

Arlington Soccer Rec Parent Return to Play Spring 2021 Protocol – Summary

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 spring will repeat the challenges of the fall, but we hope we understand the situation better. Once again 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 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. We were able to do this very successfully throughout the fall.

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 when not actively playing on the pitch.
- 3) Players should not share equipment, especially water bottles.
- 4) Rules must be applied consistently.

The Basic Four - Detailed

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 or has been exposed to the virus, 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 6' apart.
- Coaches may limit your player's movement throughout practice. Your player must follow these instructions.
- Players unable to follow the instructions will be sent home.
- Physically distanced means at least six feet apart at all times: arriving, sitting on the sidelines, placing their gear, hydrating, resting, talking, etc.
- 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 should not share equipment.

- Water bottles are the highest-risk items.
- Pinnies should not be shared.

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 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!