

ROYAL OAK

FOOTBALL CLUB



**Return to Soccer Activities
Guidelines**

Royal Oak Football club is dedicated to protecting the health of all people in and outside of our community. In an effort to assist our players, coaches and parents with their efforts to return to play after the recent suspension of activities, due to COVID-19, Royal Oak Football Club has put together the following guidelines for our members. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Michigan Department of Public Health (DPH) guidelines.

Royal Oak FC also understands the varying concerns of families based on the current situation. **If families do not feel comfortable participating in the return to training, they do not need to participate.**

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content and information are provided for general informational purposes only.

RETURN TO SOCCER ACTIVITIES GUIDELINES

Implementing the Return to Soccer Activities Guidelines presented here will require a cooperative relationship between the club, coaches, parents, and players. While the organization and coach must create a safe environment, the parent(s)/guardian(s) are the only ones who may make the decision for their child to return to soccer activities.

ROYAL OAK FC PRACTICES TO LIMIT RISK TO OUR SOCCER CLUB

- Assign a COVID-19 Safety Officer who will communicate policies organization-wide, to coaching staff, administrators, parents, and players..
- Work with public health officials to notify ROFC parents and players if ROFC becomes aware that an ROFC player or coach that has attended an ROFC sponsored training session has developed COVID-19 and may have been infectious to others while at a club activity.
- Train and educate all coaches on return to activities protocols.
- ROFC is prepared to shut down and stop training and operations if necessary due to general health concerns.
- Any participant who is in close contact (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact) to an individual with a confirmed COVID-19 case should remain quarantined in their home for at least 14 days since their

last known exposure to that individual. If the exposed individual begins feeling sick or exhibiting symptoms consistent with COVID-19, they should speak with their healthcare provider and are urged to get a COVID-19 test.

- Individuals exposed to a confirmed COVID-19 infection should not return to any activities for at least 14 days after the last known exposure to the confirmed COVID-19 case, **regardless of a negative test result**. After an exposure to a confirmed case, it may take a number of days or even longer than a week before an individual starts to show symptoms or begin to feel sick. Many COVID-19 tests immediately after exposure falsely show negative test results, so a full quarantine is required even with a negative test result.
- Participants must be symptom-free and be removed from quarantine in order to return to training. Any individual exposed to a confirmed COVID-19 case should be prepared to answer questions from their local health department and follow all guidelines set by them.
- Provide adequate field space for social distancing (6')
- Provide coaches hand sanitizer that uses at least 60% alcohol.
- Stagger arrival and departure training times for teams. Players must leave immediately after their session.

COACHES

- Monitor themselves for signs and symptoms of COVID-19 and not hold any sessions if they are exhibiting such signs or symptoms.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Check their temperature before a training session and not hold any training sessions if they have a temperature at or above 100.4 degrees F.
- If a coach contracts COVID-19 they must immediately communicate to their teams and not train for 10 days after onset of symptoms, and symptoms are resolved. ROFC will provide an alternate coach for training when feasible.
- Any participant who is in close contact (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact) to an individual with a confirmed COVID-19 case should remain quarantined in their home for at least 14 days since their last known exposure to that individual. If the exposed individual begins feeling sick or exhibiting symptoms consistent with COVID-19, they should speak with their healthcare provider and are urged to get a COVID-19 test.

- If a coach thinks they may have been exposed to someone who has COVID-19, the coach must quarantine for 14 days. Upon learning of exposure, they should communicate information to their teams. Players may continue to train and ROFC will provide an alternate coach for training when feasible. In this case, players are a 3rd party exposure and therefore quarantine is not required.
- Individuals exposed to a confirmed COVID-19 infection should not return to any activities for at least 14 days since the last known exposure to the confirmed COVID-19 case, **regardless of a negative test result**. After an exposure to a confirmed case, it may take a number of days or even longer than a week before an individual starts to show symptoms or begin to feel sick. Many COVID-19 tests immediately after exposure falsely show negative test results, so a full quarantine is required even with a negative test result.
- Participants must be symptom-free and be removed from quarantine in order to return to training. Any individual exposed to a confirmed COVID-19 case should be prepared to answer questions from their local health department and follow all guidelines set by them.
- Review player Health Questionnaires on Team Snap before each and every practice. Disallow players from participating in practice if they have not completed the questionnaire.
- Conduct all training sessions outdoors and in compliance with state and local social distancing guidelines.
- Wear a face covering when not actively coaching and abide by the physical/social distance requirements from players and parents.
- Inquire of each player's health status before, during and after training and watch for any COVID-19 symptoms. If an individual exhibits any symptoms or suspects that they have been exposed to a COVID-19 person, that person should be sent home from training and instructed to contact their healthcare provider as soon as possible.
- Attempt to ensure all athletes are not sharing equipment (ball, water, etc.).
- Attempt to ensure they (as coaches) are the only person to handle equipment (e.g. cones); do not enlist parental or player assistance
- Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.

- The use of scrimmage jerseys or bibs is prohibited at this time.
- Ask players to leave immediately after practice. No recreational play, or loitering is allowed.
- No handshakes, fist or elbow bumps, or any other physical contact.
- Instruct all players to put their personal belongings (bags, backpacks, water bottles, etc) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Review and follow the Coaches toolkit document for more information regarding responsibilities during coaching sessions.

