



**Return To Play (RTP) Protocols
Phase 3**

RTP Protocols

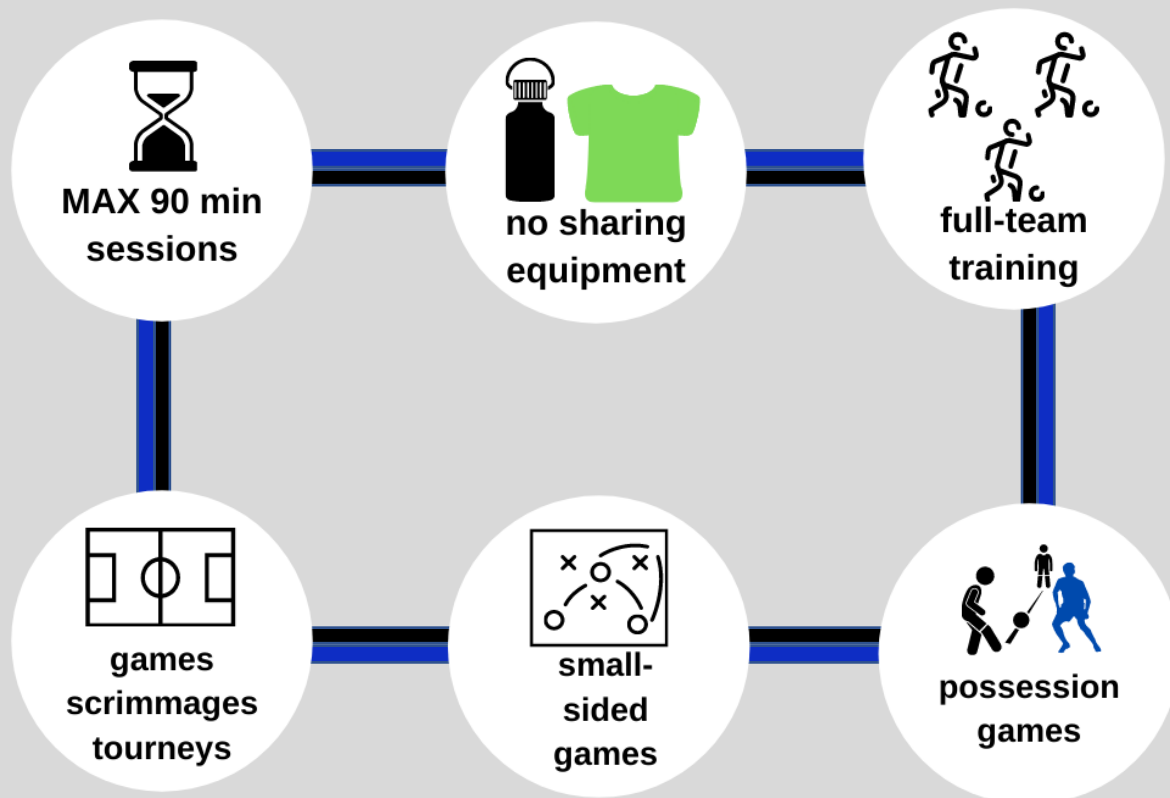
PHASES

1 → 2 → **3** → 4

PHAS E #3

- ✓ FULL RETURN TO PLAY
- ✓ LIMITED RESTRICTIONS IN TRAINING SESSIONS
- ✓ NO SHARING OF WATER
- ✓ SCRIMMAGES AND MATCHES TO BE PLAYED
- ✓ PRACTICE ALL SOCIAL DISTANCING PROTOCOLS

