Shared equipment must be sanitized by the Coach after daily use or between training groups
- Spectators are allowed with social distancing practices in place and limited contact with players

Step 3: Individual Responsibilities (Parent, Players, BAC Staff)

The BAC Community will be more successful at navigating a safe return to play opportunity if individual responsibilities are clear. COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as hand sanitizing, face coverings, staying home when sick) and environmental cleaning and disinfection are extremely important.

The following information highlights the collective role we have:

ENTIRE BAC COMMUNITY

- If you have been sick with or are having symptoms of COVID-19, or have been exposed to someone who has been sick with or is having symptoms to COVID-19 within the last 14 days, **DO NOT** attend any BAC practices or events
- Parents **MUST** notify BAC staff if your player has been diagnosed or exposed to COVID-19
- Practice social distancing of 6 feet; wash or sanitize hands regularly; clean and disinfect clothing and equipment (soccer balls, shin guards, pinnies, goalie gloves, etc)
- Wear a face covering in public setting when physical distancing is difficult. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.

BAC CLUB ADMINISTRATORS

- Communicate all Federal, State, Local protocols; Create and update BAC Soccer Return to Play guidelines
- Communicate policy with all members of BAC Community (Coaches/Training Staff, Parents, Players, Referees, Staff); answer specific questions and concerns from individuals.
- Train and educate all staff, parents and players
- Establish practice and game day procedures for all participants and coaching staff
- Provide necessary PPE to staff (when available)
- Create a club Point of Contact for all COVID related information and to communicate directly with if a confirmed case of COVID within BAC arises; follow all local health department regulations for reporting and contact tracing

BAC COACHES/STAFF

- Communicate your individual needs directly to BAC administrator and Director of Coaching
- Complete and sign BAC COVID acknowledgement form; Work with Team manager to confirm all players in attendance have registered for BAC, signed the COVID waiver and completed the Emergency Health form
- Plan training sessions in accordance with State, Local and Club guidelines
- Communicate Club guidance to parents and be able to explain parent/player responsibilities when questioned; Provide clear guidance to players regarding appropriate behavior
- Understand arrival and departure procedures for your team and location of training area
- Record and report daily attendance to BAC Administrator
- Report any suspected or confirmed cases of COVID directly to BAC Administrator
- Clean and sanitize all equipment before and after each session; No sharing of equipment
- Reinforce and model face covering use; personal hygiene (no spitting, squirting of water bottles)
- At the start of each practice session, check in with individual players to assess health status
- At conclusion of practice, promptly pack up equipment and exit the field; No congregating

BAC PARENTS

- Complete and sign the COVID-19 Waiver for Communicable Diseases and Parent / Guardian Acknowledgement of BAC Return to Play Guidelines
- Complete daily health screening for your children
- Provide individual ball, water bottles, and hand sanitizer in your players bag
- Communicate practice attendance with your coach/team manager
- Remind your child of their responsibilities (before, during and after BAC Events) for social distancing, respecting boundaries, personal hygiene, and using the bathroom prior to practice (when possible)
- Reinforce face covering use
- Clean and sanitize all equipment and clothing after each use
- Review the arrival and departure procedures in place for your designated field and practice time with your child
- No congregating or socializing on site; at the conclusion of practice, leave the field promptly
- Carpooling with players outside your household should be avoided
- During the Phase 2, no spectators are allowed on the field. Parents/Guardians may wait in vehicles for the duration of practice (especially for younger children, inclement weather, etc)

BAC PLAYERS

- With your parent, complete daily health screening
- Communicate attendance to your Coach and Team Manager
- **NO** sharing of equipment or water bottles; Clean and sanitize all equipment and clothing after each use
- Practice social distancing; no celebratory or physical greetings between players or coaching staff
- Use bathroom prior to attending practice (when possible)
- Understand arrival and departure procedures for your field; no socializing or congregating before or after practices
- Follow Coaching staff directions at all time
- Wash or hand sanitize hands before and directly after practice

PRIOR TO PARTICIPATION CHECKLIST

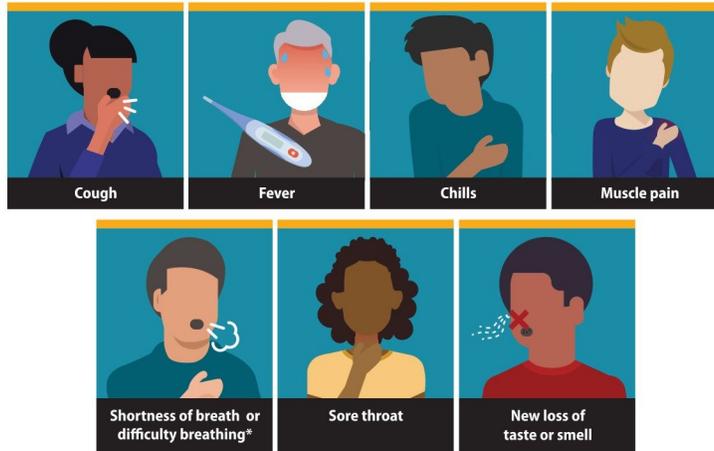
<input checked="" type="checkbox"/>	Parent Completes
	Complete BAC registration http://travelsoccer.burkeathleticclub.org/tryouts
	Sign the COVID-19 Waiver http://travelsoccer.burkeathleticclub.org/files/return-to-play/COVID-19%20-%20Hold%20Harmless%20Waiver.pdf
	Sign the Parent / Guardian Acknowledgement of BAC Return to Play Guidelines http://travelsoccer.burkeathleticclub.org/files/return-to-play/bac_member_covid-19_ackn.pdf
	Update Emergency Health Form/Contact Information http://travelsoccer.burkeathleticclub.org/files/return-to-play/emergency.pdf
	Update Team Snap
	Communicate attendance and any questions or concerns to Coach/Team Manager
	Review procedures for practice arrival and departure
	Complete daily health screening
	Clean and sanitize all equipment/clothing; Pack bag with individual items (ball, water bottles, hand sanitizer)

