



**Updated 1/11/2022 - FRSA adopts [CDC guidelines](#) for household and non-household COVID exposure as follows:**

**If You Tested Positive for COVID-19 (Isolation)**

Everyone, regardless of vaccination status	<ul style="list-style-type: none"> <li>• Stay home for 7 days</li> <li>• If symptoms are still present and/or you have not been fever free for 24 hours, continue to stay home until you have been fever free for 24 hours</li> </ul>
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**If You Were Exposed (including household) to Someone with COVID-19 (Quarantine)**

Everyone, regardless of vaccination status	<ul style="list-style-type: none"> <li>• You may test after 3 days from exposure date and return if negative (optional) OR stay home for 5 days before returning to play</li> <li>• If you develop symptoms if symptoms stay home for 7 days and return once symptoms have abated. Testing is recommended but not necessary. If you choose to get tested, and are positive, then move to the isolation stage</li> </ul>
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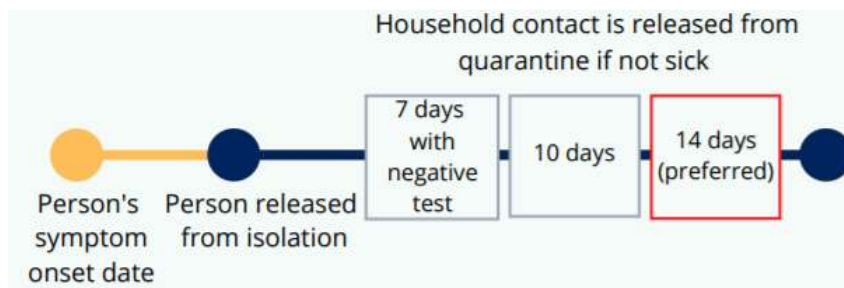
Any person (board members, coaches and players) knowingly not following guidance will be subject to consequences outlined in the Codes of Conducts Article XIII

**Updated - 4/20/2021 - FRSA adopts [VDH guidelines](#) for household and non-household COVID exposure as follows:**

VDH recommends that you quarantine (stay home) while the infected person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house).

If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



## FRONT ROYAL SOCCER ASSOCIATION STAGES OF RETURN TO PLAY (RTP)

This document does not replace the advice or direction of medical professionals. The risks of infection still exists. Until a vaccine or cure is developed for COVID-19, we must proceed cautiously and continue to monitor and comply with the Governor's office, VA Department of Health, CDC and any other federal or local regulations.

Please recognize that many families and individuals will have reservations about re-opening and reintegrating. We must be respectful, sensitive and flexible as we restart. **If a parent, child or coach is not comfortable returning to play, they shouldn't.**

Our approach to return to play is divided into stages, representing the different stages of progress required to achieve the ultimate goal of playing with no restrictions or recommendations related to COVID-19. These guides include a detailed approach to social distancing, screening, practice, and interactions to ensure consistent and best practices are followed to promote the health and safety of all participants and their families.

- PHASE 1 SMALL GROUP TRAINING
- PHASE 2 LIMITED TEAM TRAINING
- PHASE 3 FULL TEAM TRAINING
- PHASE 4 RETURN TO NORMAL PLAY

### Reverting to Earlier Stages

Regardless of which stage we are in; we may determine it is necessary to step back and revert to an earlier stage if any of the following occur.

- Cluster of infections occur in our area
- Inability to maintain COVID-19 RTP protocols
- Inability to track and/or isolate players or staff
- External factor exposes a COVID-19 risk to teams or FRSA
- Changes to local public health official guidelines regarding group gatherings

### Health Measures Being Undertaken

The following are the various health and safety measures, some temporary and some permanent, that will be employed to protect players, coaches and families. These are meant to minimize the risk of spreading COVID-19.

- Social distancing practices will be incorporated into practices, games and sidelines (for players and parents).
- All families must sign a form acknowledging that they have read this document and agree to abide by its contents. Players will not be allowed to participate, if this document has not been signed and returned.
- Player contact will be limited as often as possible. While the game of soccer does necessitate person-to-person contact, the goal is to limit the time of exposure and the frequency that each individual player comes in contact with one another.

Amended ~~1-11-2022~~~~4-20-2021~~

Amended 4-20-2021

Original 7-29-2020

- Screening and sanitization measures will be put into place, including pre-session questionnaires, requesting that masks be worn (players encouraged to wear masks entering and exiting fields), greater spacing of team location and practices times.
- Players will be required to have their own pennies, which will be provided by the team if they are needed, hand sanitizer, ball/GK gloves, mask and water bottles. **Sharing of equipment will not be permitted.**
- Policies around reporting and communication of any COVID-19 exposure will be put into place in accordance with privacy laws.