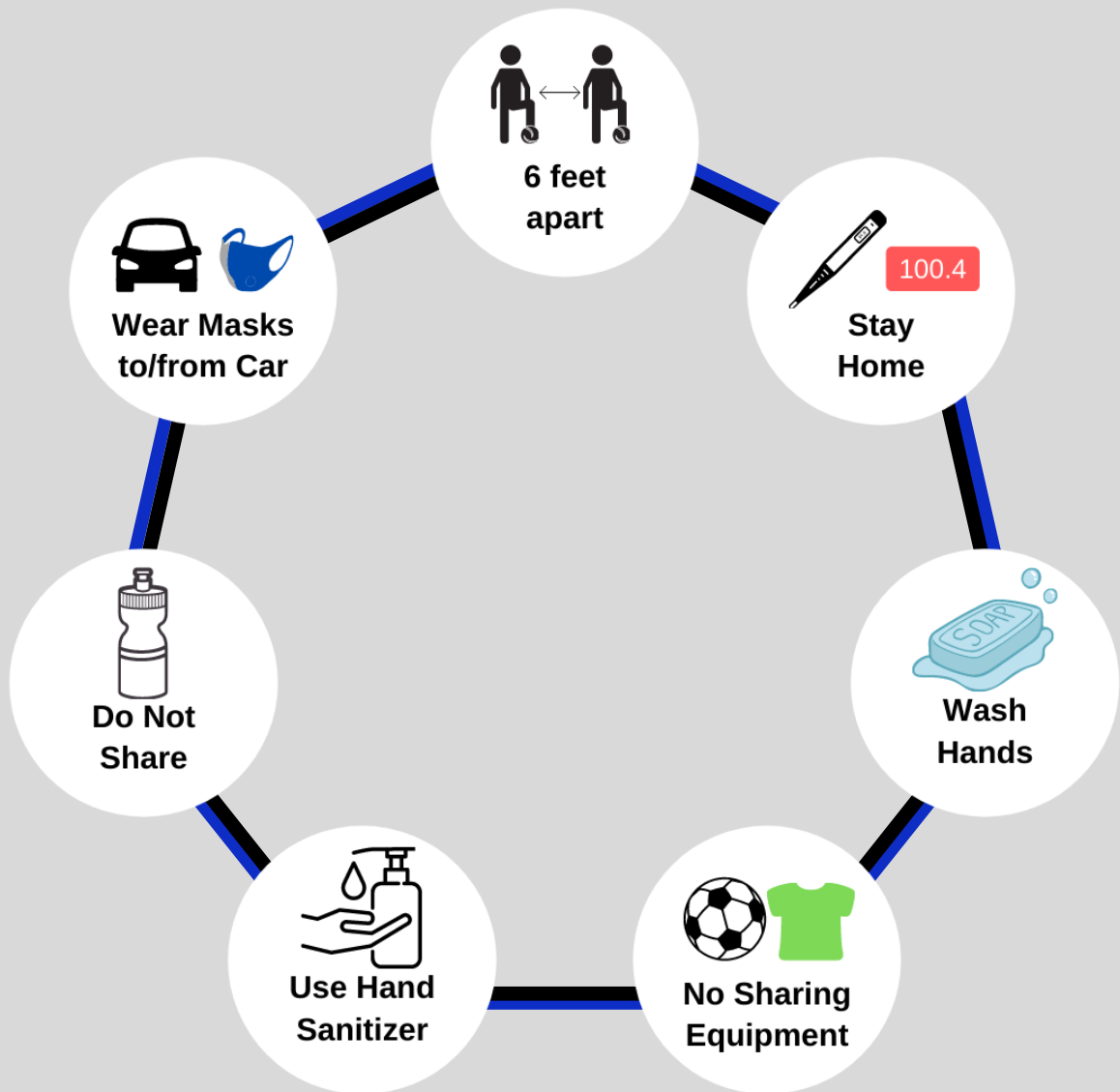
RTP: SOCCER COMPONENTS



PRACTICE ALL SOCIAL DISTANCING PROTOCOLS!!

RTP Protocols

GENERAL RECOMMENDATIONS



If you are not comfortable with returning to play, DON'T! It's your choice!

MATCH DAY PROTOCOLS DURING COVID-19

By working together, we can reduce the possible spread of COVID-19 allowing our players to continue to play the game that they love.

The following guidelines are very similar to the BRYC Return to Play (RTP) Protocols that our players/teams have followed since our return to play. These protocols are to be followed for ALL matches and scrimmages played EITHER at BRYC facilities or visiting facilities.

GAME DAY SAFETY

All players, coaches and team officials must perform a temperature check and conduct a health screening prior to attending any BRYC match, scrimmage, related event or activity. The temperature check and health screening can be performed by parents of minors and may be reinforced by a coach or team official.

This includes:

- **Temperature Check** – all players, staff or family members with a temperature of 100.4 F or higher are PROHIBITED from attending any event.
- **BRYC Pre-Event Questionnaire** – The following questions are to be answered by the player or the parent (if the player is a minor) prior to attending a BRYC event:
 - “Do you have a fever of 100.4 F or greater?”
 - “Have you received a positive result from a COVID-19 test within the past 14 days?”
 - “In the past 10 days, have you been in close contact with anyone that has or had symptoms of COVID-19 that required you to quarantine?”
 - “In the past 10 days, have you or someone you have been in close contact with traveled to an area that required quarantine upon return?”
 - Are you currently demonstrating or suffering from any ill symptoms (i.e., cough, loss of smell or taste, runny nose, shortness of breath, or a sore throat)?”

If the answer to any of the above questions is “YES”, you will NOT be allowed to attend any game, related event or BRYC activities.

If you are returning from international travel, VDH guidance is that MUST stay home for 10 days –OR– 7 days if you test negative (e.g. PCR or antigen test 5 days after returning from travel.)

