



# Return to Play Protocols

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AS of September 30, 2020

## In General

WSSL has developed Return to Play (RTP) Guidelines to enable a return to play for our families as safely as possible. It is very important that each family follow these guidelines strictly to ensure the health and safety of all. These guidelines include:

- **Face coverings** required at all times except when actively engaged in play
- **Limitations on spectators** to two accompanying family members or one caregiver; one parent/caregiver at practices
- **Socially distanced** practice drills, warm-ups, water breaks and sidelines
- **Limited interactions** between teams
- At home **temperature screenings** and required **health questionnaires**
- **Hygiene** recommendations and **cleaning** protocols
- **Education** of players, parents, coaches/trainers and referees

# Core Games and Pre-game Practices

## 1) What to Bring:

- Players must bring their own ball and water bottle labeled with their name (no sharing)
- Players must bring a clear gallon size Ziploc labeled with their name containing:
  - hand sanitizer
  - tissues
  - another smaller quart size Ziploc to discard any used tissues
- Do **NOT** bring snacks or other food to the field (eat before you come or after you leave)

## 2) Face Coverings:

- Players and Referees - must wear face coverings when on the sidelines and not engaged in active play (**strongly recommended but not mandatory when on the pitch**)
- Coaches and Spectators - must wear face coverings at all times
- Face coverings must fully cover nose and mouth (no gaiters, bandanas, vented masks or plastic shields – see page 15)

# Core Games and Pre-game Practices

## **3) What to Wear:**

- Players should arrive at the field dressed and ready to play (no changing at the field) with proper footwear already on (players can put on the footwear outside of the field's perimeter prior to arrival time)
- Players may bring extra clothing layers (such as sweatshirts, jackets, hats/gloves etc.) as appropriate for the weather, and discard layers but no extra belongings

## **4) Before You Come to the Field:**

- Take your temperature
- Complete the required online health questionnaire (a player who has not completed the questionnaire and been cleared may not participate and will be asked to leave)
- Use the restroom before arriving at the field or after you leave the field
- Familiarize yourself with your field layout (maps will be posted on the [wssl.org](http://wssl.org) website), including the designated practice area, the area for coaches/players and the area for spectators

# Core Games and Pre-game Practices (continued)

## 5) Practice Time!

- Designated marked practice areas at each field
- Players should arrive on-time for practice (do not arrive early) – 30 min prior to game time
- Players must bring own ball and no sharing of equipment
- Practice drills designed for distancing
- Use hand sanitizer to clean hands before starting practice
- No snacks or eating at the field
- **Do not come if you feel sick even if you do not think it is COVID-19 (err on the side of Caution!)**

## 6) Spectators:

- Limited to **two accompanying family** members who reside in the same household as the player or **one caregiver** (no friends, aunts/uncles, cousins, grandparents, etc.)
- All spectators must complete an **at-home temperature check** and the **online health questionnaire** before coming to the field
- All spectators must **socially distance on the sidelines** at least 6 ft apart (members of the same family may sit together)
- **Face coverings** required at all times (no gaiters, bandanas or vented masks); plastic shield may be worn only over another acceptable face covering.

# Core Games and Pre-game Practices (continued)

## 7) Game Time!

- Players may leave the practice area and enter the field area 5 minutes prior to game time
- Cones will be marked with a number and each player will be assigned a cone at which all belongings must be placed for the duration of the game
  - **Water bottles** – each player must have their own water bottle with them; they can not go to their parents/caregiver at a water break – they must have it at their cone
  - **Extra Layers** - Players must have all layers with them; they can not go to a parent/caregiver for extra layers or to discard
- Water breaks will be socially distanced at the player's designated cone
- No snacks or food at the field (eat before coming to the field or after departure)
- Players use own hand sanitizer (see "What to Bring" #1 above) to sanitize hands prior to start of game and at half-time
- No sharing of equipment (only coaches may touch goals and other equipment); players should come with their own ball
- No handshakes, high fives, huddles, or hugging/touching
- Kick-ins will be used in place of throw-ins
  - From a standing position (no running start) – avoid touching ball with hands

