**Return to Training (RTT) – Protocol**

**Lehigh Valley United**

**Summer 2020**

**GENERAL UNDERSTANDING**

* + LVU 2019/20 season summer training sessions are voluntary, and you should feel comfortable determining for yourself if you would like to resume training activities.
  + All participants – staff/volunteers/players, must sign waivers to participate – **No Exceptions will be made**. **(See Covid-19 Waiver Document)**
  + No player, parent, coach, or participant should attend training if showing symptoms. For a comprehensive list of symptoms **(See Appendix A.)**
  + The State of Pennsylvania and Governor allow for training and game activity in the Green Phase. **(See Appendix B.)**

**PRE-ARRIVAL PHASE**

**Coaches**

* Coaching staff have read the RTT Protocol and signed the Covid-19 Waiver.
  + Coaching staff have met with their teams via Zoom to prepare them for the return to training process.
  + Coaching staff have cleaned and prepared all equipment needed.
  + Coaching staff have pre-prepared their training sessions taking into consideration any agreed upon parameters such as social distancing.
  + Coaching staff have communicated plans with LVU administration, their team, and any volunteers prior to arriving at the field such as field number, parking lot to be used, staging area, and any other pertinent information.

**Administration**

* + RTP Protocol and Covid-19 Waiver sent electronically to teams.
  + RTP Protocol and Covid-10 Waiver posted and made accessible on-line.
  + Site maps created outlining logistics such as field assignments, drop off & pick up locations and staging areas.
  + Bathroom procedures for locations are pre-sent.
  + Weather protocol and procedures are pre-sent.

**Players**

* + Players/Parent or Guardian should sign and return at the field as their “ticket” to enter training.
  + Players should be familiar with the team’s training plan, protocol, and logistics.
  + Players should have pre-packed and cleaned any necessary equipment such as Game Jerseys (may take the place of pinnies), ball, water, etc. Players should mark their name on all their equipment.
  + Players should bring sanitizing wipes or gels, and a facemask.

**ARRIVAL PHASE**

*All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE (facemask) upon arrival, departure and when not physically active during activities.*

**Coaches**

* + Coaching staff should arrive minimally 30 minutes prior to the start of the session.
  + Coaching staff have signed the Covid-19 Waiver and have printed physical copies for players/parents at field locations.
  + Coaching staff should preset their field space prior to the start of their session to the best of their ability. Players should not be used to set up or take down field equipment and should not handle pinnies once distributed.
  + Once fields are set Coaches should help in the arrival protocol and greeting. They should let players know where to put their belongings.

**Administration**

* Administrators and Volunteer (designated persons) have read the RTT Protocol and signed the Covid-19 Waiver.
  + A designated person (wearing a facemask) takes attendance of all persons present at any time and is aware of any outstanding waivers still to be collected.
    - a. Date b. Venue c. Name d. Phone e. Email Address of participants f. Specific training session i.e. time/field/coach etc.
  + Those without waivers can sign a hard copy at the field.
    - **No exceptions will be made for players without a waiver.**
  + A designated person has extra facemasks and hand sanitizer available, at sanitization station.
  + A designated person takes temperatures.
  + A designated person helps organize the drop-off and staging areas.
  + A designated person reaffirms the departure plan with players/parents at this time.

**Players**

* + Players should report to the designated person for taking attendance. If not already electronically sent, Covid-19 Waivers should be handed in at this time by the player or parent/guardian.
  + Players should keep themselves and their belongings socially distanced (minimum 6’) from other players.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAINING AND ACTIVITY PHASE**

*Provided all screening, hygiene and social distancing measures are followed, masks are not mandatory for players/coaches/referees/instructors/participants during exertional moments of training (i.e. when physically active). PPE may obscure vision, increase respiratory challenges, or increase other injury risk while being physically active.*

**Coaches**

* + Coaches are to facilitate training sessions within the parameters pre-set by the club.
  + Kick-ins are the preferred restart for training games.
  + Coaches are to ensure moments before, during (water breaks, etc.…) and after practice players abide by the protocol, i.e. Put on facemasks, do not share equipment/water bottles, etc.…
  + Should a player demonstrate any health symptoms Coaches should immediately remove that player from the training session.

**Administration**

* A designated person should remain on site during the training session.

**Players**

* + Parents wishing to remain on site will need to wait away from the training area or in their cars, while maintaining social distancing.
* Players should be aware of all protocol and parameters and act accordingly.
  + No spitting, high-fives, or handshakes
* Players may not share equipment such as water bottles.
* If a player experiences any health issues, they should alert the Coach and/or designated administrative person immediately. (See Appendix A.)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DEPARTURE PHASE**

*All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities.*

**Coaches**

* + Coaches should remind players of their general hygiene responsibilities, i.e. washing hands, equipment, etc.…
  + Coaches should monitor the departure/staging area to ensure guidelines and protocol continues to be met until all participants leave.
  + Coaches wash hands and equipment in preparation for their next session.

**Administration**

* + Waivers are filed.
  + Daily attendance is filed.

**Players**

* + Players wash hands and equipment.
  + Players to monitor and report any health issues. (See Appendix A.)

**Appendix A.**

**General Health**

1. If you are sick or have symptoms of an illness:

* Stay home. Stay home regardless of what is causing your illness.
* If you are confirmed or suspected to have COVID-19 practice self- quarantine measures and contact your physician.
* To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider.

2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19:

* Begin self-quarantine for 14 days.

3. Advise your instructor, club or coach if any possible exposures have occurred in your team, training or club environment. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.

**Medical Clearance**

1. For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended.

2. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician for return to full participation in sport & activity.

3. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:

1. Home quarantine for 14 days
2. Written confirmation of COVID-19 negative status by your physician to return to play

4. For individuals who experienced any illness during shelter-in-place, written clearance from your healthcare provider that you are COVID-free is recommended.

5. Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.

6. Individuals who may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) should seek guidance by their medical professional as to their participation.

**Daily Training Medical Considerations**

1. The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training.
   1. If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC.
2. Do not participate in activities if you have any of the symptoms listed below.
   1. COVID exposure in past 14 days
   2. Sore throat
   3. Shortness of breath/difficulty breathing
   4. Fever >100.4 F
   5. Chills
   6. Headache
   7. Sinus congestion
   8. Cough persistent and or productive
   9. Joint aches and soreness
   10. Vomiting or diarrhea
   11. Rash
3. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance. Speak to a physician and follow CDC guidelines on self-quarantine.

**Appendix B**

Recreational and Amateur Sports - https://www.governor.pa.gov/covid-19/sports-guidance/

Recreational and amateur sports organizations and teams (not affiliated with a public or private PK-12 school), including, but not limited to, basketball, hockey, field hockey, football, soccer, swimming, baseball, softball, lacrosse, gymnastics, and kickball, are permitted to conduct in-person activities, including games and practices, in counties designated as being in the Green phase only if they strictly adhere to the requirements of this guidance, including the limits on total occupancy outlined below. For youth sports, refer to the CDC guidance on youth sports as well.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Appendix C**

**COVID - 19 Guidelines**

* Maintain a distance of at least 6 feet from other individuals
* Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer if soap and water are not available
* Cover coughs or sneezes with a sleeve or elbow, not hands
* Do not shake hands
* Regularly clean high-contact surface areas
* When sick, stay at home