



**Keep it Kicking
Return to Play Outline**

**RIU
RUSH UNION**



GEORGIA RUSH



Task Force Outline:

Mission

To review best practices and available information for returning to play safely. The plan will remain fluid to changing needs.

Our Team:

Juliet Melvin (Admin Pleasantdale)

Kim Keller (Admin Milton)

Steve Reid (Rec Director Pleasantdale)

Adam Greenfield (PSM ATC)

Poorya Mortazavi (Coach/Facilities Milton)

Neil McNab (Rush Union CEO)

Brad Meacham (PSM ATC)



Communication

Outline a plan for our respective organization, and to help Implement that plan. Checking and validating the plan at each phase.

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Phases Timeline*

- Phase One: May 1-May 15
- Phase Two: May 15-May 30
- Phase Three: June 1-June 15
- Phase Four: June 15-June 30

*Subject to change based on county and state guidelines.

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Minimum Requirements:

- **Symptoms:** Any coach, player, parent, referee and or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected corona virus) will be prohibited from attending training or games. Any coach or administrator who sees any adult attendee who displays any of these symptoms should be politely but firmly asked to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor. Everyone should be monitoring symptoms daily, and if athlete, coach or someone in household shows any signs/symptoms of the novel coronavirus they should be staying at home for 14 days.
- **Minimize physical touching between players and coaches:** Coaches shall ensure, and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates (or even give them a hug after being apart for so long!), but we need to be diligent at enforcing this protocol for health and safety of our players and their families.

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Minimum Requirements:

- **Coaches to wear masks during training sessions:** Coaches are required to wear appropriate face coverings during training sessions. Players will also be allowed to wear masks while training, but this will be a personal choice of the player's parent or guardian. Any other individuals attending the training session are required to wear appropriate face coverings and follow social distancing guidelines.
- **Hand sanitizer:** Players should have hand sanitizer for personal use.
- **Avoid "shared" equipment like pinnies:** Players should have their own alternate color training top or pinny – Pinnies should not be shared. Player should have their own ball, water bottle, towel, etc.
- **Reduce players touching practice equipment:** The handling of all training items, i.e., cones, flags, goals etc. should be limited to coaches.

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Minimum Requirements:

- **Avoid large gatherings or lines of players:** Coaches should avoid having players stand or assemble in lines or small groups. Coaches should alter their training methods to incorporate appropriate social distancing (maintaining 6' distancing between players when providing instruction, etc.). It is recommended that player and referee benches be removed, and that players and referees provide their own individual seating to allow for 6' separation.
- **Facility structures cleaning and use:** Any facilities that are accessible during training and games should be cleaned and disinfected regularly. Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6' distancing from non-family members.
- **Increased signage throughout facilities :** Clubs should post reminder signage throughout facilities wherever possible to remind all players, coaches and spectators to maintain social distancing.

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Minimum Requirements:

Social Distancing Oversight: Clubs should assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection (including insurance) for the players and the club.

More Information: For more information about guidance from the CDC, please visit the following links:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>

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Phase One May 1-May 15

- Engaging via online and social media if possible
- Zoom Practice
- Online Resources
- No on field play



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Phase Two

May 15-May 30

Implement **Return to Activities Minimum Requirements:**

Small Group/Individual Training

- Grids to separate players
- Social distancing for parents
- No play zones in between the active play areas
- Specified areas for bags/personal equipment.
- Sessions may be shorter (30-60 minutes)
- Initial work individual or in pairs, players to have their own equipment.
- Players on half field: 10-20
- Individual workstation w/o coach
- Limits social gatherings to 25 people – use of CDC and social distancing guidelines
- High risk individuals, those 65 years old and older and or with medical conditions continue to shelter-in-place, and any family members living with them should be very cautious in returning to active play.





Phase Two

May 15-May 30

Materials List:

Players:

- Masks
- Hand Sanitizer
- Pinnies/Alternate Shirt
- Ball
- Water Bottle
- Other (by family)

Coaches:

- Masks
- Hand Sanitizer
- Thermometers
- Gloves

Facilities:

- Disinfectant
- Signage



Education:

Coaches will be educated on how to safely implement appropriate training sessions, and all participants will be required to sign liability waivers.