# Core Games and Pre-game Practices (continued)

## Game Time Continued!

- Goalkeepers:
  - can use hands but must wear keeper gloves (4 pairs to be supplied to each team)
  - 4 keeper pinnies will be supplied to each team (may not be shared or swapped during game)
  - Gloves and pinny marked sets with a sharpie for each keeper (1, 2, 3, 4 designation)
- Players should avoid picking up the ball during play for penalties and free kicks (only coaches and referees should touch the game ball)
- Coaches/players maintain **social distance** of 6 feet when not on pitch
- Coaches must keep extra sanitizer and disinfecting spray in their bags (WSSL to provide to coaches)
- Disinfection/cleaning of equipment in between games - coach responsibility:
  - wipe down game ball and keeper gloves right after game, then air out; wash the pinnies between games
- No borrowing players from other teams **EXCEPT** where a team would be **short players** sufficient to play the format
  - coaches may even up sides with players only from the roster of the opposing team they are playing in that game by using their extra jerseys (which must not be shared and must be washed following use)
  - flexibility from Players and Coaches is urged in making sure teams are evenly balanced for every game

# Core Games and Pre-game Practices (continued)

## Game Time Continued!

- Referees should station themselves and their gear prior to the game and during halftime on the touchline opposite to the team "benches" (or in an opposite half from either bench) and maintain social distance 6 feet apart from each other and from players/coaches except when performing required duties
- Team designated on the schedule as "Home" should provide 2 game balls in excellent condition and properly inflated and an assistant coach or other team volunteer must be responsible for wiping down with disinfectant any ball when it is taken out of play and prior to that ball being placed back in play.

## 8) After the Game!

- Players exit field area within 10 minutes after completion of game;
- 15-30 minutes (depending on age group) in between games to allow sufficient time to clear field and reduce interactions between arriving and departing teams
- No interaction between arriving and departing teams; no congregating/hanging out at the field
- **Do not leave any trash** (one team parent designated each week to be responsible to collect and dispose of) – this is a PERMIT REQUIREMENT – and if found in violation even once, all permits for all fields will be revoked

# Travel and Tournament Team Practices

## 1) What to Bring:

- Players must bring their own ball and water bottle labeled with their name (no sharing)
- Players must bring a clear gallon size Ziploc labeled with their name containing:
  - hand sanitizer
  - tissues
  - another smaller quart size Ziploc to discard any used tissues
- Do **NOT** bring snacks or other food to the field (eat before you come or after you leave)

## 2) What to Wear:

- Players should arrive at the field dressed and ready to play (no changing at the field) with proper footwear already on (players can put on the footwear outside of the field's perimeter prior to arrival time)
- Players may bring extra layers and discard layers but no extra belongings

## 3) Before You come to the Field:

- Take your temperature
- Complete the required online health questionnaire (a player who has not completed the questionnaire and been cleared may not participate and will be asked to leave)
- Use the restroom before arriving at the field or after you leave the field

# Travel and Tournament Team Practices (continued)

## 4) At the Field:

- Face coverings required for players at all times except when engaged in active practice (strongly recommended but not mandatory when on the pitch)
  - Must fully cover nose and mouth and loop around the ears to secure
  - No gaiters, vented masks, bandanas or plastic shields per CDC guidelines (see page 15)
- Trainers/coaches and accompanying parents/caregivers must wear face coverings at all times
- Only one parent or caregiver permitted at practice – THIS IS A PERMIT REQUIREMENT/LIMITATION
- Players may enter field only 5 minutes prior to the start of practice (**DO NOT ARRIVE EARLY!**)
- Players use their own hand sanitizer to sanitize hands before practice and upon leaving
- Players must bring own ball and water bottle, and no sharing or exchange of equipment or practice pinnies
- Players should not touch equipment – only coaches/trainers
- Practices will be in groups of 10-14 max with drills designed for distancing
- No snacks or eating at the field; socially distanced water breaks
- Do not come if you feel sick even if you do not think it is COVID-19 (err on the side of Caution!)

