

## COVID-19 Return to Play Overview

Our Return to Play (RTP) protocol places the most important consideration on the health and safety of our athletes, coaches and families.

Our RTP incorporates best practices and available information for returning to the field of play in accordance with:

- CDC Guidelines
- United States Youth Soccer, US Club Soccer and Connecticut Junior Soccer Association
- State of Connecticut and New York guidelines.

The plan will remain fluid to changing requirements through checking and validating the plan as the State of Connecticut moves from one phase to another.

### OBJECTIVES OF RTP

The overall objectives of our RTP are as follows:

- Return our players & coaches to the field, allowing them to play & enjoy the sport of soccer once again after a sustained, unexpected and undesired absence
- Allow for in person social interaction of players and coaches, albeit in a controlled environment.
- Provide soccer specific exercise and fitness for our players
- Provide technical skills development to build off our Virtual Learning Program program training and development from the spring
- Begin to incorporate team training & competition to ready players and teams for the fall season
- Allow for players & coaches to experience our "new normal" for youth sports to help prepare for the fall season

### RETURN TO PLAY DISCLOSURE

The information in the Rush Return To Play Plan is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Youth Soccer & Rush Soccer make no representation and assume no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials in your area if you have specific questions. These guidelines address only the early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection.



## Accepted Teams Information

The continued presence of the risk of infection is at the forefront of the Return To Play Plan.

The risks of participation will be clearly communicated to parents and participants in Rush Soccer Club through the Return To Play Plan, email and social media communication, waiver language, and verbal communication from Director's and all coaches on staff.

USYS State Associations and Rush Soccer Club are aware of and adhere to all Federal, State, and Local guidelines and requirements.

Soccer is considered a 'moderate' sport which relates to how much players come into contact according to the State of Connecticut and New York during phase 2 of reopening plans.

- [Click here to view USYS return to play strategy](#)
- [Click here to view CT Guidelines](#)
- [Click here to view NY Guidelines](#)

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### MANDATORY SCREENING QUESTIONS

Prior to participation in EACH DAY, EVERY player (certified by the parent) will need to certify the following:

- Was your temperature today over 100 degrees? Y or N
- Are you experiencing new coughing or shortness of breath? Y or N
- Do you have any of the following: Y or N (*chills, muscle pain, sore throat, new loss of taste or smell, stomach pain, nausea or diarrhea*)
- Has any member of your home tested positive for COVID 19 in the past 2 weeks?

***IF THE ANSWER TO ANY OF THE QUESTIONS IS YES,  
THE PLAYER WILL NOT BE ABLE TO PARTICIPATE.***



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### GENERAL TOURNAMENT FACILITY SANITIZING:

- 1) All porta pots will be cleaned before, during and after each event
- 2) All porta pots will be supplied with hand sanitizer
- 3) Multiple Hand Sanitizing Units will be strategically placed throughout every tournament facility
- 4) All above structures will be wiped down by Rush Event Staff every hour throughout every event
- 5) All above structures will have supplies checked and re-stocked throughout the event

### TOURNAMENT SCHEDULING AND FIELD LAYOUT

Field layouts and game schedules will be modified to:

- 1) Increase space between fields to provide better social distancing, reduced crowding and sufficient space between groups of people
- 2) Reduce the number of people on site in one area at any one time such that social distancing protocols (provided by the CDC and State Departments of Health) are met and exceeded
- 3) Provide shorter, back-to-back games against different opponents to reduce 'down time' in between games

### GENERAL HEALTH AND SAFETY OPERATIONAL PROTOCOLS:

#### Pre Event

- 1) Rush Soccer will provide significant pre-event communications (emails, zoom calls etc.) to clearly communicate expectations and protocols, increase health and safety, and reduce risk
- 2) All event staff will receive pre-event training on protocols and guidelines.
- 3) Rush Soccer will have a planned response and mitigation plan in place in case of a reported infection.
- 4) All players and coaches should do a temperature self-check prior to attending a Rush event - If a person has a temperature over 100 degrees, that person should not travel to the event.
- 5) Everyone who feels sick or has any symptoms of COVID-19 should not attend a Rush Soccer event.
- 6) Anyone who has had close contact with a person known to have COVID-19 should not attend a Rush Soccer event.
- 7) All people planning to be on site should bring their own face coverings, hand sanitizer, sunscreen, hydration and food.



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### During the Event

- 1) Significant signage, ground markings and barriers will be used to ensure proper health and safety protocols are utilized and observed by all attendees (proper social distancing, use of face coverings and good hygiene practices)
- 2) Staff will assist guests with loudspeaker announcements and reminders
- 3) Field marshals will be located throughout the facility to assist guests and remind of safety protocols
- 4) Game schedules will be created to reduce the number vehicles and people on site and to limit contact between spectator groups and/or teams
- 5) Medical staff (with proper PPE) will be on site to take body temperatures with no-touch thermal thermometers for all participants.
- 6) Police will be on site at all times (already standard practice)
- 7) Porta pots will be placed back-to-back with social distancing ground marketing to reduce social distancing concerns
- 8) Game scores will not be posted on site (the website will be updated regularly)
- 9) There will not be an awards ceremony - Awards will be out directly to coaches or team managers in a manner meant to reduce interaction
- 10) No team or group pictures allowed on site
- 11) Tables and chairs in the food court area will not be provided (to eliminate an area of potential transmission)
- 12) There will be no team benches provided and teams should not bring their own bench (as players must remain 6 ft. apart while not playing)
- 13) Anyone who becomes sick during the event should leave the facility immediately or seek medical attention at one of the medical tents

