



## SAC Return to Play General Guidelines

SAC's guidelines for returning to play are designed to keep participants safe. These guidelines are for staff, players, coaches and families.

All participants must read the return to play guidelines and sign a liability waiver before participating in a team event. All registered players will have signed the liability waiver during their registration process.

- Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation
- If you are sick or feel sick, **STAY HOME**
- At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
- If you find yourself in a situation that is outside of the current Howard County recommendations and restrictions for flattening the COVID-19 curve or where you are unsure if you have been exposed to COVID-19, we ask that you self-isolate for 14 days before returning to the field
- All players should be assigned a designated area for their equipment and water by their coach. Assigned space should allow for adequate distancing
- Unless otherwise stated within a specific phase, no one is to share any personal equipment. This includes but is not limited to: water, towels, balls, shin guards, tape, hairbands, jerseys/uniforms, pinnies or bibs of any kind, etc.
- No centralized hydration stations
- No snacks or team gatherings at the field and/or complex after games
- Please vacate the field and/or complex directly after the conclusion of your team event
- All participants should bring sanitizers to the training sessions. This may include but is not limited to:
  - Hand sanitizer
  - Disinfectant wipes to be used to wipe down all equipment before and after sessions by coaches
- If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed
- **Participation is voluntary** and participants should only return to the field when they are comfortable and ready





**SAC Return to Play**  
**SAC Phase 3 (MSRR Stage 3 High Risk)**

- Training group and size unrestricted
- Gradual return to full team competition
- No training restrictions
- Full team competitions can occur
- Continue Covid-19 mitigation strategies
- Physical contact should be minimized whenever possible and limited to what is necessary for training and games
- No high fives, fist bump or any other unnecessary physical contact
- Participants are to remain 6 feet apart off the field
- Soccer balls may be shared but must then be disinfected before and after each session as well as during sessions when possible
- If possible, soccer balls should be sanitized during training and halftime for games
- Only the coach may handle cones
- Facial Coverings:
  - Players are required to wear face coverings to and from the field
  - Coaches are required to wear face coverings at all times (on and off the field)
  - Spectators are required to wear face coverings at all times
- It is recommended that only parents and siblings attend team events and games
- Spectators are expected to practice proper social distancing and should remain off the playing fields at all times.





## SAC Return to Play Exposure/Infection Guidelines

### **Exposure**

Any player who has been exposed to COVID-19, whether they have tested positive or not, must stay away from SAC activities for at least 14 days from the latest date of exposure. If, after the initial 14 days, the player has not developed any COVID symptoms, they may return to play.

### **Infection**

If an infection is reported, the diagnosed individual will not be allowed to participate in SAC activities until the Club receives either (a) a written Covid-19 clearance from a physician or (b) a negative COVID test result.





## SAC Return to Play SAC Responsibilities

- Create and distribute protocols to members
- Have an effective communication plan in place
- Maintain participant confidentiality regarding health status
- Be sensitive and accommodating to families that many be uncomfortable with returning to play at this time
- Train all staff on protocols and requirements, including state and local regulations
- Provide adequate field space to provide for adequate social distancing
- Be prepared to shut down and stop operations or revert to earlier phase of training

## Coach Responsibilities

- Follow all Return to Play Guidelines outlined above
- Inquire how athletes are feeling. Send home anyone you believe is ill
- Ensure players have their own equipment (ball, water, bag etc.)
- Only the Coach can handle equipment (e.g. cones, disk etc.)
- Assign a designated area for each player's equipment and water that allows for adequate distancing
- Coaches should maintain social distance requirements from players based on state and local health guidelines
- Respect players, parents and families by accommodating those that may not yet be comfortable with returning to training
- Have fun and stay positive





## **SAC Return to Play Parent Responsibilities**

- Follow all Return to Play Guidelines outlined above
- 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
- Ensure child's clothing is washed after every training
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training
- Notify SAC immediately if your child becomes ill for any reason
- Do not assist your coach with equipment before or after training
- Be sure your child has necessary sanitizing products with them at every training

## **Player Responsibilities**

- 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
- Wash hands thoroughly with soap or sanitizer before and after using the restroom
- Wear 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 6 feet apart
- Wash and sanitize all equipment before and after every training
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.





## SAC Return to Play Extra Resources

- Maryland State Youth Soccer Association Recommended Guidelines:  
<https://www.msya.org/msya-return-to-play-guidelines/>
- US Youth Soccer Return to Activity Resources:  
<https://www.usyouthsoccer.org/resources/return-to-activity-resources/>
- US Soccer Play ON Recommendations:  
<https://www.ussoccer.com/playon/guides/phase-1-grassroots>
- CDC Guidelines:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Maryland State Guidelines:  
[https://governor.maryland.gov/wp-content/uploads/2020/04/MD\\_Strong.pdf](https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf)