### PHASE 1 SMALL GROUP TRAINING

- Prior to attending any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
  - The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19
  - The player has not had a documented case of COVID-19 in the last 14 days.
  - The player is not currently demonstrating or suffering from any ill symptoms
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training groups may not exceed nine players and one coach (up to 10 total individuals).
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 10 feet to reduce the risk of disease transmission.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during Phase 1.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 10 feet from other groups, and even further if possible. The total number of attendees (including participants, coaches and facilitators) are limited to 50 persons per field.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. This should include designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 10 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

#### EQUIPMENT:

- Training areas must be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.

Amended ~~1-11-2022~~~~4-20-2021~~

Amended 4-20-2021

Original 7-29-2020

- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Face mask use by players and coaches should be in accordance with local guidelines.

#### **FACILITIES & TRAINING GROUNDS:**

- Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day.

#### **ACTIVITY EXAMPLES:**

- Players may do individual exercises (one player one ball), group exercises (passing progressions with a partner or within the group), or fitness exercises.
- Players should not touch the ball with their hands.
- Players should not head the ball.
- Within this phase, goalkeepers should not use their hands, and should train as field players.

### PHASE 2 LIMITED TEAM TRAINING

**Environmental Context.** Training grounds and facilities are open, local limits on the size of group gatherings have increased, but social distancing requirements remain in place. This phase should last at least 2 weeks, even if local guidelines would allow for progression to Phase 3. While many of the recommendations listed in phases 1 and 2 are identical, this progression is deliberately intended to provide a timeline that can promote fitness development, reduce the risk of injuries, and accommodate a resurgence of COVID-19 cases within the local community.

- Prior to attending any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
  - The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19
  - The player has not had a documented case of COVID-19 in the last 14 days.
  - The player is not currently demonstrating or suffering from any ill symptoms
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Clubs may increase the size of individual training groups within applicable local restrictions regarding group gatherings, but groups should be no larger than a single coach with a full team. Players should again remain within the same group throughout Phase 2.
- The total number of individuals present should still be restricted based on applicable local guidelines regarding group gatherings.
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 10 feet to reduce the risk of disease transmission.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during Phase 2.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 10 feet from other groups, and even further if

Amended ~~1-11-2022~~~~4-20-2021~~

Amended 4-20-2021

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possible. The total number of attendees (including participants, coaches and facilitators) are limited to 40 persons per half of field.

- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. This should include designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 10 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.

#### **EQUIPMENT:**

- Training areas must be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Face mask use by players and coaches should be in accordance with local guidelines.

#### **FACILITIES & TRAINING GROUNDS:**

- Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day.

#### **ACTIVITY EXAMPLES:**

- Within this phase, the team may do individual exercises (one player one ball), group exercises (passing progressions with a partner or within the group), fitness exercises, or team tactical exercises. For example, a coach may train a group of 18 players while still maintaining proper social distancing.
- Players should not touch the ball with their hands.
- Players should not head the ball.
- Within this phase, goalkeepers should not use their hands, and should train as field players.

### **PHASE 3 FULL TEAM TRAINING**

**Environmental Context.** Training grounds and facilities are open and there may be local or state restrictions to the size of group gatherings-

- Prior to attending any training event, each player and coach should check his or her temperature at home, and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
- Prior to participation, staff should obtain verbal or written confirmation from each participating player that:

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- The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19.
- The player has not had a documented case of COVID-19 in the last 14 days.
- The player is not currently demonstrating or suffering from any ill symptoms.
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training of any group size can be conducted.
- Contact between players may occur during play.
- Coaches can integrate into training environments for instruction purposes but should not be in physical contact with players.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.
- Training areas must be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Soccer balls should be disinfected immediately before and after use, but can be handled by goalkeepers and by players for throw-ins. Training vests can be shared between team members but should be washed before and after each use. Other personal equipment recommendations as above should apply.
- Players should bring their own equipment (hand sanitizer, water bottle, training vest(s), towels, etc.)
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use.
- Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.

#### **FACILITIES & TRAINING GROUNDS:**

- Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day.

#### **ACTIVITY EXAMPLES:**

There are no restrictions on training activities.

### **PHASE 4 RETURN TO NORMAL PLAY**

**Environmental Context.** Return to normal play. COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.

Amended ~~1-11-2022~~ ~~4-20-2021~~

Amended 4-20-2021

Original 7-29-2020

### **PARENT RESPONSIBILITIES during RETURN TO PLAY:**

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play.
- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- If your child becomes ill for any reason, please do not send them to training.
- If anyone in your household has tested positive to COVID-19, please notify [president@frontroysoccer.com](mailto:president@frontroysoccer.com)
- If you are returning from domestic travel from a State with a positive % test rate **greater than OR equal to 10%** (based on the state-by-state testing trends published by John Hopkins University - click **HERE**), then your player is expected to self-quarantine for 14 days prior to returning to play.
  - **Players may return to play earlier than 14 days if they receive negative results on an FDA authorized SARS-CoV-2 RNA test taken NO EARLIER THAN 4 days after returning from domestic travel.**

### **PLAYER RESPONSIBILITIES during RETURN TO PLAY:**

- If you are not comfortable with returning to play, DON'T
- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear a mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social or physical distancing, place bags and equipment at least 10 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

### **Protocols for Reporting & communication of COVID-19 Exposure**

- Players, coaches, referees, other volunteers, and FRSA staff member are required to report if they test positive for COVID- 19, are suspected of being positive for COVID-19, or have been directly exposed to someone who has tested positive for COVID-19.
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID- 19 or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to the **President, at [president@frontroysoccer.com](mailto:president@frontroysoccer.com) or (540)635-3526.**
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues and HIPPA laws, the identity of that person will remain anonymous.

