

# Return To Play PA West Soccer / Beadling SC

## Phased Approach

One of the primary methods of lowering the risk of exposure to COVID-19 is maintaining physical distance from others. Soccer, like all contact sports, requires players to be in close physical proximity during some aspects of training and during play.

In conjunction with steps outlined in our primary Return to Play Guidelines, we're taking a phased approach to return to play. This approach involves a gradual movement from individual activities to full team activities involving travel beyond your own community.

**Pre-Phase (currently):** Individual and virtual training. This phase includes individual fitness and technical work for players at home and with family members or with teammates via virtual solutions.

**Phase One (1<sup>st</sup> 14 days of Green Phase):** Intra-club activity...training and small-sided in-house activities. This phase includes small-group training within teams and small-sided games within teams.

**Phase Two (15 days of Green Phase):** Intra-club activity...small-sided games between teams within the clubs may be introduced in addition to training and SSG within teams.

**Phase Three:** Inter-club and Intra-club activity...training, small-sided in-house games, and small-sided inter-club games (within same county)

**Phase Four:** Activity opens to include full size matches and travel beyond county limits.

*Movement from each phase to the next is dependent on a team/club to remain COVID-free. Should a case of COVID occur within a team/club then movement to the prior phase should be made.*

As outlined in the primary RTP Guide, clubs should take all necessary steps to mitigate possible exposure. Clubs should also continue to monitor the safety levels of all activities for exposure risk with special attention paid to the following:

1. Unnecessary player closeness
2. Length of time of player closeness
3. Unnecessary touching of "shared" equipment
4. Players' ability to understand physical distancing concepts
5. Players' risk to contracting an infectious disease
6. Unnecessary visitors

### Personal Safety Standards To Be Followed At All Times

1. When suffering from any illness, stay at home
2. Wash hands with soap and water; when soap and water not available use hand sanitizer with at least 60% alcohol.
3. Avoid touching face.
4. Wear a mask when out in public, except when playing a game or training.

