



CMSSL Return to Play General Guidelines

CMSSL general guidelines for return to play phased approach are designed for all participants to be safe. These CMSSL guidelines are for staff, players, coaches and families.

All participants must read the return to play guidelines and sign a liability waiver before participating in a training session

- Participation in any group activities is only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 14 days before participation
- If you are sick or feel sick, **STAY HOME**
- At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
- If you find yourself in a situation that is outside of your current County recommendations and restrictions for flattening the COVID-19 curve or where you are unsure if you have been exposed to COVID-19, we ask that you self-isolate for 14 days before returning to the field
- All participants will be assigned a designated area for their equipment and water. Assigned space for all players during Phases 3 will allow for adequate distancing
- Players cannot share equipment; shared soccer balls are allowed but they must be disinfected before and after each session as well as during sessions when possible
- No one is to share water, towels, or any personal equipment. This includes, but not limited to:
 - Shin guards, tape, hairbands
 - Jersey/Uniform
 - Pinnies or bibs of any kind
- No centralized hydration or refreshment stations
- Spectators at events should be limited and must maintain maximum social distancing (should not include at risk populations) . Spectator must wear masks at all times.
- All participants should bring sanitizers to their games. This may include but is limited to:
 - Hand sanitizer
 - Disinfectant wipes to be used to wipe down all equipment before and after games by coaches





CMSSL Return to Play

- If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed
- **Participation is voluntary** and participants should only return to the field when they are comfortable and ready





CMSSL Return to Play Exposure/Infection Guidelines

Exposure

Any player who has been exposed to COVID-19, whether they have tested positive or not, must stay away from CMSSL activities for at least 14 days from the latest date of exposure. If, after the initial 14 days, the player has not developed any COVID symptoms, they may return to play.

Infection

If an infection is reported, the diagnosed individual will not be allowed to participate in CMSSL activities until the Club receives either (a) a written Covid-19 clearance from a physician or (b) a negative COVID test result.





CMSSL Return to Play Club Responsibilities

- Create and distribute protocols to members
- Have an effective communication plan in place
- Maintain participant confidentiality regarding health status
- Be sensitive and accommodating to families that many be uncomfortable with returning to play at this time
- Train all staff on protocols and requirements, including state and local regulations
- Provide adequate field space to provide for adequate social distancing
- Be prepared to shut down and stop operations if state or local governments tell us to do so
- Team officials must communicate the Wednesday before the game to discuss county protocols
- If a team has a positive COVID test team must communicate to CMSSL the date of the positive tests





CMSSL Return to Play Coach Responsibilities

- Follow all CMSSL Return to Play procedures
- Inquire how athletes are feeling. Send home anyone you believe or acts ill
- Ensure players have their own equipment (ball, water, bag etc.)
- Only the Coach can handle equipment (e.g. cones, disk etc.)
- Coaches should maintain social distance requirements from player based on state and local health guidelines
- Respect players, parents and families by accommodating those that may not yet be comfortable with returning to training
- Coaches must always wear masks
- Coaches must sanitize their bench and after their games. It is recommended that players bring their own chairs
- Have fun and stay positive





CMSSL Return to Play Parent Responsibilities

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child returns to play
- Ensure your child is healthy and check your child's temperature before activities with others
- Consider not carpooling or very limited carpooling
- Stay in car or adhere to social distance requirements, based on state and local health requirements
- When at games, wear a mask if outside your car
- Ensure child's clothing is washed after every game
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training
- Notify CMSSL immediately if your child has a positive COVID test
- Do not assist your coach with equipment before or after games
- Be sure your child has necessary sanitizing products with them at every game





CMSSL Return to Play Player Responsibilities

- If you are not comfortable with returning to play, DON'T
- Take your temperature daily and especially before activities with others
- Wash hands thoroughly before and after every game
- Bring, and use, hand sanitizer with you at every game
- Wash hands thoroughly with soap or sanitizer before, during and after using the restroom
- Wear mask before and immediately after all the game and on the sidelines
- Do not touch or share anyone else's equipment, water, food or bags
- Practice social or physical distancing, place bags and equipment at least 6 feet apart
- Wash and sanitize all equipment before and after every game
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.





CMSSL Return to Play Pre-Match Guidelines

- The referee must maintain appropriate social distance from players during the team check in process
- Team officials must provide a game roster prior to the game that includes the first and last names of all players who will play in the game, along with each player's jersey number.
- Team officials must present player cards to the referee for check in.
- Warm up equipment should be washed/disinfected between matches
- Cones must not be handled by players.
- Only one captain may participate in the coin flip and must maintain app





CMSSL Return to Play Substitution Requirements

- Subs on the bench must wear masks and must maintain social distancing to the extent practicable
- Entering subs must maintain social distance near the halfway line
- Players must avoid physical contact when subbing on and off the field
- If one player is waiting to sub near the halfway line, and the referee invites the player onto the field to substitute, both teams may request that the referee allow them to make additional subs “from the bench” so as not to have crowding at the halfway line.
- Players on the bench must wear masks (unless impracticable for health reasons) and must maintain social distancing to the extent practicable.





CMSSL Return to Play Match Guidelines

- Players/coaches on the sideline must wear masks and maintain social distance
- In the event of an injury, team staff may assess injured individuals in accordance with first aid management while wearing masks. Family members may assist as necessary. All others must maintain at least 10ft social distance





CMSSL Return to Play Post-Match Guidelines

- Teams must exit the field area quickly to allow for arriving teams to enter the field (postpone post game talks)
- No post-match line-ups and high fives; recommend general “thumbs up” and “good game” between players and staff
- Both teams must clear their sideline area of trash before exiting the field
- Clubs should report matches in which protocols are not followed to the CMSSL commissioner
- Club coaches are responsible for making sure teams efficiently exit the field





CMSSL Return to Play Extra Resources

- Maryland State Youth Soccer Association Recommended Guidelines:
<https://www.msya.org/msya-return-to-play-guidelines/>
- US Youth Soccer Return to Activity Resources:
<https://www.usyouthsoccer.org/resources/return-to-activity-resources/>
- US Soccer Play ON Recommendations:
<https://www.ussoccer.com/playon/guides/phase-1-grassroots>
- CDC Guidelines:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Maryland State Guidelines:
https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf

