

CLUB INDEPENDENT (CI)



Return to Play Guidelines

7 AUGUST 2020



www.clubindependent.org



CLUB INDEPENDENT (CI)

On August 1, 2020, CI began Phase 3 of the CI Return to Play (RTP). Club Independent (CI) developed these Return to Play (RTP) guidelines to govern Phase 3 and how CI will operate on game days. These guidelines are an extension of our previously developed and communicated RTP guidelines that address critical RTP details that meet and, in certain instances, exceed the current Center for Disease Control (CDC), Alabama Department of Public Health (ADPH), US Youth Soccer (USYS), and Alabama Soccer Association (ASA) guidelines. These RTP guidelines can be downloaded and reviewed at www.clubindependent.org/COVID-19

While soccer has inherent risks of communicable disease transmission, it is critical that our entire soccer community – players, parents, coaches/staff, referees, spectators, and volunteers – adhere to the CI RTP guidelines to ensure the safety and health of everyone involved with CI soccer. As someone participating in CI soccer activities, **YOU** are responsible for adhering to these guidelines.

These guidelines do not supersede or replace any applicable local, state, regional, or federal laws, health guidelines, or requirements. These guidelines will be adjusted and/or modified based on updates from the State of Alabama, CDC, ADPH, USYS, ASA, and local agencies and as needed to ensure the health and safety of the Club Independent (CI) Community.





CLUB INDEPENDENT (CI)

MESSAGE TO PARENTS & PLAYERS:

Parents and Players:

If you are not comfortable returning to play now, **DON'T**.
When in doubt, please sit out!

YOU decide when **YOU** and **YOUR** child will to return to play. **YOU** should return to play only when **YOU** and **YOUR** child are comfortable in doing so.

CI understands that everyone's situation is different when deciding to returning to play. CI will be here when you are ready to return. Don't worry about your child "losing their spot" or not having a place to play. We are here to make sure your child can return on their own timeline and has a place to play when they do.

If you have any questions/concerns, please reach out to us at: club.independent.soccer@gmail.com





CLUB INDEPENDENT (CI)

SELF-SCREENING:

Prior to attending or participating in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must complete a COVID-19 self-screen.

Screen yourself and parents screen your player by answering the following questions:

1. Have you had a fever with a temperature over 100 degrees Fahrenheit in the last 48-hours?
2. Do you have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath, difficulty breathing, muscle or body aches, new loss of taste or smell, sore throat, fatigue, or other flu-like symptoms?
3. Have you experienced any of the symptoms described in Question 2 within the last 14 days?
4. Have you had exposure to or close contact with a person under quarantine for COVID-19 within the last 14-days?
5. Have you had exposure to or close contact with a person diagnosed with COVID-19 within the last 14 days?

If you answer **YES** to any of the screening questions, If you are an at risk individual or immunocompromised, **STAY AT HOME!**

Consult your medical provider and take recommended precautions before participating in competition.





CLUB INDEPENDENT (CI)

BEFORE COMPETITION:

Before entering the field to attend or participate in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. Take your temperature and your player's temperature before entering or arriving at the field. If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48-hours to return to soccer activity.
2. Players are not permitted to enter the field until 5-minutes before their scheduled warm-up time. Remain in your vehicle until you are permitted to enter the fields. This allows teams and spectators from the previous game to leave the field and reduce interactions.
3. Where applicable, players will enter the fields through a designated entrance.
4. Before entering the fields, you are required to apply hand sanitizer (self-supplied).
5. You must wear a mask or facial covering (self-supplied) that covers your nose and mouth to enter the fields.
6. Players must bring their own equipment (shin guards, water bottle, etc.).





CLUB INDEPENDENT (CI)

DURING COMPETITION:

During a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, etc. must adhere to the following based on their role or the game activity (player check-in, coin-toss, player substitutions, half-time, and postgame). Note - Socially Distanced is a minimum of 6-feet apart.

PLAYERS & COACHES

1. No physical contact between coaches and players except for the extent necessary and only for the time required to directly participate in the competition.
2. Players and coaches should remain socially distanced on the sideline in the designated Technical and Team Areas.
3. Benches and tents/canopies are not allowed on the sideline in the designated Technical or Team Areas.
4. Coaches will mark socially distanced player stations for each player where players will keep their equipment and remain when not actively participating in the game.
5. High-fives, handshakes, fist-bumps, hugs, player huddles, group celebrations, and the like are not permitted.
6. Coaches confirm each player has completed their self-screen before warm-ups begin.
7. Coaches must wear a mask or facial covering that covers their nose and mouth at all times.
8. Players must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the warm-up or game. This includes players in the designated Team Area that are not actively participating.
9. No sharing of water/drinking bottles, coolers, cups, food, equipment (shin-guards, etc.), or any personal items between anyone.
10. No spitting.
11. Players should sanitize their hands each time they come off the field.
12. Only coaches are permitted to touch and handle training equipment (cones, discs, poles, etc.)
13. Players are assigned a pinnie/bib for the game and are not to share their pinnie during the warm-up, small sided games and drills, or game.





