

# FC Sarasota

## Return-To-Play Guidelines

Update 10/16/20



Content Disclaimer

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. FC Sarasota encourages its members to monitor publicly available information and to always follow federal, state, and local health organization guidance mandates. The information is intended to provide guidelines regarding the return to play guidance related to COVID-19.

The information provided herein is consistent with the guidelines provided by our governing body, Florida Youth Soccer Association (FYSA), which was obtained from publicly available sources, including federal agencies, and governing entities, member companies, other leading trade associations and consultants. This information may vary and will be updated depending upon current situations. Further, the information contained is provided for general information purposes only and should not be construed as legal advice on any subject matter.

To Our Members,

On May 22, 2020, Governor Ron DeSantis' executed Executive Order Number 20-131 stating that restrictions on all youth activities has been lifted and they may resume immediately. FYSA followed with their announcement authorizing that all soccer activities may resume on Monday, May 25, 2020 assuming compliance with all local government guidelines and restrictions. FYSA provided guidelines that they strongly recommend their affiliates follow. It is to be noted that the guidelines were originally drafted prior to the Governor's Order therefore FYSA's guidelines did not anticipate return-to-play until Phase 3 of the state's reopening.

The health and safety of our staff, players and their families is a top priority for FC Sarasota and we have created specific guidelines which align with our governing body, FYSA's guidelines, Florida Health Department's Guidance for Organized Youth Activities and Centers for Disease Control and Prevention (CDC) guidelines. Should additional guidelines or recommendations be necessary or if there are any changes to these guidelines, we will update our members in a timely manner.

The implementation of the guidelines to return to play will require the cooperation of the Club, Staff, Parents and Players. While the Club and Coach must create the safe environment, the Parent must make the decision for their child to return to play and we understand that families will have different levels of comfort in the athlete's return to play. It is important that if families are not comfortable with the decision to return to the fields, then they most definitely should not. Finally, the players must be responsible to adhere to and respect the social distancing requirements.

Regards,  
FC Sarasota Board of Directors

The following guidelines pertain to staff, athletes, and parents:

- No signs or symptoms of COVID-19 in the past 14 days. If a person has had a documented case of the COVID-19 infection or was known to have contact with an individual with a documented case, the infected or potentially infected individual should not return to play until they have met the CDC criteria to end home isolation <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- All participants are to maintain normal temperature readings; temperature checks should be conducted by players and their families prior to attending any training.
- Staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete shows any signs or symptoms of infection, they should be sent home and contact a healthcare provider.
- If the club is notified of a direct contact with an individual(s) that tests positive for COVID-19, the club will notify the team regarding possible exposure and contact Sarasota County Health Department which will provide information on our next steps. The infected individual should not return to play until they have met the CDC criteria to end home isolation. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- Infection prevention supplies should be present and utilized (hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.)
- Small group training sessions should take place outside in an area where social distancing can be maintained.
- All soccer activities (practice and training) should be staggered/spaced out between teams to limit interaction between athletes (approximately 15 minutes).
- Athletes and staff should use their own equipment and properly sanitize all equipment after every training session. Do not share or touch other participants equipment.
- Coaching can occur onsite, but coaches must maintain social distancing from all athletes.
- All coaching and spectators are recommended to wear a mask during any field sessions (this does not apply to the players).
- Spectators (non-players) are highly recommended to not be onsite for any training or practices. Parents should be encouraged to wait in the vehicles in the park lots.
- No high fives, handshakes, fist-bumps, or group celebrations.

Player's Responsibilities:	Parent Responsibilities:
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<ul style="list-style-type: none"> <li>• Players should only return to play when they are comfortable in doing so.</li> <li>• Players must adhere to all return to play protocols.</li> <li>• Players must have their temperatures checked at home prior to coming to the fields.</li> <li>• Players must wash their hands before and after training.</li> <li>• Players must wash and sanitize their equipment before and after training (including pinnies).</li> <li>• Players must not share food, water, or equipment.</li> <li>• Players must respect and practice social distancing.</li> <li>• Players must place equipment, bags etc. at least 6 feet apart.</li> <li>• Players must not high five, handshake, fist-bump, or group celebration.</li> <li>• Players may wear masks to/from the fields but are not required (it is not recommended that masks be worn during training sessions).</li> </ul>	<ul style="list-style-type: none"> <li>• Parents should only allow their athletes to return to play when they are comfortable in doing so.</li> <li>• Parents must adhere to all return to play protocols.</li> <li>• Parents must have their athlete's temperatures checked at home prior to coming to any training sessions or games.</li> <li>• Parents must inquire how their athletes are feeling. If they are not feeling well, they should stay at home.</li> <li>• Parents must ensure their athlete's clothing is washed after every training session/game.</li> <li>• Parents must ensure that all their athlete's equipment is sanitized before and after every training session/game.</li> <li>• Parents must notify their club/coach immediately if their athlete becomes ill for any reason.</li> <li>• Parents should supply their athlete with individual sanitizer and plenty of water.</li> <li>• Parents must adhere to social distancing guidelines.</li> <li>• Parents are recommended to wear masks.</li> </ul>
<p><u>Coach Responsibilities:</u></p> <ul style="list-style-type: none"> <li>• Coaches must follow all return to play protocols.</li> <li>• Coaches must inquire how athletes are feeling. If they are not feeling well, then they will be sent home.</li> <li>• Coaches must ensure that all athletes have individual equipment (ball, shin guards, water, etc.)</li> <li>• Coaches are the only person to place/pickup/touch cones, disks, or training equipment.</li> <li>• Coaches must ensure that drills/exercises provide for adequate social distancing.</li> <li>• Coaches must ensure that training vests/pinnies are disinfected after each use.</li> <li>• Coaches must respect players, parents, and families by accommodating those that are not yet comfortable with returning.</li> <li>• Coaches must wear masks.</li> </ul>	<p><u>Club Responsibilities:</u></p> <ul style="list-style-type: none"> <li>• The club must distribute the post Return to Play protocols.</li> <li>• The club must be sensitive and accommodating to parents that may be uncomfortable with returning to play.</li> <li>• The club must train and educate all staff on Return to Play Protocols.</li> <li>• The club must provide adequate field space for social distancing.</li> <li>• The club must ensure there are enough receptacles at the fields.</li> </ul>

# COVID-19 Prevention Recommendations from the CDC

**COVID**  
CORONAVIRUS  
DISEASE **19**

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



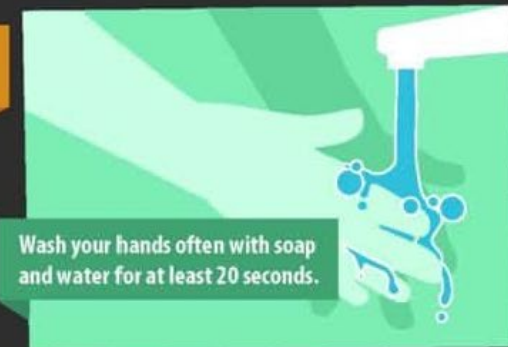
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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