Step 4: Preparing for Illness and Communicating Exposure to BAC Community

- Any player, Coach or BAC staff member who has tested positive for COVID-19, are exhibiting symptoms, or have been directly exposed to someone who has tested positive to COVID-19, are required to report to the club designated COVID Point of Contact
- In accordance with state and local privacy and confidentiality laws and regulations, BAC will notify local health officials, team staff, league officials and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the ADA and other applicable laws and regulations
- Affected individuals who have tested positive for COVID-19 and/or have been in contact with any players, coach or staff, such individuals must abide to all guidelines (CDC and local health authority) as communicated

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

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

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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FREQUENTLY ASKED QUESTIONS (updated June 12, 2020)

Will my child be required to wear a face covering to participate in youth sports?

- No. BAC is not requiring children to wear face coverings. BAC is asking that all BAC coaches, trainers, team administrators use a face covering when working with their respective teams in a close setting (talking with parents, other staff, players).

Will BAC screen players at each training/game session (temperature checks, medical clearances, etc)?

- No. BAC will ask that parents/players be responsible for their own health and notify the BAC Club Administrator, Coach and Team Manager in the event of illness. All BAC parents/players will be required to sign the [COVID-19 Waiver](#) for Communicable Diseases.

Will BAC Coaches be tested with the COVID-19 antibody test prior to coaching this Fall?

- No. BAC has educated and informed the Coaching/Training staff regarding the risks to COVID-19 and trust they were act responsibly in notifying the club of illness.

What happens if my Coach or a player on my team tests positive for COVID?

- In accordance with state and local privacy and confidentiality laws and regulations, BAC will notify local health officials, team staff, league officials and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the ADA and other applicable laws and regulations.

When will the Fall 2020 League season begin?

- At this time, the information shared by NCSL and EDP is that they are planning on a Fall 2020 season to begin in late summer (August/September)

Will my team participate in tournament play this Fall?

- The decision to participate in tournament play this Fall will be determined by individual team coaching staff in conjunction with BAC Travel Director of Coaching Dave Kerr. At this time, full field games and/or tournaments are not permitted under the state of Virginia guidelines for reopening "Forward Virginia" plan. National youth soccer organizations are recommending that when states are able to reopen, travel to tournaments is limited to the local area.



Burke Athletic Club - Travel Soccer

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<http://travelsoccer.burkeathleticclub.org/>

Burke Athletic Club sponsors a comprehensive soccer program for boys and girls from three to nineteen years of age. The Burke AC travel program provides a more competitive and advanced playing opportunity for its participants. It is the mission of Burke AC to create a meaningful, positive experience for travel players; to develop soccer skills; and to teach the lessons associated with team play (i.e., sportsmanship, building self-esteem).

HELPFUL INFORMATION AND RESOURCES

CDC Guideline to Youth Sports

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

CDC Youth Sports Athlete Factsheet

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-fact-sheet-covid19.pdf>

VA Phase 2 Guidelines

<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Virginia-Forward-Phase-Two-Guidelines.pdf>

VYSA Return to Play Guidelines

https://bsbproduction.s3.amazonaws.com/portals/27433/docs/return%20to%20play%206_5%201.pdf

Fairfax County Emergency Info COVID 19

<https://www.fairfaxcounty.gov/covid19/>

US Soccer Play On Initiative

<https://www.youtube.com/watch?v=NL9d0sQ7nCY>
<https://www.ussoccer.com/playon/guides/phase-1-grassroots>

Aspen Institute

https://www.aspenprojectplay.org/coronavirus-and-youth-sports/reports/2020/6/1/us-soccer-advises-phased-return-to-play-no-youth-travel-tournaments?utm_source=iContact&utm_medium=email&utm_campaign=060220&utm_content=Coronavirus+and+Youth+Sports+Update+-+6/2

National Council on Youth Sports Return to Play Considerations

https://docs.google.com/document/d/1k41ao3fbCDxahMk6oXTyIFeAor1roOPYJoRYN0j5oYQ/edit?_hsmi=89141743&_hsenc=p2ANqtz-8by3cjin-1FmXgQ7aVvqueLvsg2020vYF9b8hEjGxZUMnUI6GZvDOCgtWMwTqcYH7gBk_6MkRgNpV36lf-J8w-4Dx2Lvg#heading=h.6d72kogstjg1