



RETURN TO PLAY PLAN

Along with our players and parents, the staff and coaches of Chesapeake United are anxiously awaiting the return to soccer, normalcy, and community. Chesapeake United will continue to follow the guidance and protocol set forth by the Governor and the Center for Disease Control (CDC). While we understand that some of these guidelines may be difficult for our players, our first priority is the health and wellness of our club family so we must be diligent in enforcing them and we appreciate your cooperation in doing so. We will strive daily to make the return to play a fun and exciting one for our players without ever sacrificing the need to ensure their safety.

The information contained in this document is a basic outline of the "Return to Play" plan that our coaches, players, and parents will be required to follow for the fall 2020 season until further notice. This information is not a substitute for professional medical expertise, advice, diagnosis, or treatment. As we return to play, Chesapeake United will implement the following "Return to Play" protocol to ensure a safe and appropriate environment for all.

General Guidelines: The following will apply beginning June 15 until further notice.

- i. Participation in the fall 2020 season is only allowed if you have had no signs or symptoms of Covid-19, no signs or symptoms that may have been Covid-19, and have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum of 14 days prior to participation.
- ii. If you are sick or feel sick, STAY HOME.
- iii. At risk individuals should STAY HOME. If you are unsure if you are "at risk", you should consult a medical professional.
- iv. All players, parents, and staff will take their temperature prior to departing for the fields. Anyone with a temperature of 100 or more will not be allowed to participate for a minimum of 14 days and must follow CDC guidelines prior to returning.
- v. No players or coaches will share any personal equipment including, but not limited to: water bottles, cleats, shinguards, clothing (uniforms), accessories, or pinnies. Players may be asked to wear certain attire (training uniforms) to training.
- vi. Players will not gather together in groups before training, after training, or during breaks.
- vii. Players will train in socially distanced areas as required by guidelines of phase II, III, and IV.
- viii. All players, parents, and coaches will respect each individual's decisions when returning to play. Any player who wishes to wear a face mask, gloves, etc. will be welcomed to do so without question.
- ix. If a player or parent is not comfortable returning to play, they should not return. This decision will not be held against the player, parent, or family in any way.
- x. Centerville Park may have its own policies and procedures. All players, parents, and coaches are required to abide by these.
- xi. Phase II, III, and IV guidelines are expected from governing organizations and will be adhered to as they are received.
- xii. Spectators (parents/guardians) may be limited or prohibited on the field of play and/or surrounding areas other than the parking lot if the fields have reached maximum permissible capacity. This is to be determined and may change at any time.
- xiii. All participants - players, parents, families, coaches, staff, and volunteers - must recognize that this situation is ever-changing and the policies, procedures, and plans could change accordingly. It is imperative that everyone is understanding of potential changes and are willing to adapt as necessary.
- xiv. No gatherings are permitted at Centerville Park on any fields or in the parking lots. Players and parents are expected to leave the park at the end of their training and/or game in order to allow the next group to come on to the fields in an environment which allows adequate social distancing.



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Implementing the protocols to ensure a safe and appropriate environment will require an accountable, collaborative relationship between the Club, coaches, parents, and players. The club and coaches will be responsible to create a safe environment, and the parent will be responsible to make the decision best for their player and family in regards to returning to play. Players must be responsible in adhering to the protocol, respecting the requirements, and honoring the guidelines established for them. If a parent is uncomfortable with their player returning to play, the player should NOT return. Any person who is not cooperative with the following roles and responsibilities will kindly be asked to leave. It is important to note that this is an ongoing situation and may result in changes in the training environment. Chesapeake United will continue to monitor guidance from federal, state and local authorities and will communicate any additional phase restrictions as they are developed.

Responsibilities for individual roles include, but are not limited to, the following:

| CLUB | COACH | PARENT | PLAYER |
|---|--|--|---|
| <ul style="list-style-type: none"> • Distribute and post Return to Play protocols • Be sensitive and accommodating to parents who may be uncomfortable with returning to play • Train and educate all staff on Return to Play protocols • Provide adequate field space for social distancing • COVID-19 reporting and communication where needed • Provide quality training opportunities for players without sacrificing safety • Sanitize all training equipment daily | <ul style="list-style-type: none"> • Follow all Return to Play protocols • Inquire how athletes are feeling - If they are not feeling well, send them home • Ensure all athletes have their individual equipment (ball, water, shin guards, etc.) • Coach is the only person to place/pick up/touch cones, discs or training equipment • Ensure drills/exercises provide for adequate social distancing • Ensure that equipment is disinfected after each use • Respect players, parents, and families by accommodating those that may not yet be comfortable with returning • Openly communicate with technical staff any questions or concerns immediately • NO physical contact with players | <ul style="list-style-type: none"> • 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 • Check child's temperature before coming to any training session • Ensure child's clothing is washed after every training session • Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training • Notify club/coach immediately if your child becomes ill for any reason • Supply your child with individual sanitizer • Adhere to social distancing requirements recognizing that these may change • Ensure your child has plenty of water | <ul style="list-style-type: none"> • If you are not comfortable with returning to play, DON'T • Adhere to all Return to Play protocols • Wash hands thoroughly before and after training • Wash and sanitize training equipment (shoes, shin guards, clothing) after every training • Do not share water, food or equipment • Respect and practice social distancing • Place equipment, bags, etc. 10 feet apart • No high 5's, handshakes, knuckles or group cheers/celebrations |



FALL 2020 GAME DAY PROCEDURES

Chesapeake United's Return to Play Plan is available online at chesapeakeunited.org.

