

# CYA

## RETURN-TO-PLAY

### PROCEDURE & GUIDELINES



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# The CYA Return-To-Play plan is not intended nor should it supersede or replace any applicable local, state, regional or federal health guidelines or requirements.

***All CYA Return-to-Play waivers ARE REQUIRED be completed prior to in-person sport practice or participation.***

A plan can only be successful when embraced by the membership and executed effectively. We recognize and respect each member's responsibility to his/her own safety and the safety of their family and want you to feel comfortable and confident in returning to the field. Our coaches will not pressure any player to return to the fields until they are ready to do so.

The health & safety of our CYA community is our first priority and is the guiding light in our approach to returning to play. While we recognize sports play an important role in the lives of our players and families and we are eager to return to the field or court, nothing matters more than protecting the safety of our members. As such, the following principles represent the core of these guidelines:

- 1. The health & safety of our CYA community is our first priority for returning to play.**
- 2. Our guidelines are designed to outline CYA participation expectations; before, during & after each event.**
- 3. Together we can do this, and the shared desire for health & safety transcends your role at CYA, be it a coach, player, parent or volunteer.**



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## Return-to-Play Procedures & Guidelines

The Return-to-Play Procedures & Guidelines are laid out in Phases, to best align with Virginia's gradual reopening. Our first activities will be conducted under the state's Phase II parameters. The intention is to transition through each additional Phase as external conditions improve and local health officials permit; however, a regression in those conditions may result in a return to a previous Phase.

These procedures & guidelines are subject to change based on new information, resources, or circumstances, but represents our current way forward to a safe return to play.



# Return to Play Procedures & Guidelines - Phases

## Phase I

- No more than 10 participants per training area.
- Team rosters organized as separate groups (e.g. a roster of 16 organized as two groups of 8)
- Individual training only; no group activities, or physical interactions or contact.
- Participants must remain at least 10 feet apart, on and off the field
- No sharing of water or equipment, including the ball
- Only the coach handles cones and other equipment
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- No spectators allowed

## Phase II

- No more than two groups or 50 participants per training area.
- Group size may increase to include full team roster
- No physical interactions or contact permitted.
- Small group or cooperative play (e.g. players passing a ball with their feet) may occur; use of hands is prohibited.
- Participants must remain at least 10 feet apart, on and off the field
- No sharing of water or equipment besides a ball.
- Only the coach handles cones and other equipment
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- No spectators allowed

*\*Items that appear in yellow denote changes from phase to phase\**



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# Return to Play Procedures & Guidelines - Phases

## Tentative Phase III

- Participation limits per field may be further reduced or eliminated.
- Group size may increase to include an additional teams from same age group.
- Physical contact introduced and limited to necessary activities and game play.
- Close group contact (huddles, high-fives, fist bumps, hugs, etc.) prohibited.
- No sharing of water or equipment.
- Shared equipment (balls, scrimmage vests, etc.) MUST be cleaned and sanitized by the coach prior and immediately after each session.
- Only coaches handle cones and other equipment.
- Participants are to remain at least 10 feet apart off the field, and as much as possible on the field.
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- Spectators are allowed outside the fencing but with physical distancing and no contact with players

## Tentative Phase IV

- No limitations on participants per training area.
- Formal competition with other teams and clubs resume.
- Limited physical contact, only as necessary for training and games
- Close group contact (huddles, high-fives, fist bumps, hugs, etc.) limited, if not still prohibited.
- No sharing of water
- Shared equipment (balls, scrimmage vests, etc.) MUST be cleaned and sanitized by the coach prior and immediately after each session.
- Only coaches handle cones and other equipment.
- Participants are to remain 10 feet apart off the field, and as much as possible on the field.
- Practice times and duration to account for safety of athletes, maximizing physical distance, and minimizing overlap between groups
- Spectators are allowed outside the fencing but with physical distancing and no contact with players



# HYGIENE PRACTICES TO REDUCE THE RISK OF SPREAD OF INFECTION:

The following practices will help our organization and community to mitigate transmission of any communicable disease.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain 10 feet between you and others.
- Stay home if you feel sick and contact your health care provider

**Individuals who are considered high risk, or those who feel uncomfortable returning at this time, should STAY HOME and notify their coach.**

For in-person CYA Sport programming, Players, Parents, Coaches, and Club must adhere to the following protocols prior to, during, and at the conclusion of these events.