### TOURNAMENT PARTICIPANT PROTOCOLS:

#### Players and Coaches:

#### **DO NOT ALLOW ANY TEAM MEMBER(S) WITH SYMPTOMS TO ATTEND ANY EVENT**

- 1) If you are sick, feeling sick or have a temperature of 100 degrees or higher, you must not attend the event
- 2) Players and coaches should remain in their vehicles until the designated time to enter the facility (to allow teams and supporters at previous games to leave the facility and allow time for sanitation)
- 3) Specific areas will be marked for players around their team sideline and bench/technical area to provide for adequate social distancing for those players who are not on the field during competition
- 4) There will be no team benches provided to reduce the chances of spread and need to sanitize
- 5) No early arrival and warm up in areas outside of the playing field prior to the game



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- 6) Players and coaches must wear face coverings between the parking lot and the team bench area
- 7) Players and coaches in the "team bench" area may remove face coverings during active warm up and the during game
- 8) Coaches must wear face coverings in between games and at all times when addressing players on the bench area. Coach(es) and players should maintain social distancing during half time, water breaks and at all times when off the field of play
- 9) Coaches and players should maintain "social distancing" in the "bench area" and in between games (i.e. do not congregate in groups of 5+ on the sidelines and maintain a minimum of 6 ft. apart from other groups)
- 10) Do not share water bottles, drinks or food or any personal items
- 11) Hand contact of any kind will be prohibited (i.e. handshakes, 'high fives,' etc.)
- 12) Soccer balls and equipment will be disinfected by referees before, during and after each game
- 13) No spitting will be allowed on the field, sidelines, or anywhere on the event premise
- 14) Coaches should possess player passes during the game - do not exchange documents with the referee(s)
- 15) Tents or tarps may be used only in the technical areas to shield players from the sun and heat - It is recommended to bring enough tents so that all players may be in the shade while still maintaining proper social distancing
- 16) Cover your mouth when coughing or sneezing - recommended into the nape of the elbow
- 17) Avoid touching eyes, nose, and mouth with hands
- 18) Players or coach should sanitize their hands each time they come off off the field and in between each game
- 19) All coaches and players should launder clothes, uniforms, and vests after day one of the event if the items are to be worn on day two

### Parents and Spectators:

- 1) Anyone with symptoms (fever, cough, etc.) must not attend any event
- 2) Spectators and guests should bring personal hand sanitizer and wipes to the event
- 3) All spectators must wear a face covering traveling while between the parking lots and the fields
- 4) Spectators must follow clearly marked directional signage entrances and exits to the facility and at the fields to maintain proper social distancing
- 5) Spectators will be separated in clearly marked areas to comply with all social distancing guidelines (6 feet apart)
- 6) Face coverings must also be worn when traveling through common areas (going to porta pots, moving from one field to another between games, etc.)
- 7) Spectators and supporters will be located on the same side of field as the team they support to reduce interaction between competing teams and their supporters (see field diagrams)
- 8) Rush strongly recommends that only one (1) parent/supporter per player attend each event
- 9) All supporters should maintain "social distancing" (i.e. do not congregate in groups of 5+ (families only) on the sidelines and must maintain a minimum of 6 ft. apart from each other)



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- 10) Everyone is expected to cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- 11) Anyone feeling sick should leave the facility immediately and go home or seek a healthcare facility
- 12) Avoid touching their eyes, nose, and mouth with their hands whenever possible
- 13) Tents, tarps or large group structures will not be permitted in the spectator areas of sidelines (Only within technical areas for players and coaches)
- 14) It is strongly recommended that people over 65 and/or with pre-existing conditions do not attend
- 15) It is strongly recommended that players have minimal number of supporters on site

### Referees

- 1) Anyone with symptoms must not work any event
- 2) All referees will have their temperature taken prior to their first game each day of the event
- 3) All referees are required to wear face coverings while moving between the parking lot and the fields
- 4) Referees in common areas should wear masks at all times unless properly social distancing as an alternate referee
- 5) Referees must cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- 6) Physical contact of any kind will be prohibited (i.e. handshakes, "high fives", etc.)
- 7) May use artificial or electronic noise makers rather than whistles
- 8) Soccer balls and equipment will be disinfected by referees before, during and after each game
- 9) All referees should launder clothes and uniforms after activities each day

### Rush Tournament Staff

- 1) Anyone with symptoms must not work any event
- 2) All staff will have their temperature taken as soon as they report to the site each day of the event
- 3) Anyone feeling sick during an event must leave immediately after informing their supervisor
- 4) Any staff members who leaves feeling sick must not return to work until obtaining a clearance from a medical doctor and quarantining
- 5) All Rush staff will wear protective gloves throughout the event, changing them regularly
- 6) All Rush staff will wear protective face coverings throughout the event, changing them as needed
- 7) All Rush Staff must cover their mouth when coughing or sneezing - recommended into the nape of the elbow
- 8) Assigned staff will be responsible for sanitizing all defined public areas (i.e. porta pot handles/ doors, tents, golf carts, etc.)



# TOURNAMENTS



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### Vendors:

- 1) If you feel sick, you must not work the Rush event
- 2) If a vendor becomes sick during an Rush event, you must advise Rush and the business must close down immediately and for the remainder of the event

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USYS has released guidelines to provide athletes, parents, coaches, and soccer organizations with information they can use to assist them with developing their return-to-activity programming in the context of COVID-19.

[View the USYS Return To Activity Notice: 5-19-20](#)

[Visit the USYS Return to Activity Resources Page](#)

Rush is closely monitoring and working with all youth soccer organizations.

Any questions regarding our Tournament return to play should reach out to **[tournaments@northeastrush.com](mailto:tournaments@northeastrush.com)**