Phase Three: June 1-June 15

Implement **Return to Activities Minimum Requirements:**

- Limit one team (maximum 25 people) to each half of a full-size soccer field for each training session.
- Have designated side-line space for each player to keep their soccer equipment and water bottle (6'x6' area with 6' between adjacent player area). Players must bring their own water. No sharing. No communal water coolers.
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6' away when greeting the player.
- Players should not physically contact teammates before, during or after training.
- Individual activities only, no competitive activities (i.e. no 1v1, 2v1, 3v3, or scrimmaging of any kind, etc. activities)
- Designated space for each player (on the field), a player's space must be a minimum of 6' from any other player's space. The size of the space for each player will depend on the technique on which you are working (more space for dribbling vs receiving & passing) and accommodations for the skill level of the player.
- Players should use their own soccer ball whenever possible. At no time should they use their hands to pick up another player's soccer ball. Players should sanitize their soccer ball before and after each training session.
- Since phase 3 does not permit competitive situation or scrimmages, it is recommended that training sessions be limited to:
 - 10U – 45 min; 11U & older – 60 min.
- If a club organizes more than one time slot for training using the same area, there should be a minimum of 20 minutes between the end of one training session and the beginning of the second session. Players waiting for their training session should remain in their cars until 10 minutes before the beginning of their training session.
- Parents attending a training session should follow the same guidelines as the players - stay in their cars until 10 minutes before the training session is to begin. If they are staying to watch the training session, they should stand/sit on the opposite touch line from where the players keep their equipment and families should stand/sit a minimum of 6' away from another spectator who is not a member of their family.
- When training ends, the players, coaches and parents should be directed to promptly gather their equipment and move to their transportation as soon as practical to provide for a clear area for the next group.



Phase Three: June 1-June 15

Materials List:

Players:

- Masks
- Hand Sanitizer
- Pinnies/Alt Shirt
- Ball
- Water Bottle
- Other (by family)

Coaches:

- Masks
- Hand Sanitizer
- Thermometers
- Gloves

Facilities:

- Disinfectant
- Signage

Education: Coaches will be educated on how to safely implement appropriate training sessions, and all participants will be required to sign liability waivers.



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Phase Four: June 15-June 30

Implement "Return to Activities Minimum Requirements"

- Social gatherings up to 250 people - use of CDC and social distancing guidelines required. Including Recreational sports leagues, and tournaments to resume
- Have designated side-line space for each player to keep their soccer equipment and water bottle (6'x6' area with 6' between adjacent player area). Players must bring their own water. No sharing. No communal water coolers.
- Coaches may welcome each player as they come to the field but should not make physical contact with the player and should stay a minimum of 6' away when greeting the player.
- Players are not to physically contact each other when greeting players at training, or before or after competitive play. Physical contact is only permitted within the rules of soccer during time of active, competitive play (no on or off field team huddles, no celebrations involving personal contact, etc.)
- Normal training sessions may begin. Competitive activities and games are allowed. Normal length of training sessions may resume.
- Players should use their own soccer ball whenever possible. At no time should they pick up, using their hands, another player's soccer ball. Players should sanitize their soccer ball before and after each training session. If the coach supplies the balls for training/games, they are to be sanitized prior to each activity, immediately before being used as a game ball and at half time.
- It is recommended that all players attend each training session wearing the same color, either a training shirt provided by the club or a designated color. For an alternate color; here are two options:
 - 1) the player brings an alternate color shirt, or, 2) the coach gives each player a training bib to keep for the season that they are to wash prior to each training session.
- There should be a minimum of 20 minutes between the end of one training session and the beginning of the second session. Players waiting for their training session should remain in their cars until 10 minutes before the beginning of their training session.
- Parents attending a training session should follow the same guidelines as the players. Stay in their car until 10 minutes before the training session is to begin. If they are staying to watch the training session, they should stand/sit on the opposite touch line of where the players keep their equipment and families should stand/sit a minimum of 6' away from another spectator who is not a member of their family.
- When training ends, please encourage the players, coaches and parents to promptly gather their equipment and move to their transportation as soon as practical to provide for a clear area for the next group.
- Games and tournaments are permitted. Sidelines should allow for each player to keep his/her soccer equipment and water bottle (6'x6' area). Players must bring their own water. No sharing. No communal water coolers.
- Players not in the game should follow social distancing guidelines, and the Referee area should allow for social distancing
- Spectators attending games should follow the social distancing guidelines, a minimum of 6' away from another spectator not in their family.



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Phase Four: June 15-June 30

Materials List:

Players:

- Masks (Optional)
- Hand Sanitizer
- Pinnies/Alternate Shirt
- Ball
- Water Bottle
- Other (by family)

Coaches:

- Masks (available)
- Hand Sanitizer
- Thermometers (available)
- Gloves (available)

Facilities:

- Disinfectant
- Signage



Education: Coaches will be educated on how to safely implement appropriate training sessions, and all participants will be required to sign liability waivers.

What if some one gets sick?

If a player or coach is confirmed with a case of COVID 19 we will put the following protocol in place:

The individual will not be allowed to attend any organization events or functions until cleared by a doctor and is symptom free.

All other known individuals who were in contact with that individual will be asked to self quarantine for 14 days and will not be allowed access to the facility during that time. These could be players, coaches, spectators, staff members or others. Individuals will be allowed to return to play after the 14-day period if they are symptom free.

Any parts of the facility that may have been used will be clean and disinfected before any play may resume.

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What happens next?

The return to play task force will continue to monitor the changing climate and adjust the return to play plan as necessary.

This will involve following the guidance of our local and national governing bodies.

We also understand that each family is dealing with varying circumstances and Rush Union will be flexible and allow families to return to play as they feel comfortable.

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Questions, please contact info@rushunionsoccer.org

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