## For Players Prior to Training:

*If you've been sick with or having symptoms of COVID-19 or have been exposed to someone who has been sick with or having symptoms of COVID-19 within the last 14 days, DO NOT attend and have your parent notify the club at [covidalert@chantillyyouth.org](mailto:covidalert@chantillyyouth.org)*

- Be sure all training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last session.
- With your parent, complete the pre-play temperature check and questionnaire, and follow the appropriate protocols as required based on the results.
- Make sure all equipment is packed, your own water bottle, and hand sanitizer, as equipment cannot be shared.
- Use the bathroom before departing.
- Wear a mask to the field.
- Carpooling with others outside of your household should be avoided.



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## For Players During Training:

- If early, wait in your vehicle until 5 minutes before your practice start time to allow the previous group time to exit.
- Use hand sanitizer before entering the field.
- Keep your face covering on until arriving at your training area on the field.
- Practice physical distancing throughout – stay at least 10 feet away from others; no hugs, high fives, or fist bumps permitted.
- Enter the field through the designated area or gate and follow the directions of your coach to the appropriate section.
- Upon arrival to your training area, place your equipment in the designated area, and remove your face covering if desired (face coverings are not required for players during the session).
- Follow the coach's directions throughout the session.
- No spitting on the field.
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared during the session.





## For Players At the End of Training:

- Following the directions of the coach, wear your face covering, leave the training area in an orderly fashion while physical distancing, and exit the designated gate or area of the field.
- Find your parent's vehicle and upon approval of CYA Staff or Coach leave promptly – no congregating or socializing.
- Use hand sanitizer.
- Upon returning home, promptly wash your hands; clean your clothing; and disinfect your training gear prior to the next session.



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## For Parents Prior to Training:

- If your child has been sick with or having symptoms of COVID-19 or has been exposed to someone who has been sick with or having symptoms of COVID-19 within the last 14 days, DO NOT bring your child and notify the club at [covidalert@chantillyyouth.org](mailto:covidalert@chantillyyouth.org)
- Be sure all training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last session.
- Complete your child's pre-play temperature check and questionnaire, and follow the appropriate protocols as required based on the results.
- Make sure all of your child's equipment is packed as equipment cannot be shared.
- Remind your child of their responsibilities before, during, and after the event.
- Review the drop-off and pickup directions of the location you're traveling to.
- Use the bathroom before you depart.
- Wear a face covering to the field.
- Carpooling with others outside of your household should be avoided.



## For Parents During Training:

- Follow the parking lot directions for drop-off and pickup areas.
- If early, wait in your vehicle until 5 minutes before your practice start time to allow the previous group time to exit. Direct your child to the appropriate gate or designated area.
- For parents of younger players: you are permitted to walk them to the gate or entrance area. Park your vehicle wear a face covering, walk your child to the gate, and then return to your vehicle.
- Ensure your child uses hand sanitizer before entering the field.
- Parents should remain on site and must wait in their vehicle for the duration of the event, in case of inclement weather or other unexpected situations.



## For Parents at the Conclusion of Training:

- Pickup your child, and leave promptly – no congregating or socializing, and practice physical distancing.
- Use hand sanitizer and ensure your child does too.
- Upon returning home, promptly wash your hands (and ensure your child does theirs); clean your clothing; and disinfect your training gear prior to the next session.



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## For Coaching Prior to Training:

- If you feel uncomfortable returning, DO NOT participate. Notify your supervisor to determine alternative options.
- Plan training session in accordance with State, Local and Club physical distancing guidelines.
- Be sure all training gear and equipment has been properly cleaned and sanitized if it hasn't already since the last session.
- Complete your own pre-play temperature check and questionnaire, and follow the appropriate protocols as required based on the results.
- Remind your team's families of their responsibilities before, during, and after the event.
- Wear a face covering.
- Review your team's pre-event health survey to confirm all expected attendees have completed this process.



## For Coaching During the event:

- If early and the field is in use, wait in your vehicle until 10 minutes before your practice start time.
- Use hand sanitizer before entering the field.
- Wear your face covering for the duration of the session.
- Practice physical distancing throughout – stay at least 10 feet away from others; no hugs, high fives, or fist bumps permitted.
- Enter the field through the designated area or gate.
- Using your own equipment, arrange training grids for your team, ensuring appropriate distance is maintained.
- Greet and direct players as they arrive to place their equipment next to it, and remove their face covering if desired (face coverings are not required for players during the session).
- Perform individual wellness checks with each player, and immediately contact their parent if any illness or suspicion of illness exists to quietly and safely remove the child from the field.
- Record attendance of all participants present.
- Provide clear direction and guidance to players, and monitor their behavior (e.g. remaining 10 feet apart, not sharing equipment, etc.)
- No equipment (balls, water bottles, hair ties, gloves, etc.) may be shared during the session.