# Travel and Tournament Team Practices (continued)

## **5) After Practice:**

- Players must clear field within 5 minutes after conclusion of practice; no congregating or hanging out at field
- 15-minute window between practice sessions to allow time to clear the field and limit interactions between arriving and departing players
- Cleaning/disinfection of equipment in between practices by RB trainer
- All trash must be collected and discarded (one parent from team to be responsible each week rotating basis)

# Travel and Tournament Team Games

## 1) What to Bring:

- Players must bring their own ball and water bottle labeled with their name (no sharing)
- Players must bring a clear gallon size Ziploc labeled with their name containing:
  - hand sanitizer
  - tissues
  - another smaller quart size Ziploc to discard any used tissues
- Do **NOT** bring snacks or other food to the field (eat before you come or after you leave)

## 2) What to Wear:

- Players should arrive at the field dressed and ready to play (no changing at the field) with proper footwear already on (players can put on the footwear outside of the field's perimeter prior to arrival time)
- Players may bring extra layers and discard layers but no extra belongings

## 3) Before You come to the Field:

- Take your temperature
- Complete the required online health questionnaire (a player who has not completed the questionnaire and been cleared may not participate and will be asked to leave)
- Use the restroom before arriving at the field or after you leave the field

# Travel and Tournament Team Games (continued)

## 4) At the Field:

- Follow travel league / tournament protocol
- Face coverings required for players at all times when not engaged in active play; when on the pitch, players should follow league rules and rules of the host club. In addition:
  - Must fully cover nose and mouth and loop around the ears to secure
  - No gaiters, vented masks, bandanas or plastic shields per CDC guidelines (see page 15)
- Trainers/coaches and accompanying parents/caregivers must wear face coverings at all times
- Pre-game practice limited to 30 minutes (or, if shorter, as prescribed by league/tournament)
- Parent Coach/Trainer empowered to end game and leave field if opposing team not complying with safety protocols or if determine unsafe for any reason, in their sole judgment
- Carpooling (and wearing of face coverings within the carpool) within discretion of parents (current CDC recommendation is car at half capacity and windows down)
- No snacks or eating at the field; socially distanced water breaks
- Spectators limited to two per player from the same household or one caregiver (provided the caregiver completes the at-home temperature check and the online questionnaire)
- Players use their own hand sanitizer to sanitize hands before practice and upon leaving
- Health certifications required of opposing teams in accordance with WSSL and league/tournament requirements
- Do not come if you feel sick even if you do not think it is COVID-19 (err on the side of Caution!)

# Travel and Tournament Team Games (continued)

## 5) After the Game:

- Players must clear field within 10 minutes after conclusion of game and otherwise follow league / tournament protocols; no congregating or hanging out at field
- All trash must be collected and discarded (one parent from team to be responsible each week rotating basis)
- Parents/Players should wash uniforms and disinfect any personal equipment such as balls used in between games

## 6) Away game Procedures

- Request home club protocols ahead of time to review and consider
- if it does not include social distancing and face coverings on the sidelines, we should not go to the game
- if there is not compliance by the host club when you get there, do not play the game, or stop the game if it has started. Politely request that the home club follow their own protocols. If they refuse, leave the field even if it means you forfeit the game
- if our families are not comfortable, we should not put our players and families at risk.

## 7) Home game procedures

- Week of game - provide our protocols and waiver to the visiting team (they will both be on the home page of the website today under the COVID Information box to the right).
- Before the start of the game - per the WYSL rules, WYSL teams should again request a verbal confirmation as to the health of everyone present from the visiting team, and that they understand and will comply with the protocols.
- If the visiting team is not then following them, don't start the game or again stop the game and politely let them know the game can not continue if they are not going to follow them. if you have to end the game and ask them to leave. We will take up that discussion with the leagues. This is a MUST to keep our permits - 3 violations even by a visiting team could cause us to lose ALL of our permits.

