



Total Futbol Return-to-Play Guidelines

Total Futbol is committed to protecting the safety and health of all people as we return to on-field sessions. The Return-to-Play plan outlined below will coincide with rules and regulations set forth by public health authorities, and dates are **subject to change** based on the Virginia and Maryland state phased opening schedule.

Implementing the Return-to-Play Guidelines presented here will require a cooperative relationship between Total Futbol, the coach, parent, and player. While we at Total Futbol must create a safe environment, the Parent must make the decision for their child to return to play. Whereas there are many that will be excited to return to play, there are others who may be apprehensive. If a player, parent, or family is not comfortable returning to play – **THEY SHOULDN'T**. We must demonstrate respect and courtesy for everyone's feelings during this time and ensure that we provide a safe environment as we return to play.

Outlined later are the phases and schedule for returning to full team training and play. That being said, the following are guidelines that will be in place **regardless of the Return to Play phase** we are operating in:

- a. 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.
- b. If you are sick or feel sick, **STAY HOME**
- c. At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
- d. **Anyone who self reports a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 14 days**
- e. In ALL phases, no one is to share water, towels, or any personal equipment. This includes, but not limited to: shin guards, tape, hairbands, jerseys/t-shirts, pinnies or bibs
- f. Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed

It's crucial that the expectations above be observed throughout the entire Return-to-Play process so we as a program can limit the spread of COVID and get back on the field in a safe manner.

Expectations for players and parents

Players are expected to do the following before attending training in any phase:

1. Check their temperature. A player with a temperature of 100 or more will not be allowed to participate and should seek proper medical care.
2. Check/report symptoms of COVID as defined by the [CDC](#). A player exhibiting symptoms of COVID will not be allowed to participate and should seek proper medical care.
3. Collect and bring all personal training equipment. In most phases, players must bring and use only their own equipment, including their ball, shin guards, water bottle, etc. Sharing equipment is not allowed until we fully return to play.
4. Collect and bring proper training colors. If necessary, your coach will communicate the proper t-shirt color to wear to training to prevent the sharing of bibs and pinnies.

The above guidelines are crucial in keeping our players, parents, and staff healthy as we return to play. If in doubt, over-communicate with your coach about questions and hesitations regarding coming to training. Players won't be punished for not feeling comfortable with returning to training.

Return-to-Play Timeline

Please note that the phases and dates outlined below are a guideline, and are subject to change based on the recommendations of the state and local public health authorities. Total Futbol will cooperate with all state and local regulations, even if this means taking a step backward in our phased plan.

PHASE 1: Present - Virtual training

- No in-person contact between players and/or coaches
- In-person training should follow all guidelines in this document, they however are at the player's own risk

PHASE 2: Projected start date is June 15 - Small group training of sizes 9 or less

- Ratio of 9 players to 1 coach in one group, with a maximum of four groups on the field at a time
- Coaches will designate individual areas for each player to keep their belongings, and also individual areas for players to train (6x6 yd grid at minimum)
- Training is done individually with personal equipment only (no sharing equipment), and no physical contact is allowed

- No heading
- No group meeting/breakdown
- Handling of cones and non-personal equipment by coaches only, and must be sanitized between sessions
- Social distance of **10 ft minimum** must be maintained by players and coaches at all times
- Designated pick-up and drop-off locations to prevent contact between groups
- No spectators allowed

PHASE 3: Projected start date is June 29 - Team training with social distance

- Groups cannot be larger than 50 - specific group sizes TBD
- Coaches will designate a specific area for players to keep their belongings
- Players must maintain social distance of **10 ft minimum** at all times (no physical contact)
- Sharing equipment is allowed, but cannot be touched with hands and must be sanitized between sessions
- No heading
- No group meeting/breakdown
- Handling of cones and non-personal equipment by coaches only
- Social distance must be maintained by players and coaches at all times
- Designated pick-up and drop-off locations to prevent contact between groups
- No spectators allowed

PHASE 4: Projected start date is July 13 - Team training with minimal physical contact allowed

- Groups cannot be larger than 50 - specific group sizes TBD
- Players can have physical contact when necessary during play, but is prohibited otherwise (no handshakes/high fives, no close group discussions, etc.)
- Players and coaches must maintain social distance of **6 ft minimum** when not in a playing situation that requires closer contact
- Sharing equipment is allowed, but cannot be touched with hands and must be sanitized between sessions
- No group meeting/breakdown
- Handling of cones and non-personal equipment by coaches only
- Designated pick-up and drop-off locations to prevent contact between groups
- Spectators allowed, but are discouraged and must maintain appropriate social distance at all times

PHASE 5: Projected start date is July 27 - Full team training and contact with precautions

- Full return to play - restrictions on group limits and physical contact are lifted
- Players are still encouraged to limit unnecessary physical contact (no handshakes/high fives, no close group discussions, etc.)
- Players are still encouraged to practice proper hygiene before and after training/games (hand sanitizer, immediately washing training gear)
- Equipment must be sanitized between sessions
- No group meeting/breakdown
- Handling of cones and non-personal equipment by coaches only
- Designated pick-up and drop-off locations to prevent contact between groups
- Spectators allowed, but are discouraged and must maintain appropriate social distance at all times

Though these phases and projected dates are best-case, we understand that the COVID pandemic is an ever-changing situation and will require us to revisit and adjust our plan accordingly. Total Futbol will continue to communicate with our players and parents, as well as other clubs and youth soccer organizations in the area to stay in line with best practices during this uncertain time.

Should our plan change at any time, parents and players will be notified as soon as reasonably possible. We will be distributing protocols and detailed guides for each phase as we move through the Return-to-Play process.

Please note that any information contained herein is for informational purposes only and may not be construed as a directive or in place of medical or legal advice.