The following game day procedures are designed to promote a safe environment for all players, parents, and coaches during games played at Centerville Park. The Chesapeake United Return to Play Plan is the main source of protocol during COVID-19 and the following procedures are intended to provide clear instruction on adhering to the plan in a game setting. The guidelines in the Return to Play Plan as well as the procedures listed below are subject to change as new guidelines are set forth or recommendations are made by the Governor of Virginia, Virginia Youth Soccer, the Center for Disease Control, and/or the City of Chesapeake. Please understand that these guidelines and procedures are set with intent to protect our players' opportunity to play through the facilitation of a compliant environment. Chesapeake United will strictly enforce the Return to Play Plan and Game Day Procedures in the interest of safety and comfortability for all members and guests of the Club. **All players, parents, spectators, and coaches are required to adhere to the procedures set forth by Chesapeake United. Anyone who does not cooperate may be asked to leave the facility immediately.**

A. PRE-GAME (upon arrival, during warm-ups):

1. All players, parents, and coaches will wash their hands in the appropriate bathroom upon arrival to Centerville Park.
2. Coaches will set up cones in 2-3 lines, 6 feet apart from each other for each individual players to place their equipment for the duration of the warm-up and game. Players from all teams must utilize this setup for distancing when applicable.
3. Coaches will ensure that their team's parents/spectators are seated 8 feet off of the field of play to ensure ample room for players during throw-ins, corner kicks, etc. Chesapeake United coaches are responsible to ensure that parents from both sides are in the correct places prior to kickoff. (Phase III allows 250 people per field as of 9/11/2020.)
4. During the captains coin toss, there will not be any handshakes. Players in the coin toss should still greet each other and exchange names as normal, keeping a distance of 6 feet throughout the process.

B. DURING GAME:

1. No Players will sit on the bench. All players will sit on the ground where their equipment is placed or in their own chair that they bring. Team coaches are responsible to enforce this. Players may not share chairs brought to the field.
2. Coaches will wear a mask when within 6 feet of any player.
3. Coaches will enforce the distancing of players during team talks, water breaks, halftime, etc.
4. Substitutes coming onto or leaving the field should not make direct contact with anyone.
5. Players may not share jerseys, pinnies, equipment, water, or any of their personal belongings with anyone else.
6. Coaches from opposing teams will not be within 6 feet of the opposing team's players at any time.
7. Spectators should never be within 6 feet of any players at any time before, during, or after the game.

C. POST-GAME:

1. No handshakes at the end of the match. Players should gather with their respective teams on their sideline (keeping 6 feet of distance between all players) and say "good game" as a group from a distance, clapping for their opponent as a sign of good sportsmanship.
2. As soon as the game is over, ALL spectators should remain in their own space waiting for their child or go to their vehicle. No group gatherings are allowed on the fields before, during, or after games. Once players are released from their post-game talk, all players and parents are expected to leave the fields.



TOURNAMENT GUIDELINES

Along with our players and parents, the staff and coaches of Chesapeake United are excited to host competitive, fun, and safe events. Chesapeake United will continue to follow the guidance and protocol set forth by the Governor and the Center for Disease Control (CDC). While we understand that some of these guidelines may be difficult for our players, our first priority is the health and wellness of our club family so we must be diligent in enforcing them and we appreciate your cooperation in doing so.

The guidelines in this document are to be followed in conjunction with the "Return to Play Plan" and "Game Day Procedures". All participating coaches, players, and parents will be required to follow for the fall 2020 season until further notice. This information is not a substitute for professional medical expertise, advice, diagnosis, or treatment. Anyone who does not follow these guidelines is subject to removal from the facility and disqualification from the tournament.

General Guidelines: The following will apply for all teams participating in Chesapeake United Tournaments.

- I. Teams are asked to bring with them 2 game balls that have been cleaned before the game with lysol wipes. We also ask that all team equipment that is shared be cleaner before and after games.
- II. There is no coin toss for this event. Home team will decide ball or side of the field at the start of the game.
- III. Sportsmanship is encouraged but no hand shakes after the game! Teams can clap for one another instead.
- IV. Benches are not being used. If there are some at your field please know it has not been cleaned by the complex or us prior to the game. You can use it at your own risk and we recommend bringing lysol wipes with you if you plan on using a bench.
- V. There is limited time between games but we request that parents/spectators stay in cars until 5 minutes before the start of their game. Players and Coaches are allowed to arrive 30 minutes prior to their games for warm ups and can use empty fields to do so.
- VI. Managers will be required to have their player cards, rosters and medical waivers (From their club) with them at all times but we will not be needing to see them before each game. If a rostered player is questioned for any reason we will have the refs conduct a roster check at the field while properly social distancing.
- VII. Game cards will be handled by the refs and the tournament staff only. No manager score cards will be used at this event.
- VIII. All guidelines list in the "Return to Play Plan" and "Game Day Procedures" are to be followed throughout the event.