CLUB INDEPENDENT (CI)

DURING COMPETITION:

PARENTS & SPECTATORS

1. Parents and spectators must wear a mask or facial covering that covers their nose and mouth at all times; following the Alabama Safer-at-Home Order face mask requirement.
2. Parents and spectators should be socially distanced between households on the sideline.
3. Given the limited area available due to social distancing between households and the potential need for parents and spectators to sit behind each other, tents/canopies are not permitted on the spectator sideline.
4. Spectator space on the sideline will be limited due to social distancing guidelines. It is recommended to limit the number of supporters per player to 2-3.
5. Parents and spectators are not permitted on the field at anytime; including halftime.
6. Parents and spectators should not touch or stop a ball that goes out of bounds. Only players are permitted to touch the ball during competition.
7. Parents and spectators should not interact with referees.





CLUB INDEPENDENT (CI)

DURING COMPETITION:

REFEREES

1. Referees must wear a mask or facial covering that covers their nose and mouth at all times except when directly participating in the game.
2. Referees should not share equipment. Each referee will use their own equipment during the game.
3. Referees should adhere to social distancing as much as is permitted during the game.





CLUB INDEPENDENT (CI)

DURING COMPETITION:

PLAYER CHECK-IN & COIN-TOSS

1. Everyone involved in the player check-in must wear a mask or facial covering that covers their nose and mouth.
2. The head/lead coach for each competing team should confirm with one another and with the referees that everyone has completed their player self-screen confirmations.
3. Players and referees will be socially distanced during check-in.
4. There should be no exchange of documents between referees and coaches. Only coaches will handle player cards if required for review. Referees will be shown the player cards or virtual player cards to complete check-in only upon their request for additional verification. Process should be contactless.
5. There will be no pre-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
6. Coin-toss will take place in a designated Technical Area as selected by the center referee.
7. Only the team captains and the center referee will participate in the coin-toss. All involved must wear a mask or facial covering that covers their nose and mouth and be socially distanced.





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DURING COMPETITION:

PLAYER SUBSTITUTIONS

1. Players entering the game must enter from the designated Technical Area. The center referee will not acknowledge or permit players to enter the field outside of the designated Technical Areas.
2. Players in the designated Technical Area do not need to wear a mask, but must be socially distanced from other players in the area.
3. Players should not make physical contact or exchange pinnies or other shared items during substitutions.





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DURING COMPETITION:

HALFTIME & POST-GAME

1. Players and coaches should be socially distanced during halftime and post-game addresses.
2. Referees should report to a designated Technical Area and remain socially distanced during halftime.
3. Players, coaches, and referees should sanitize their hands when leaving and returning to the field during halftime.
4. There will be no post-game physical contact between referees or players from competing teams; no handshakes, high-fives, etc.
5. Limit post-game activity and leave the field as quickly as possible to avoid and limit interaction with teams and supporters for the next game.





CLUB INDEPENDENT (CI)

AFTER COMPETITION:

After attending or participating in a game, scrimmage, friendly, or other sanctioned event, all involved - players, parents, coaches/staff, referees, spectators, volunteers, etc. must adhere to the following:

1. At the completion of the game, players and referees must put on their mask or facial covering (self-supplied) that covers nose and mouth to leave the fields.
2. All involved should remain socially distanced between households when leaving the fields.
3. Players, coaches, and referees should apply hand sanitizer (self-supplied) before leaving the field.
4. All involved should leave through the designated exit, where applicable, and proceed directly to their vehicle.
5. Players, coaches, and referees must sanitize their equipment after each game.
6. CI will follow the CI COVID-19 Policy reporting and notification protocols if someone involved in a competition has a confirmed or suspected case of COVID-19.





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RECOMMENDED FIELD LAYOUT

CI is adopting ASA's recommended field layout to further limit interactions and exposure between competing teams. The recommended field layout supports the following:

1. Teams being placed on opposite sides of each field.
2. Parents and spectators being on the same sideline as their team.
3. Designating a Technical Area marked on the centerline of each sideline.
4. Team, parent, and spectator designated areas that are 15-feet from the sideline and 12-feet from the Technical Area.
5. Adhering to social distancing guidelines and wearing a mask or facial covering (self-supplied) that covers nose and mouth in each designated area; following the Alabama Safer-at-Home Order face mask requirement. View the Recommended Field Layout on the next page.





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RESTROOM USE:

Each City Parks and Rec and/or Facility/Field staff are responsible for routinely cleaning and sanitizing restrooms and other “high-touch” areas.

Anyone using these shared restroom facilities must adhere to social distancing requirements, wear a mask, and wash their hands before leaving the restroom. Coaches/staff, players, parents, spectators, and volunteers must also sanitize their hands before returning to the fields. Coaches will ensure their players sanitize their hands before returning to their designated field and rejoining the competition.