Amended ~~1-11-2022~~~~4-20-2021~~

~~Amended 4-20-2021~~

Original 7-29-2020

Once notified that an individual who has tested positive with COVID-19 has been in close proximity (within 6 feet) with any players, coaches, referees, FRSA staff member or other volunteers, must adhere to the following protocol:

- Notify their primary physician.
- Team, coaches and players should begin in-home isolation for a 14-day period.
- Team, coaches and players may discontinue in-home isolation if they undergo testing and the test result is negative.
- Before players, coaches, referees, FRSA staff member or volunteers, who has tested positive for COVID-19 can return to practice or games, the following conditions must be met:
  - A minimum of 7 seven days must pass since the initial onset of symptoms.
  - A minimum of 72 hours must pass without symptoms, and without the aid of fever-reducing medications.
  - The staff member and player must attain a negative COVID-19 test result.



## PRE-TRAINING/GAME SCREENING QUESTIONNAIRE

Every player, coach, referee, volunteer, and FRSA staff member must answer honestly the following pre-training/game questions before every team function and submit the signed form to the appropriate coach or division commissioner.

1. Have you had any close contact with a sick individual or anyone with a confirmed case of COVID-19?  
YES \_\_\_\_\_ NO \_\_\_\_\_
2. Have you had a documented case of COVID-19 in the last 14 days?  
YES \_\_\_\_\_ NO \_\_\_\_\_
3. Are you currently demonstrating or suffering from any ill symptoms?  
YES \_\_\_\_\_ NO \_\_\_\_\_

FRSA will be required to prohibit any player, coach, referee, volunteer, and FRSA staff member from entering the soccer complex or training fields if their temperature is 100.4 or higher OR answered YES to the questions listed above.

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature Parent or Legal Guardian (if player is under 18)

\_\_\_\_\_  
Printed Name of Parent or Legal Guardian

**Forms must be completed by hand and turned in prior to EVERY FRSA Sponsored Event**

**FRSA Member COVID-19 Return-to-Play Acknowledgement and Consent**

*I declare that I have read, fully understand and agree to comply with FRSA's Return-to-Play plan.*

- I am aware and understand details of future stages of the return-to-play will be released prior to advancing that stage. I will review and adhere to these protocols as they are released.*
- I agree to honestly follow the at home pre-training responsibilities prior to every team function and keep my child home from any team function when experiencing any symptoms of COVID-19.*
- I agree to following the notification protocols and consult a physician when experiencing any symptoms of COVID-19.*

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Printed Name

## INFORMATION OF RISK STATEMENT

Training for and playing soccer carries with it certain risks that cannot be eliminated regardless of reasonable care taken to mitigate such risks. Soccer is a vigorous team sport involving severe cardiovascular stress, exertions of strength using various muscle groups, quick movement involving speed and change of direction, and potential contact with equipment, fixed objects, and other participants (including participants that are older or younger and may be larger or smaller in terms of height and weight). The specific risks vary from (1) minor injuries such as cuts, bruises, muscle strains or sprains, to (2) major injuries such as broken or fractured bones, concussion or lost teeth, to (3) catastrophic injuries, such as heart attacks or fractured skull or those that cause disfigurement, loss of mental capacity, loss of sight, speech or hearing, paralysis or death. Participants may also be exposed, or expose others, to contagious and potentially harmful or deadly diseases such as influenza, common cold, chicken pox, meningitis or measles. This risk includes exposure to COVID-19, the virus that causes the coronavirus disease.

In addition, Participants may also be exposed to risks while participating in activities including vehicular accidents and those risks arising from hotel stays; exposure to large crowds; and exposure to risks related to the receipt of treatment for any physical or mental condition.

By signing this statement the Participant and his or her Parent/Guardian acknowledge that they have (1) read the previous paragraph (2) understand the nature of the activities offered by FRSA; (3) understand the demands of those activities relative to the physical condition and skill level of Participant; (4) appreciate the types of injuries and illnesses that could occur and (5) understand the risks related to travel and treatment which may occur as a result of participation with the FRSA.

Participant and Parent/Guardian hereby acknowledge that participating with FRSA and use of facilities utilized by FRSA and services is voluntary, and that Participant and Parent/Guardian knowingly and expressly assume all related risks.

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Printed Name