



VSC Return to play

Fall 2020 Season

These are the recommended guidelines for return to play where the stay at home restrictions are removed. Communities in Oklahoma may have different restrictions and requirements on the resumption or participation of sports activities. We will try and follow the Federal, State and local government directives with the goal the safety and welfare of participants, volunteers and spectators. The following applies to games and practices:

1. Please do not attend practice or a game if **NOT** feeling well, if you have a fever or are currently under a quarantine. The health and safety are the responsibility of all players, volunteers, and spectators.
 - a. Do not play or attend games or practice:
 - i. If exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms.
 - ii. If you have been in contact with someone with COVID-19 in the last 14 days.
 - b. A non-contact thermometer will be available at the game fields Concession stand if there are any questions related to having a fever.
2. Players are encouraged to not engage in the standard celebrations and comradery of the game.
 - a. Avoid unnecessary touching such as high fives, hugs, and group “pile on’s” in goal celebrations.
 - b. Please observe no handshakes before and after the game with opponents, coaches, and referees.
 - c. Coaches refrain from high fives and hugs with players during substitutions or after an outstanding achievement.
3. Players, uniforms, and equipment.
 - a. Players, when off the field, should try and maintain social distancing of 6’.
 - i. This includes seating area’s for players and personal gear.
 - b. Players should not share water bottles and drink containers. This includes dunking water bottles into a cooler to refill bottles.
 - c. It is recommended that players have their own hand sanitizer for personal use.
 - d. Uniforms should be washed as soon as possible after the game.
 - e. Benches should be wiped down with a disinfectant prior and after the game.
 - f. Soccer balls after the game or practice also sprayed with a disinfectant.
 - g. Shin guards and scrimmage vests should not be shared.
 - i. If they need to be shared, its recommended to spray them down with a disinfectant before sharing.
4. Coaches.
 - a. Ask each player on arrival to practice or game if they are feeling well and/or exhibiting any symptoms of COVID-19.
 - b. Avoid having large group team meetings before or after the game, without social distancing.

- c. Pregame, halftime, and post-game instructions should be kept to a minimum and have players practice social distancing rather than sitting next to each other on a bench.
 - d. Only coaches should pick up team equipment or move practice equipment.
 - e. Have sanitizer available for player and coaches use.
5. Family Members and spectators.
- a. Please provide a minimum distance of 6' on the sidelines or end lines between families. No sitting behind the behind the goal.
 - b. Family members and spectators shall be at least 10 feet from the touch line.
 - c. If sitting in bleachers, practice social distancing.
 - d. Family members and spectators are encouraged to wear masks.
 - e. Where applicable, Vehicles are excellent and comfortable sitting areas to watch games.
 - i. The most vulnerable group are people over 65 years of age or those with underlying medical conditions. It is recommended they not attend games or practices. If they do, remain in vehicle as a safe avenue to watch soccer, or sit in area 25 ft from all non household members.
6. Fields and Facility cleaning.
- a. Restrooms – (where applicable)
 - i. Cleaned and disinfected regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs, and light switches. We will use safe and correct application of disinfectants and keep products away from children.
 - b. Concessions-
 We follow standard Health Department requirement on concession operations with more frequent cleaning.
 Concession workers may wear masks and gloves.
 Ordering and sitting areas should maintain 6' social distancing.
 - c. Bleachers –
 - i. If used should be disinfected after each practice or game.
 - d. Field spacing -
 - i. If possible, field play will be staggered and not next to each other and game time also staggered to minimize large group gathering.
 - cii.
 - i. Any field facility structures will be cleaned and disinfected as needed.

Many of these are common sense. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities this spring and through the summer. These protocols may be adjusted as the need arises.