



Arlington Soccer Rec Parent Return to Play 2020 Protocol

Thank you, parents, for trusting us with your children. Our number one priority is the safety of our players and staff, including our volunteer coaches. This fall is going to present some new challenges. Health and safety will be of utmost importance as we get players back on the field.

We all need to work together. This document highlights the basic rules and resources available to parents to help you navigate these issues and follow the Arlington Soccer Rec Return to Play guidelines.

Please let us know if your player has any special situations that require additional attention. Please also keep us posted on any changes in your player's health so we can alert others if there is a risk. We will not use your name or your player's name.

PARENT PROTOCOL SUMMARY

There are **four basic points** of the [Return to Play Protocol](#):

- 1) Anyone who is sick or has been in close contact with anyone who is sick must stay home.
- 2) Everyone must remain physically distanced.
- 3) Players can only touch their own ball and gear.
- 4) Rules must be applied consistently.

The Basic Four - Detailed

We have been working over the summer to structure how a safe, physically distanced practice can work effectively. These four basic points summarize the most important findings based on recommendation from the CDC, Virginia Youth Soccer, the Virginia Governor's office and others.

- 1) Anyone who is sick or has been in close contact with anyone who is sick must stay home.
 - The definitions of being sick or in close contact are found on the [COVID-19 Illness or Exposure Information checklist page](#).
 - If your child is sick, please let us know so we can inform others. We will not mention your name or your child's name, only that "someone on the team" was ill so that others can take appropriate steps if they are concerned.

2) Everyone must remain physically distanced.

- All players will need to remain physically distanced from when they approach the field until when they leave it.
- Physically distanced means at least 10' apart.
- Coaches will instruct your player on where to be and will limit their movement throughout practice. Your player must follow these instructions.
- Players unable to follow the instructions will be sent home.
- Physically distanced means at least ten feet apart at all times: arriving, sitting on the sidelines, placing their gear, hydrating, resting, talking, etc., all at least 10' apart.
- The rule applies to twins, to members of families that 'co-quarantine' and/or carpool together. Everyone.
- This includes coaches and helpers on the field, except with their own children.

3) Players can only touch their own ball and gear.

- Each player's ball and water-bottle must remain at least 10' apart from everyone else's possessions.
- No one can touch the belongings of anyone else.
- Players should use hand sanitizer regularly and avoid touching their face.
- There can be no heading of balls other than the player's own.
- There can be no goalies or goalie practice except with the goalie using only their own ball kicked (never thrown) to them by another person.
- There can be no throw-ins or throw-in practice.
- If/as rules change over time, we will update coaches.

4) Rules must be applied consistently.

- Players who cannot follow the coach's or manager's instructions with regard to these health and safety protocols will be asked to leave.
- Rec soccer staff and Neighborhood Club Managers are here to answer your questions and provide support and clarification.
- Please communicate to your coach if your child has any special needs or situations that the coach should be aware of.
- All players must follow these protocols. Exceptions will create uncertainty and feelings of unfairness.
- Please work with your coaches to keep them up to date on changes in your child's health!

Communication is more important than ever. As a parent you will have **multiple levels of support**:

- Rec soccer staff, including the Rec Director.
- Your [Neighborhood Club Manager](#).
- Your Coach.
- Your Team Manager.

BEFORE EVERY ARLINGTON SOCCER EVENT!

PLEASE CHECK YOUR PLAYER'S HEALTH BEFORE EACH AND EVERY PRACTICE OR EVENT!

Please check for:

- Fever, cough, shortness of breath, chills, sore throat, or muscle ache.
- Players must comply with the [COVID-19 Illness or Exposure Information page](#).

Players who exhibit ANY symptoms or exposure conditions cannot attend Arlington Soccer events.

By attending the event, you are certifying that your player does not have COVID-19, is not showing symptoms and has not been exposed, as per the COVID-19 Illness or Exposure Information page.

When you arrive at Arlington Soccer practices or events, please do not enter the field immediately. Wait until it is time for your practice or event. Please also leave promptly so that others can have a clean, clear playing experience too.

THANK YOU!

Again, thank you for registering and for trusting us with your child! Remember please that other families have placed the same trust in us – but it can only work if we all respect each other and follow these rules.

It seems like a lot at first but I promise that it rapidly becomes a good habit, like putting on your seatbelt or turning off a light when leaving a room.

It is our responsibility and yours to help ensure that others do not get sick.

Working together as a team, we can keep our players healthy – and on the field!