# People not with WSSL or visiting teams

People on the field (including those not social distancing or wearing masks) that do not belong to WSSL or the visiting team:

- Advise them that we have the field and a permit and show the permit.
- Politely and respectfully ask them to vacate the field and to be at least 20 feet back from not only the touchlines but also our spectators, players and coaches.
- If they refuse to leave do not get in an argument. Simply call PEP (parks enforcement police). Their number is (646) 613-1200. They are slow to respond (sometimes 30-40 min) but they do come.
- Try to be subtle and take pictures or video at a distance to show the non-compliance. Trying to take photos or video up close or getting in the face of someone is only going to anger people and lead to confrontations.
- **Avoid confrontations!**

# Permissible Face Coverings per CDC Guidance

Players, Coaches, Trainers  
and Spectator arriving  
without acceptable Face  
Coverings will be asked  
to leave the field.

**No exceptions!**

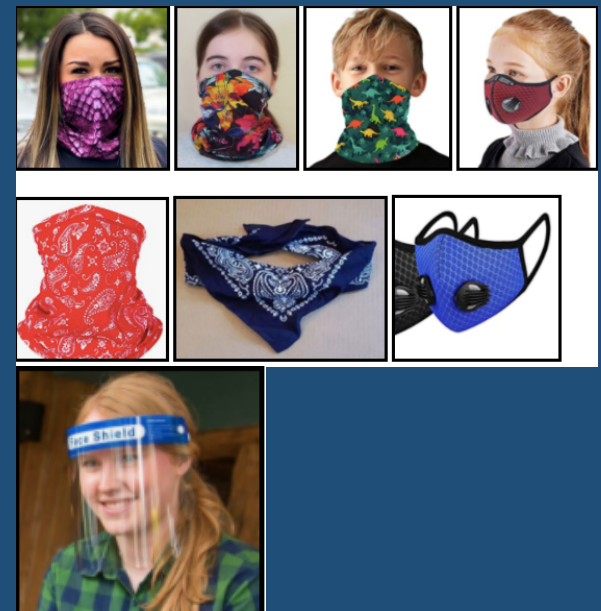
## Permitted\*\*:



\*\*cloth masks should be at least 2 layers

WSSL will supply each  
player with an acceptable  
cloth Face Covering for  
Fall 2020 season

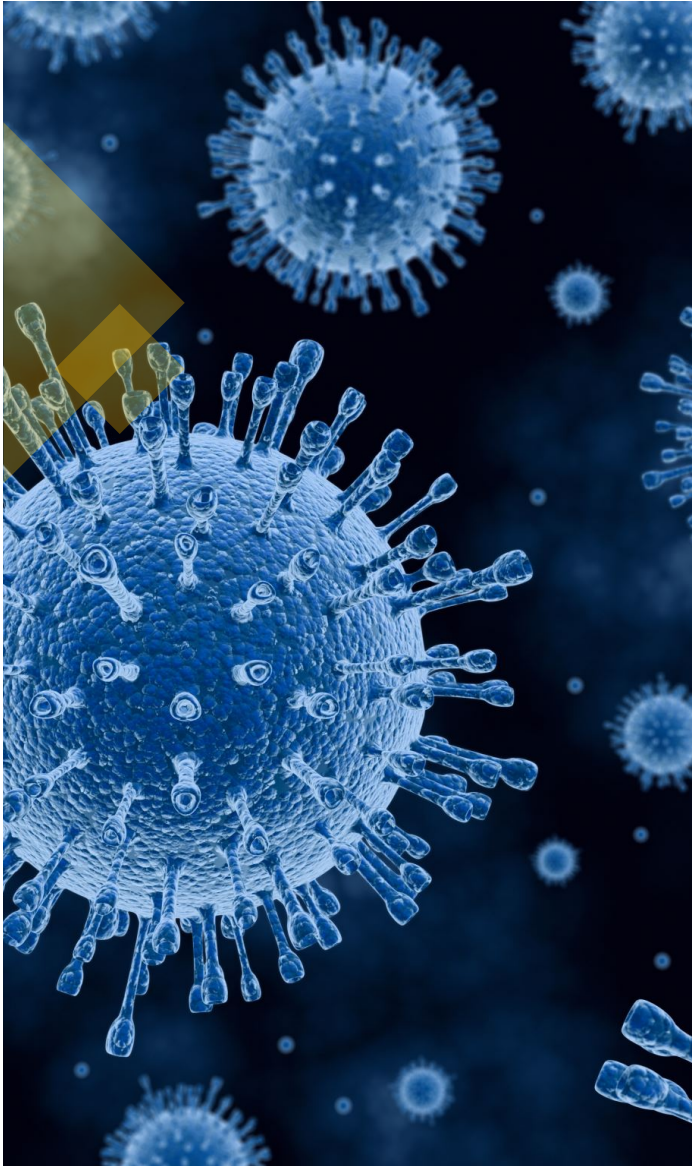
## Not Permitted:



# Permissible Face Coverings per CDC Guidance

## Proper Mask Use

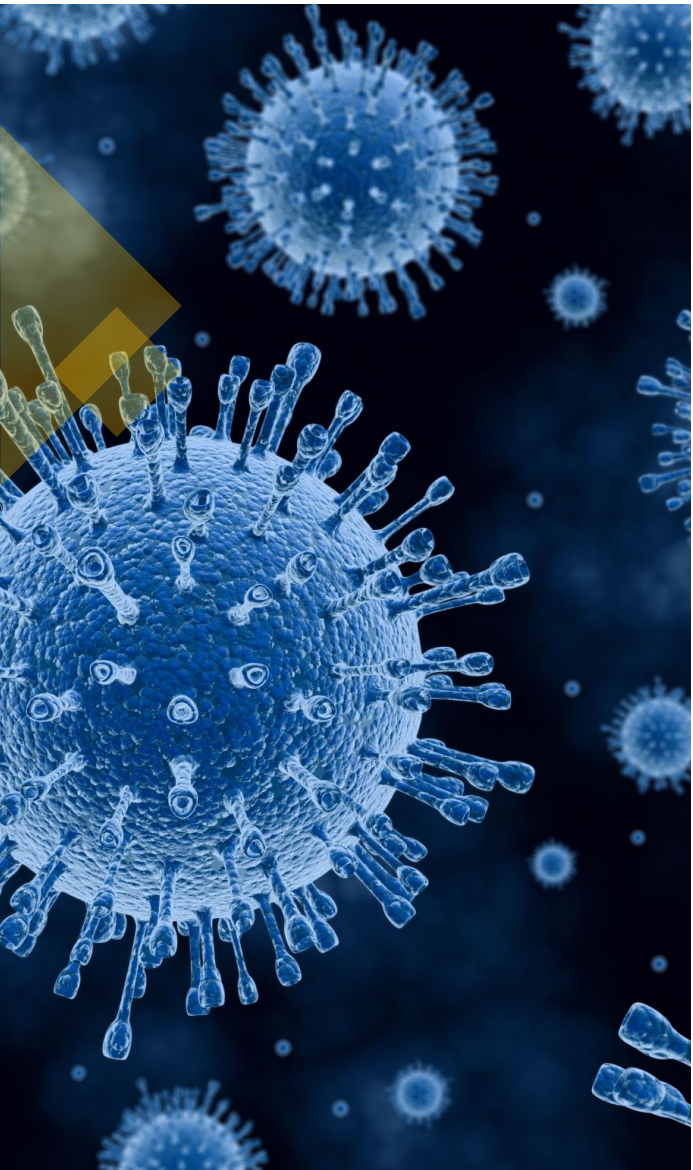




# General Hygiene:

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
  - Use soap and water for a minimum of 20 seconds.
  - When soap and water is not available, use hand sanitizer.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Follow with washing or sanitizing your hands.
- Dispose of tissues in a sealed trash bag.
- Avoid spitting and coughing.





# WASH YOUR HANDS

1



USE SOAP

2



PALM TO PALM

3



BACK TO HANDS

4



FINGERS INTERLACED

5



BASE OF THUMBS

6



FINGERNAILS

7



WRISTS

8



RINSE HANDS

9



DRY HANDS



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# In the event of illness:



**Stay Home and Notify WSSL  
at [covidreporting@wssl.org](mailto:covidreporting@wssl.org)**

- Stay home regardless of what is causing your illness.
- If you are confirmed or suspected to have COVID-19 notify WSSL, practice self-quarantine measures and contact your physician.
- If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19, notify WSSL, begin self-quarantine and contact your physician.
- Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework (<https://www.safesoccer.com/>) and the U.S. Center for SafeSport (<https://safesport.org/>) policies and guidance.
- WSSL reserves the right to remove any parent, player, trainer, coach or referee who appears symptomatic, febrile, unwell, or is otherwise in violation of the guidelines presented in this document.

