

RETURN TO ACTIVITY: PHASE 1

- ▶ The following Guidelines for Return to Activity were developed by Ohio North Youth Soccer and Ohio South Youth Soccer to reflect mandates from the State of Ohio and Best Practice standards established by US Youth Soccer and fellow State Associations.
- ▶ Outside of the mandates, clubs and teams should use this document as a framework and resource as they evaluate their own environments as they return to practice.
- ▶ Additional resources can be found on Ohio North's website: [Return to Activity](#)



PHASES FOR RETURN TO ACTIVITY

Phase 1 - Non-Contact Training/Practice (beginning May 26, 2020)

- Non-contact training and conditioning may begin. Social distancing should be followed. Coaches should designate space for each player to maintain 6 feet spacing.
- Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing on and off the field of play. Time should be allotted between practice sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Parents/guardians remaining at the training facility should maintain social distancing practices. No additional spectators. No congregating policy before or after training session.
- “Just because we can - does not mean we should”. Non-contact training should **ONLY** commence once clubs & teams can meet all of the mandatory requirements defined for Skills Training for All Sports at coronavirus.ohio.gov.

Phase 2 - Competitive Practices/Intraclub Scrimmages (no starting date at this time)

- Practice may resume with competitive activity. Physical contact is only permitted within the rules of the game during time of competitive play. Players are not to physically contact each other before or after competitive play (i.e. greetings, team huddles, congregating, etc.)
- Intraclub scrimmages permitted.
- Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing off the field of play. Time should be allotted between practice sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Parents/guardians remaining at the training facility should maintain social distancing practices. No additional spectators. No congregating before or after training session.

Phase 3 - Competitive Games/Events/Tournaments (no starting date at this time)

- Games may resume. Physical contact is only permitted within the rules of the game during time of competitive play. Players are not to physically contact each other before or after competitive play (i.e. greetings, team huddles, etc.)
- Facilities/clubs/teams must ensure that facilities have adequate space for social distancing off the field of play. Time should be allotted between games to allow teams to exit fields/facilities prior to new teams arriving.
- All spectators should maintain social distancing practices. Facilities should have comprehensive plans in place consistent with guidance for each sport.
- No congregating policy.



Return to Activity: Phase 1

PRACTICE

Mandatory

- Social Distancing should be followed. Coaches should designate space for each player to maintain six foot spacing.
- Parents/Guardians remaining at the training facility should maintain six foot spacing
- No additional spectators are permitted.
- No-Touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after training, unless the contact is for the purpose of safety.
- Scrimmages and games are not permitted.
- No congregation should occur before or after training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to training session or practice. Anyone experiencing symptoms must stay home*.

Mandatory

- Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing on and off the field of play.
- Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.
- All protocol included in the Responsible RestartOhio Guidance for [Gyms, Dance Instruction Studios, and Other Personal Fitness Venues](#) must be followed.

** Per the CDC, symptoms include cough, shortness of breath or difficult breathing, fever, chills, muscle pain, headaches, sore throat and new loss of taste or smell*



Return to Activity: Phase 1

PRACTICE

Best Practices

- Parents/Guardians should wear face coverings inside the training facility.
- Athletes should bring individual water containers.
- Virtual meetings should be considered when possible.
- Athletes are recommended to travel only with member(s) of their immediate household where possible. Face coverings are strongly recommended for individuals traveling to and from the venue if transporting non-family members.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

Best Practices

- Have designated side-line space for each athlete to keep their soccer equipment and water bottle with 6' between adjacent player areas. No communal water coolers.
- Parents should consider remaining in vehicles during training or, if outside, maintain distance from practice field that adheres to the mandatory requirements.
- Planning training space: Number of players per session can vary based on available space. Clubs must ensure adequate spacing between training areas to meet distance requirements of phase 1 guidelines.
- Planning training space: Coaches/clubs must ensure appropriate training space to allow for social distancing measures and ability to meet phase 1 guidelines. Teams/groups should have own training spaces that limit interaction with other teams/groups.

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Return to Activity: Phase 1

ATHLETES

Mandatory

- Social Distancing should be followed. Coaches should designate space for each player to maintain six foot spacing.
- No-Touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after training, unless the contact is for the purpose of safety.
- Scrimmages and games are not permitted.
- No congregation should occur before or after training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to training session or practice. Anyone experiencing symptoms must stay home*.

Best Practices

- Availability of hand washing or hand sanitizer in the absence of soap and water are recommended for athletes during training.
- Athletes should bring individual water containers.
- Athletes are recommended to travel only with member(s) of their immediate household where possible. Face coverings are strongly recommended for individuals traveling to and from the venue if transporting non-family members.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.

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Return to Activity: Phase 1

COACHES

Mandatory

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- No-Touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after training, unless the contact is for the purpose of safety.
- Scrimmages and games are not permitted.
- No congregation should occur before or after training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to training session or practice. Anyone experiencing symptoms must stay home*.
- Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.
- Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.
- All protocol included in the Responsible RestartOhio Guidance for [Gyms](#), [Dance Instruction Studios](#), and [Other Personal Fitness Venues](#) must be followed.

Best Practice

- Virtual meetings should be considered when possible.
- Whenever possible, equipment and personal items should have proper separation and should not be shared. If equipment must be shared, proper sanitation should be administered between users.
- Have designated side-line space for each athlete to keep their soccer equipment and water bottle with 6' between adjacent player areas. No communal water coolers.
- Planning training space: Number of players per session can vary based on available space. Clubs must ensure adequate spacing between training areas to meet distance requirements of phase 1 guidelines.
- Planning training space: Coaches/clubs must ensure appropriate training space to allow for social distancing measures and ability to meet phase 1 guidelines. Teams/groups should have own training spaces that limit interaction with other teams/groups.

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Return to Activity: Phase 1

SPECTATORS

Mandatory

- Social Distancing should be followed. Coaches should designate space for each player to maintain six foot spacing.
- Parents/Guardians remaining at the training facility should maintain six foot spacing
- No additional spectators are permitted.
- No congregation should occur before or after training or practice session.
- Coaches, players, parents/guardians must do a self-symptom check before going to training session or practice. Anyone experiencing symptoms must stay home*.

Best Practices

- Parents/Guardians should wear face coverings inside the training facility.
- Athletes are recommended to travel only with member(s) of their immediate household where possible. Face coverings are strongly recommended for individuals traveling to and from the venue if transporting non-family members.
- Parents should consider remaining in vehicles during training or, if outside, maintain distance from practice field that adheres to the mandatory requirements.

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Return to Activity: Phase 1

LEAVING THE VENUE

Mandatory

- Social Distancing should be followed.
- No congregation should occur before or after training or practice session.
- Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.

Best Practices

- Individuals should not congregate in common areas or parking lot following the event or practice.
- Individuals should not exchange items.
- Exit facility after each game(s) a team plays out designated exits.
- Team and player meals should only occur in compliance with the guidelines issued for restaurants in the state of Ohio.

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Return to Activity: Phase 1

CONFIRMED CASES

Mandatory

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.

Best Practices

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

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