GENERAL MATCH DAY PROTOCOLS/GUIDELINES:

Facemasks / Face Coverings:

- All participants (coaches/players/spectators/referees) are required to wear masks from car to facility and vice versa.
- Players are not required to wear masks while warming up or preparing to enter the field, however, parents MAY opt to have their child wear a mask during play.
- Coaches must wear masks AT ALL TIMES.
- Parents/Spectators MUST wear masks and must make every attempt to adhere to the 6 feet social distance, except within groups from the same family.
- Spectators should remain 10 feet from the touchline to avoid contact with the Assistant Referee.

Social Distancing:

- Players should social distance themselves as much as possible. This includes prior to games, walking to/from game fields, while on the bench, and after games.
- There will be no player handshakes with the opponents before or after games. This includes the coaches.
- Players should refrain from handshakes, high-fives, fist bumps, hugging or any other social contact with their own teammates and coaches.
- Players/Coaches should not share equipment including pinnies and or cones during warm-ups etc.
- Parents/Spectators on the sidelines MUST follow social distance guidelines and limiting social contact, even among your own team.
- Players/Coaches/Parents/Spectators are asked to refrain from entering the field area until the previous teams have departed.
- Please follow any field guidelines for traffic flow while entering and exiting the field.

Team Snacks:

- During Phase 3, team snacks are NOT ALLOWED, and drinks are not to be shared. Players may bring their own personal snack and/or drink, if they wish.

Hand Sanitizer Use:

- All players, coaches, parents and spectators should bring their own hand sanitizer and use frequently.

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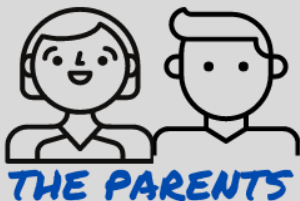
RTP Protocols

THE PLAYER & PARENT(S)



- Adhere to ALL protocols
- Check your temperature before attending ANY training session, match or event
- Do not attend any event if your temperature is equal to or above 100.4 F.
- Notify your coach if you OR a family member are not feeling well.
- Wash your hands thoroughly before and after practice
- Upon exiting your vehicle, thoroughly sanitize your hands
- Wear a mask to AND from the field from your vehicle
- Do NOT share water, food or training equipment
- ALWAYS practice social distancing
- NO high-fives, handshakes, fist bumps or hugs
- During matches, wear your mask on the bench.

If you are not comfortable with returning to play, DON'T! It's your choice!



- Adhere to ALL protocols
- Check your child's temperature before attending ANY training session, match or event. If it is equal to or above 100.4 F then your child stays home
- Notify your coach and keep your child home IF
 - Your child has a temperature equal to or above 100.4F
 - Your child has had close contact with a sick individual or anyone with a confirmed case of COVID-19
 - Your child has had a documented case of COVID-19 in the last 14 days
 - Is currently not feeling well or showing signs of COVID-19
- If possible, no carpooling to or from training
- Please arrive no earlier than 15 minutes prior to training
- Ensure your child has his/her own water AND hand sanitizer
- Stay in your car and assist with social distancing
- Wash your child's practice clothing after each practice.
- **If you are returning from international travel, VDH guidance is that MUST stay home for 10 days –OR– 7 days if you test negative (e.g. PCR or antigen test 5 days after returning from travel.)**

RTP Protocols

THE SPECTATORS, COACHES & VOLUNTEERS



THE SPECTATORS

- All spectators/guests **MUST** adhere to ALL protocols
- Your temperature should be checked before attending ANY BRYC event. If it is equal to or above 100.4 F then stay home
- **NO ONE** should attend a BRYC event IF:
 - Your temperature is equal to or above 100.4F
 - You have had close contact with a sick individual or anyone with a confirmed case of COVID-19
 - You have had a documented case of COVID-19 in the last 14 days
 - You are currently not feeling well or showing signs of COVID-19
- Arrive no earlier than 15 minutes prior to the BRYC event
- Ensure you have your own hand sanitizer
- Stay in your car and assist with social distancing
- **If you are returning from international travel, VDH guidance is that **MUST** stay home for 10 days –OR– 7 days if you test negative (e.g. PCR or antigen test 5 days after returning from travel.)**

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THE COACHES + VOLUNTEERS

- Follow ALL protocols / Follow practice phase protocols
- Check your temperature prior to every event , If it is equal to or above 100.4 F stay home.
- Notify the coach IF:
 - You have had close contact with a sick individual or anyone with a confirmed case of COVID-19
 - You have had a documented case of COVID-19 in the last 14 days
 - You are currently not feeling well or showing signs of COVID-19
- Connect with your players before each event / remind players of protocols
- Ask how players are feeling and send a player home if he/she is not feeling well
- Wear a mask during training
- Wash / disinfect your hands thoroughly before and after training
- Coaches or their assistants are the only people allowed to touch cones and/or other training equipment
- Clean / disinfect all training equipment after each training.