**We cannot stress enough the importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19!**



## Additional Links:

WHO guidance on face coverings and youth sports:

<https://www.who.int/news-room/q-a-detail/q-a-children-and-masks-related-to-covid-19>

Recent study on COVID transmission in Soccer:

<https://ortho.wisc.edu/wp-content/uploads/2020/09/COVID-19-in-Youth-Soccer.pdf>



# What happens in the event of a positive test or exposure?

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THE FOLLOWING RECOMMENDATIONS ARE INTENDED TO GUIDE  
DECISION MAKING REGARDING PLAYERS OR STAFF WITH A  
SUSPECTED OF DOCUMENTED COVID-19 INFECTION IN  
ORDER TO REDUCE THE RISK OF DISEASE TRANSMISSION

## Communication by a Parent, Player, Coach, Referee or Trainer in the case of a positive test, suspected case or possible exposure is **REQUIRED!**

- Immediately notify WSSL by sending an email to [covidreporting@wssl.org](mailto:covidreporting@wssl.org).
- Please make sure to notify as soon as possible to prevent further exposure and spread.
- Failure to timely notify can result in permanent restriction from participating in WSSL in the future.
- WSSL will keep all information provided, including the name of the family, confidential.
- We may, however, in accordance with CDC guidelines, be required to notify other players, coaches, referees and spectators that may have come into close contact with the person diagnosed or exposed that there has been a positive test or exposure, without using any identifying information.
- 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.

**1) If a Player, Trainer, Coach or Referee knows or thinks that they had COVID-19 AND the Player, Trainer, Coach or Referee has had symptoms, the Player, Trainer, Coach or Referee can return to practice/games after:**

- 3 days with no fever without fever reducing medication;
- Respiratory symptoms have improved;
- 14 days have passed since the onset of symptoms; AND
- Clearance from their medical provider.

2) If a Player, Trainer, Coach or Referee knows or thinks that they had COVID-19 but the Player, Trainer, Coach or Referee does not have any symptoms, the Player, Trainer, Coach or Referee can return to practice after:

- 14 days have passed; AND
- Clearance from their medical provider.

**If the Player, Trainer, Coach or Referee later develops symptoms after testing positive, follow the guidance in first scenario above.**

**3) If a Player, Trainer, Coach or Referee has had close contact with someone who has tested positive or been diagnosed with COVID-19, the Player, Trainer, Coach or Referee may return to practice provided:**

- The Player, Trainer, Coach or Referee has had no contact with that person for at least 14 days after the last exposure / contact; AND
- The Player, Trainer, Coach or Referee has not tested positive or had any symptoms.

## 4) Travel to a country or state for which there is an active Travel Advisory in New York

- If a Player, Trainer, Coach or Referee has traveled to a country or state for which there is an active Travel Advisory in New York, the Player, Trainer, Coach or Referee can return to practice only after the required 14-day mandatory quarantine. As the list of States changes weekly, families will be required to check the website at least every Tuesday (if not more often) for any updates or any changes to the applicable compliance requirements: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>
- If a Player, Trainer, Coach or Referee has had close contact with someone who has traveled to a country or state for which there is an active Travel Advisory in New York, the Player, Trainer, Coach or Referee should isolate themselves from the person who traveled and may return to practice only after 5 days since the last contact/exposure to the person who traveled.

**5) If a Player, Trainer, or Coach tests positive for COVID-19 after a practice or game where close contact occurred:**

- The whole team and possibly the opposing team must quarantine for 14 days.
- For travel teams, travel leagues should be notified if required by their protocols.
- Health department should be notified when required.



**Thank you!**

**For more information or to report a  
positive test for COVID-19 or an  
exposure:**

**[covidreporting@wssl.org](mailto:covidreporting@wssl.org)**

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