## For Coaches At the Conclusion of Training:

- Lead and direct players to leave the training area in an orderly fashion and ensure each departs with their parent.
- Promptly clear your area of equipment and exit through the appropriate gate or area.
- No congregating or socializing permitted.
- Use hand sanitizer.
- Upon returning home, promptly wash your hands; clean your clothing; and disinfect your training gear prior to the next session.
- Reconcile on-field attendance list with pre-session questionnaire and take appropriate steps to ensure accurate attendance records.



# Required Participation Waivers and Protocols

- Prior to participation in club activities, specific COVID-19 waivers outlining risks and expectations must be submitted by players, parents, and coaches. For players and parents, this must be submitted prior to in-person practice or participation.
- For Phase II activities: individuals who meet any of the criteria below are PROHIBITED from participating in in-person events until they have been cleared by a medical professional and provided appropriate document to the club:
  - Current temperature of 100.4 or higher;
  - Diagnosed with COVID-19 in last 14 days;
  - Is sick with symptoms consistent with COVID-19 (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash) in the last 14 days; and/or
  - Exposed or been in contact with anyone who has been sick with symptoms of or diagnosed with COVID-19 in the last 14 days
- Individuals who are sick, feel sick, or in contact with others who may be or have been sick should STAY HOME and avoid in-person programming
- At-risk individuals with health conditions – youth or adult – should STAY HOME and avoid in person programming.
- All members prior to attending any event must complete a two-step at home wellness check:
  - Temperature check: individuals with a temperature of 100.4 or higher are prohibited from participating; must refrain from participating for a minimum of 14 days; and must notify the appropriate club representative.
  - Complete COVID-19 Pre-Play Questionnaire the same day as the event:
    - Is your participant's current temperature 100.4 or higher?
    - Has the participant been diagnosed with COVID-19 within the last 14 days?
    - Is the participant exhibiting any signs or symptoms (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash) of COVID-19 in the last 14 days?
    - Has the participant been exposed to anyone that has been diagnosed with or has symptoms of COVID-19 in the last 14 days?
- Participants who answer YES to any of these questions are prohibited from participating. Participants who answer NO to all four questions are permitted to attend.
- Coaches are responsible for verifying the on-field attendance with the questionnaire results in the event individuals may have been exposed and need to be notified. Families who fail to complete these surveys may be prohibited from permitting their child to participate.





# Protocols for Reporting and Communication of COVID-19 Exposure

- Staff and Coaches are required to immediately report to their CYA Leadership if they test positive for COVID-19, are exhibiting symptoms of COVID-19, or have been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19.
- For players who have tested positive for COVID-19, are exhibiting symptoms of COVID-19, or have been directly exposed to someone who has tested positive for or is displaying symptoms of COVID-19: their parent or guardian is required to report this to the club at [sports@chantillyyouth.org](mailto:sports@chantillyyouth.org), and should provide as much information, such as:
  - Child's first and last name;
  - Team;
  - Specific symptoms (e.g. sore throat; shortness of breath/difficulty breathing; fever of 100.4 or higher; chills; headache; sinus congestion; cough persistent and/or productive; joint aches and soreness; vomiting or diarrhea; and/or a rash);
  - Testing: have they been tested, or are they being tested, the results, if applicable;
  - Family details: whether the case was identified within another household member, etc.
  - Last date your child participated in a CYA in-person event.
- All names and details will be kept confidential and will only be shared with local health officials.
- If a case of COVID-19 is reported, CYA will communicate with the local health department and follow the appropriate guidelines. All players, coaches and staff who came into contact with that person will be notified. Due to HIPPA laws and to protect the privacy of all involved, the identity of that person will remain anonymous.
- Once notified that an individual that has tested positive for COVID-19 and/or has been in close proximity with any player, coach, or staff member, such individuals must adhere to all guidelines as communicated. These guidelines may include, but are not limited to:
  - Notifying your primary physician
  - Adhering to self-isolation and/or quarantine for 14 days or undergo testing and confirm and negative test result
  - Requiring proof of a negative test or a doctor's note before returning to play
- Affected teams may transition to Virtual Training during this period until members are cleared to return to in-person programming.