***Players must have personal hand sanitizer (self-supplied) with them when attending a competition.**





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PROTECT YOURSELF & OTHERS:

Continue to protect yourself and others by practicing the following:

- Wash your hands often with soap and warm water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol when soap and water are not readily available.
- Avoid touching your face (eyes, nose, and mouth) with unwashed hands.
- Avoid close contact with people by maintaining a minimum distance of 6-feet between yourself and people who don't live in your household.
- Cover your mouth and nose with a mask when around others and cover your mouth and nose with the inside of your elbow or a tissue when you sneeze or cough.
- Clean and disinfect frequently touched surfaces.
- Monitor your daily health. Be alert for symptoms and take your temperature if symptoms arise.
- Stay home if you feel sick and contact your healthcare provider.
- Follow CDC guidelines if symptoms develop.





CLUB INDEPENDENT (CI)

RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED CASE OF COVID-19:

Symptomatic players, coaches, and staff with a suspected or laboratory confirmed case of COVID-19 cannot attend any CI club events – practices, camps, games... until ALL of the following are met:

- At least 72-hours have passed with a fever of less than 100 degrees Fahrenheit without the use of fever reducing medications. **AND**
- At least 72-hours have passed with resolution of all your symptoms including respiratory symptoms (e.g. cough, congestion, chest pain, shortness of breath or difficulty breathing) and headache, diarrhea, nausea or vomiting, muscle or body aches, loss of taste or smell, sore throat, fatigue, and other flu-like symptoms. **AND**
- At least 14-days have passed since symptoms first appeared.

Players, coaches, and staff with laboratory confirmed case of COVID-19 who have NOT had any symptoms cannot attend any CI club events - practices, camps, games, etc. until

- 14-days after the date of their first positive COVID-19 diagnostic test, assuming no symptoms since that time.
- If symptoms develop, the player, coach, or staff member should follow the steps for symptomatic individuals as described above.





CLUB INDEPENDENT (CI)

RETURN TO PLAY FOLLOWING DIRECT EXPOSURE TO A SUSPECTED OR CONFIRMED CASE OF COVID-19:

Asymptomatic players, coaches, and staff members with direct exposure to a suspected or laboratory confirmed case of COVID-19 cannot attend any CI club events - practices, camps, games... and should self-isolate or quarantine for 14-days and monitor for any symptoms consistent with COVID-19.

The player, coach, or staff member may return to competition/play if they remain asymptomatic 14-days since their last exposure.

Direct exposure is defined as....

- Caring for a sick person with a suspected or confirmed case of COVID-19.
- Living in the same household as a person with a suspected or confirmed case of COVID-19.
- Being within 6-feet of a person with a suspected or confirmed case of COVID-19 for more than 10-minutes.
- Coming in direct contact with secretions from a person suspected or confirmed to have a case of COVID-19.

Examples include, but are not limited to, being sneezed or coughed on or sharing food, water, or utensils with this person.





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TRAVEL PERMITS:

Travel Permits will be granted if the location you are traveling to allows sports activities by their governance and USYS state association.





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RESOURCES:

- Club Independent (CI) COVID-19 Updates and RTP Guidelines:
<http://www.clubindependent.org/COVID-19>
- Alabama Safer-at-Home Order (Amended on July 29, 2020): <https://governor.alabama.gov/assets/2020/07/Safer-at-Home-OrderFinal-7.29.20.pdf>
- Alabama Safer-at-Home Mask Requirement FAQs: <https://governor.alabama.gov/assets/2020/07/BPPS.Coronavirus.MaskOrderFAQ.2.0720na.pdf>
- ADPH Guidelines for Athletic Activities: <https://www.alabamapublichealth.gov/covid19/assets/cov-sahathletic-activities.pdf>
- ASA Return to Play Guidelines: <https://www.alsoccer.org/return-to-play-guidelines/>
- Huntsville Parks and Rec Update (Dated 5/22/2020): <https://3jzi0q2zthm01oqpx2h96lz1-wpengine.netdna-ssl.com/wpcontent/uploads/2020/05/Parks-Recreation-Update-5.2220.pdf>
- U.S. Soccer PLAY ON Recommendation Guides: <https://www.ussoccer.com/playon/guides>
- CDC COVID-19 Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC COVID-19 Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/youth-sports.html>





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CI CONTACT INFORMATION:

- Visit CI online:

www.clubindependent.org

- For general inquiries:

club.independent.soccer@gmail.com

- For questions about the CI RTP guidelines:

riskmanager.club.independent@gmail.com

PREVENT COVID-19 DURING TRAVEL



If you travel, take these steps:



**Keep Distance &
Wear Cloth Face Cover**



Wash Hands



Or Use Hand Sanitizer

cdc.gov/coronavirus

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