PARENTS

- You must complete the MSYSA/Royal Oak FC waiver linked [HERE](#) before your child attends training.
- Ensure your child's health. Take temperature daily and before coming to training. If your child has a temperature over 100.4°F (38°C) do NOT send your child to training. This may mean your player has a fever caused by an infection or illness. If your player has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice. [Symptoms of Coronavirus](#)
- Submit Health Questionnaire on Team Snap each day before training. Not filling out this information will result in your player not being able to participate in training that day.
- If you or your child tests positive for COVID-19, they must immediately communicate ROFC and not train for 10 days after onset of symptoms, and symptoms are resolved.
- Any participant who is in close contact (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact) to an individual with a confirmed COVID-19 case should remain quarantined in their home for at least 14 days since their last known exposure to that individual. If the exposed individual begins feeling sick or exhibiting symptoms consistent with COVID-19, they should speak with their healthcare provider and are urged to get a COVID-19 test.
- Individuals exposed to a confirmed COVID-19 infection should not return to any activities for at least 14 days since the last known exposure to the confirmed COVID-19 case, **regardless of a negative test result**. After an exposure to a confirmed case, it may take a number of days or even

longer than a week before an individual starts to show symptoms or begin to feel sick. Many COVID-19 tests immediately after exposure falsely show negative test results, so a full quarantine is required even with a negative test result.

- Participants must be symptom-free and be removed from quarantine in order to return to training. Any individual exposed to a confirmed COVID-19 case should be prepared to answer questions from their local health department and follow all guidelines set by them.
- Tell your player that they must adhere to physical/social distance requirements and stay at least 6 feet away from others while at training.
- Please do not carpool. The CDC encourages players to ride to sports events with persons living in their household.
- Please stay in your car or adhere to social distance requirements. The CDC recommends a distance of 6 feet between yourself and people outside of your home. PARENTS, NON-PLAYING CHILDREN AND OTHERS ARE ASKED NOT TO ATTEND AND WATCH TRAINING. PLEASE DO NOT ALLOW YOUR OTHER SIBLINGS TO RUN AROUND.
- If you attend training, we strongly encourage you to wear a face mask.
- Porta-johns may not be provided, and they will NOT be sanitized by ROFC, so please make sure your player goes before training.
- Do not bring food to share
- Be sure your child has necessary sanitizing products, including hand sanitizer and a mask if you want them to wear one, at every training.
- Ensure all equipment (cleats, ball, shin guards etc.) is sanitized before and after every training.
- Do not assist your coach with equipment before or after training.
- Ensure that your child has a water bottle, ball, and all other training requirements.
- Players should NOT arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Pick your player up immediately after practice ends and do not allow them to stay and play.

- Make sure your player properly disposes of any trash or waste.
- Follow all CDC guidelines as well as those of your local health authorities.

PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands).
- Have your own hand sanitizer with you.
- Players may wear a face covering before, during and immediately after each training session.
- Practice physical distancing on the sidelines and when training. When sitting on the sidelines or training you should be 6' from the next player. Your belongings should remain in your space when not in use.
- Bring your own water bottle and equipment (Ball, GK Gloves (if required), shin guards, etc.) Do not touch anyone else's water bottle or equipment.
- Do not touch the coaches equipment, including cones.
- No group celebrations, hugs, handshakes, fist bumps, etc.
- Follow all CDC guidelines as well as those of your local health authorities.
- Require players to have their own water, sanitary products (hand sanitizer, facial tissues, PPE (optional for play), ball, GK Gloves (if necessary), shirts.
- If a player contracts COVID-19 they must immediately communicate to ROFCs and not train for 10 days after onset of symptoms, and symptoms are resolved.
- Any participant who is in close contact (within 6 feet for at least 15 minutes from two days before he/she first showed symptoms to the time when he/she was last in contact) to an individual with a confirmed COVID-19 case should remain quarantined in their home for at least 14 days since their last known exposure to that individual. If the exposed individual begins feeling sick or exhibiting symptoms consistent with COVID-19, they should speak with their healthcare provider and are urged to get a COVID-19 test.

- Individuals exposed to a confirmed COVID-19 infection should not return to any activities for at least 14 days since the last known exposure to the confirmed COVID-19 case, **regardless of a negative test result**. After an exposure to a confirmed case, it may take a number of days or even longer than a week before an individual starts to show symptoms or begin to feel sick. Many COVID-19 tests immediately after exposure falsely show negative test results, so a full quarantine is required even with a negative test result.
- Participants must be symptom-free and be removed from quarantine in order to return to training. Any individual exposed to a confirmed COVID-19 case should be prepared to answer questions from their local health department and follow all guidelines set by them.

DISCLAIMER

Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

RETURNING TO PLAY WILL INCREASE THE RISK THAT YOU OR YOUR PLAYER CONTRACTS COVID-19. YOU OR YOUR PLAYER CAN THEN SPREAD COVID-19 TO OTHERS, INCLUDING PEOPLE WHO ARE AT HIGHER RISK. THE CDC NOTES THAT INDIVIDUALS WITH PRE-EXISTING MEDICAL CONDITIONS, INCLUDING ASTHMA, DIABETES, OR OTHER HEALTH PROBLEMS, MIGHT BE AT AN INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19.

Failure to follow these guidelines may lead to dismissal from the program.

ADDITIONAL RESOURCES

[Center for Disease Control - Coronavirus Disease 2019](#)

[CDC Considerations for Youth Sports](#)

[CDC Guide to Mass Gatherings](#)

[CDC List of people in high risk categories](#)

[EPA Recommended Disinfectants](#)

[WHO Handwashing Video](#)

[FIFA COVID-19 Resources](#)

[US Soccer Play On](#)

[US Soccer Recognize to Recover - COVID 19 and Mental Health](#)

[US Youth Soccer Return to Activity Notice](#)

[Aspen Institute - Coronavirus and Youth Sports](#)