

*Please note these are the current guidelines that may change according to state/town guidelines updates and possible program changes.

Pleasant Valley Recreational Soccer 2020/2021 Return-to-Play Guidelines and Responsibilities

These guidelines are intended to give a general feel for what returning to safe play for would mean for Pleasant Valley Recreational Soccer. The lists here were compiled from multiple resources that include but are not limited to the local regional counties, the state of NY, the Federal government, CDC and American Youth Soccer Association.

General Guidelines

Current recommendations, based on the CDC, on how members of the community can limit the spread of communicable illnesses:

- Clean and disinfect frequently touched surfaces and exercise equipment (personal and team)
- Thoroughly wash hands with soap and water for at least 20 seconds OR use a minimum 60% alcohol based hand sanitizer
- Wear a cloth face covering that covers your mouth and nose in public settings
- Stay at least 6 feet away from non-household members
- Cover your mouth with tissue when sneezing or coughing
- Stay at home if you are sick
- Healthy participants only: Any players, coaches or spectators who are sick will not be permitted at practice and games

Recreation Department

- Continually monitor national and local guidelines in order to facilitate effective guidance to coaches, parents and players
- Sanction practices according to approved field availability (town fields vs school district fields)
- Send pre-training communications ensuring only healthy participants attend and reiterate expectations and safety protocols
- Have an action plan in place in the event that a soccer community member becomes ill
- Provide coaches with detailed information and training on these recommendations
- Face masks are recommended for coaches, referees and parent volunteers as per current CDC Guidelines
- Support coaches with resources that can help design safe and effective practices
- Provide physical guides such as signs, tape, painted lines to help aid players and spectators remain physically distant
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time

Coaches

- Coaches should maintain physical distancing between players and family members
- Although current CDC guidelines recommend face coverings, wearing them during practices where coaches might be physically active will be left up to the discretion of the coach
- Utilize techniques for isolation exercise, grid work, fitness and spatial awareness
- Keep players training in small groups and use circuits or stations
- Ensure that players have and handle their own labeled equipment (ball, water bottle, pinny)

- Coaches or Team Parents should be the only ones handling team equipment (cones, discs, training equipment)
- Hand sanitizer upon arrival and BEFORE water breaks
- No shared personal equipment, players will be provided with their own pinny/bib, at the request of the coach
- No physical greetings, make sure to verbally acknowledge players/parents
- Maintain team health check in sheet before each practice and game
- Stay positive and create a fun environment

Parents

- Ensure your child is healthy. Test child's temperature before heading out to practices and games (100.4 or above, do not attend)
- Complete Online Pre-Registration Form PRIOR TO ARRIVAL AT THE FIELDS
- Stay in car or adhere to the current CDC guidelines for physical distancing in public
- Face masks are recommended as per current CDC Guidelines
- Facilitate the cleaning and/or sanitizing of personal equipment before and after each practice/game (balls, cleats, shinguards, uniforms etc)
- Players must have own hand sanitizer with them at practices and games
- Notify your player's coach immediately in the event that your player becomes ill for any reason
- Stay positive and aid coaches in creating a fun environment

Players

- Wash or sanitize hands before and after soccer play
- Must bring and use personal hand sanitizer at practices and games, especially before water breaks
- Do not touch or share other teammates equipment (balls, practice pinny etc)
- Practice physical distancing of personal equipment (on sidelines)
- No sharing water bottles or snacks
- No physical greetings (handshakes, high fives, fist bumps etc)