



# Maroons Soccer Club

## Return-to-Play Notice & Guidelines

*Last Updated: March 14, 2020*

***Safety Status as of 3/14/2021: Phase 5 (full return-to-play)***

The purpose of this document is to provide Maroons Soccer Club (MSC) players, parents, and coaches with guidelines to assist them with developing their return-to-play programming in the context of COVID-19. These guidelines focus on the early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve. MSC will align with all [NJDOH](#) and [Ridgewood Public School](#) safety guidelines. Please follow these links for the most up-to-date guidelines:

- [NJDOH](#)
- [Ridgewood Public Schools](#)

Many of these recommendations rely upon rules and regulations set forth by public health authorities, along with guidance from US Youth Soccer and US Soccer. In addition, we all must recognize that there will be other logistical and implementation challenges for activity organizers, participants and their families given COVID-19.

The guidelines in this document are NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Maroons Soccer Club makes no representation and assumes no responsibility for the completeness of this information. Further, MSC players, parents, and coaches are encouraged to seek advice from medical professionals and/or public health officials in your area if you have specific questions.

Finally, although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection.



## INTRODUCTION

Below are the specific guidelines set by Maroons Soccer Club (MSC) and steps that will be taken to reduce the risk of infection amongst our players and coaches in accordance with national and local restrictions. In addition to the guidelines outlined below, the following protocols will be in place:

- MSC will work in accordance with all [NJDOH](#) and [RPS](#) guidelines regarding returning to youth sports.
- MSC will use Matthew Myers, [maroons.doc@gmail.com](mailto:maroons.doc@gmail.com), Director of Coaching, and Clay Fisher, [clay@maroonsoccer.com](mailto:clay@maroonsoccer.com), Club President, as lead/contacts for all matters relating to COVID-19.
- All staff will undergo guideline training and acknowledge understanding and compliance with all guidelines.
- All player parents or guardians will acknowledge understanding and compliance with all guidelines.
- All player parents or guardians will utilize the TeamSnap Health Check feature before each practice and game
- All player parents, guardians, and coaches will provide consent to [Assumption of the Risk and Waiver of Liability Relating to Coronavirus / COVID-19](#).
- Additional safety guidelines, including frequently asked questions can be found on the [Maroons Soccer Club Website](#).
- If any players, parents, or coaches are uncomfortable returning to play - DON'T PLAY.



### **PHASE 3: ONSITE DISTANCE TRAINING**

**Start Date:** 6/22/2020

Below are recommended criteria for participation in permitted small group training sessions (includes players, coaches, and staff). Sessions will be limited to non-contact practices and be focused on individual ball development skills and fitness.

- No signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Have no above normal (less or equal to 100.4 degrees Fahrenheit) temperature readings; temperature checks should be conducted by players and their families prior to attending training.
- Upon arrival to training, coaches or staff should ask each player the following four questions. If a player answers yes to any question he/she should be sent home and instructed to contact his/her healthcare provider as soon as possible.
  1. if he/she has had his/her temperature checked prior to practice
  2. if he/she is experiencing any signs or symptoms of COVID-19 ([see CDC website](#)) including, but not limited to, cough, shortness of breath, fever, chills, sore throat, new loss of taste or smell
  3. if he/she has been exposed to anyone who has tested positive for COVID-19 in the last 14 days
  4. if he/she has traveled from one of the restricted states listed on the [NJDOH travel advisory list](#) and quarantined for at least 14 days
- Training sessions should take place outside in an area where physical distancing can be maintained.
- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Participants should use their own ball, water bottle, towel and any other personal hygiene products.
- Avoid any activities that may require direct or indirect contact (e.g. bumping, tackling, shielding) between players.
- Clean equipment with the proper use of disinfectant before, during, and after training as equipment comes in contact with players.
- Designated areas for each participant's gear should be clearly marked off the field
- While coaching can occur onsite, coaches must maintain physical distancing from participants.



#### **PHASE 4: CONTROLLED TEAM TRAINING, CONTACT PRACTICES, & COMPETITIONS**

***Start Date:*** 7/6/2020

Phase 4 will begin a minimum of two-weeks after Phase 3 and is tentatively scheduled for July 6, 2020. Phase 4 will include the same safety precautions as Phase 3 with the following exceptions:

- Participants can come into close contact in training but remain 6 feet apart off of the field while continuing to use a mask to/from the field
- Sharing of soccer balls is allowed although no sharing of water or equipment
- Spectators permitted with proper social and/or physical distancing and no contact with players or teams

Although full practices are allowed during this stage we feel conditions must be placed on training sessions to reduce the amount of contact between players including:

- 75 minutes of activity for 90 minute training sessions
- Small sided scrimmages will be a maximum of 15 minutes
- If players are not comfortable scrimmaging they can be exempt and sit out from that part of training

If any players, parents, or coaches are uncomfortable returning to play - DON'T PLAY.



## **PHASE 5: FULL RETURN-TO-PLAY**

**Start Date:** *Current As of September 9, 2020*

- No training restrictions
- Physical contact should be minimized whenever possible
- No sharing of water or equipment (exception for soccer balls)
- Participants remain 6 feet apart off of the field
- Spectators permitted with proper social or physical distancing and no contact with players or teams. At risk individuals should still take precautions.



## ROLES AND RESPONSIBILITIES

The following should be followed for practices and games:

### Coaches:

- Check each player's TeamSnap Health Check status
- Get verbal confirmation that the player has checked his/her temperature at home.
- Get verbal confirmation that the player has not been exposed to anyone who has tested positive in the last 14 days.
- Get verbal confirmation that the player has not travelled from a restricted state in the last 14 days. An updated [travel advisory list can be found here](#). As of September 8, 2020 the list of restricted states requiring a 14 day quarantine are:
  - Alabama *(added 6/24/20)*
  - Alaska *(re-added 9/1/20)*
  - Arkansas *(added 6/24/20)*
  - California *(added 6/30/20)*
  - Delaware *(re-added 9/8/20)*
  - Florida *(added 6/24/20)*
  - Georgia *(added 6/30/20)*
  - Guam *(added 8/25/20)*
  - Hawaii *(added 8/11/20)*
  - Idaho *(added 6/30/20)*
  - Iowa *(added 6/30/20)*
  - Illinois *(added 7/28/20)*
  - Indiana *(added 7/21/20)*
  - Kansas *(added 7/7/20)*
  - Kentucky *(added 7/28/20)*
  - Louisiana *(added 6/30/20)*
  - Maryland *(re-added 9/8/20)*
  - Minnesota *(re-added 7/28/20)*
  - Mississippi *(added 6/30/20)*
  - Missouri *(added 7/21/20)*
  - Montana *(re-added 9/1/20)*
  - Nebraska *(added 7/21/20)*
  - Nevada *(added 6/30/20)*
  - North Carolina *(added 6/24/20)*
  - North Dakota *(added 7/21/20)*
  - Ohio *(re-added 9/8/20)*
  - Oklahoma *(added 7/7/20)*
  - South Carolina *(added 6/24/20)*
  - South Dakota *(added 8/11/20)*
  - Tennessee *(added 6/30/20)*
  - Texas *(added 6/24/20)*



- o Utah (added 6/24/20)
- o Virginia (added 7/21/20)
- o West Virginia (added 9/8/20)
- o Wisconsin (added 7/14/20)

*Note: Puerto Rico and the Virgin Islands were removed 9/8/20. Arizona was removed 8/25/20. New Mexico, Rhode Island, and Washington were removed 8/11/20. The District of Columbia was removed on 8/4/20.*

- Follow all MSC return-to-play policies and remind all players prior to practice start.
- Set-up field to allow players to have their own space.
- Ensure he/she is the only person handling equipment.
- Ensure social distancing takes place - no high fives, hugs, etc.
- Observe social distancing while coaching and maintain a 6 foot distance from all players.
- Wear a face mask while coaching.
- Do not use pennies.
- Respect players/parents who are not comfortable returning to play.

**Parents:**

- Check your child's temperature before each training session.
- Complete the TeamSnap Health Check prior to each practice and game.
- Notify the club and coach immediately if your child becomes ill.
- Ensure your child has sanitizing products, water bottle, and their own ball.
- Stay in your car during practice. If you must get out, wear a mask at all times.
- Ensure your player washes his/her hands before and after each training session.
- Ensure clothes and equipment are sanitized before and after each training.
- If you're uncomfortable with your child returning - DON'T PLAY.

**Players:**

- Bring and use hand sanitizer.
- Place bags and equipment at least 6 feet apart.
- Do not touch or share anyone else's equipment - including ball or water.
- No group celebrations, high 5's, hugs, handshakes, fist bumps, etc.
- Respect and practice physical distancing.
- Wear a mask to and from the practice area.
- Wash hands thoroughly and immediately before and after training.
- Wash and sanitize all equipment before and after events.
- If you're uncomfortable with returning - DON'T PLAY.



## **ARRIVAL/DEPARTURE & TRAINING PROCEDURES**

**Drop-off:** Players should NOT leave their vehicle until 15-minutes before the scheduled session. Parents can wait but must stay in their car. Players must wear masks from the car to their training space.

**Pick-up:** Pick-up is immediately after the session. Players must wear their mask from the practice area to the car.

**Equipment:** Players bring their own ball, both training jerseys, personal pinnie, sanitizer, GK gloves (GK only) and water bottle. No other equipment should be brought. Masks are required to and from training space and are recommended while practicing but not mandatory.

**Training Sessions:** Sessions are 60-minutes in duration, focusing on individual ball work and fitness. Passing is permitted but players can not put their hands on another player's soccer ball. Goalies must wear gloves when touching balls and should not share gloves.

**Social Distancing:** Players, parents and coaches must observe social distancing at all times including walking to and from the field.





## RESOURCES

- [NJ COVID-19 Information Hub](#)
- [NJ Department of Health Guidelines for Sports Activities](#)
- [USSF / US Soccer Return to Play Resources](#)
- [USYS / US Youth Soccer Return to Play Resources](#)
- [NJ Youth Soccer “Return to Play” Guidelines Video](#)
- [NJ Youth Soccer “Return to Play” infographic](#)
- [CDC Coronavirus/COVID-19 Information](#)
- [Move United](#)
- [Special Olympics Resources](#)
- [Federation for Children with Special Needs Resources](#)
- [Autism; Wearing a Mask Social Story](#)