

RE: BEST PRACTICES FOR RETURNING TO SOCCER

Colorado Soccer Association has established a 'Return to Soccer' best practices in an effort to provide guidance to our member clubs as it relates to COVID-19. The priority is to provide recommendations that mitigate the risk for all participants.

We understand there is a strong desire from everyone in the soccer community to get back on the pitch as soon as possible, but it is the duty of Colorado Soccer Association to provide recommended best practices for all sanctioned CSA clubs.

The challenges we face as the governing body of youth soccer in Colorado are the independent protocols for local communities. It is difficult for CSA to mandate a very specific set of rules that every club must follow. But rather, our goal has been to recommend best practices from which each club can build in conjunction with local authorities until further notice.

While communities in Colorado may have different restrictions and requirements on the resumption of sports activities, any 'Return to Soccer' must follow the **federal, state and local government directives**.

The following recommended best practices apply to all sanctioned activities, until further guidance is released:

1. All in-person training should comply with local, regional, and national guidelines for the appropriate number of people in one group and the size of the group.
2. If possible, field play should be staggered. Play times should also be staggered to minimize large group gathering.
3. Coaches and players should avoid "high fives", handshakes and any form of touching.
4. Spectators should not be allowed except in designated areas. Spectators in those areas should observe social distancing. Where and when possible, it is recommended spectators wait in their cars.
5. All participants should maintain a minimum of six feet social distancing throughout training, if possible.
6. It is encouraged to conduct all training outdoors or in an unconfined area.
7. Areas that are accessible such as bleachers, concession stands, and bathrooms should be cleaned and disinfected daily. To reinforce the need for social distancing, player and referee benches should be removed.
8. No one should be allowed to attend practice if NOT feeling well, has a fever at or higher than 100.4, or is currently under a quarantine. If exhibiting any symptoms of COVID-19, including mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC, players should not be permitted to participate.
9. Players, coaches, or spectators should not attend any training or events if they have been in contact with someone with COVID-19 in the last 14 days.
10. Players/coaches should use hand sanitizer before practice, during breaks, and after practice.
11. Players should not be allowed to share water bottles. Common use rehydrating stations, i.e. drinking fountains, large coolers, etc., should not be provided.
12. Players should wash uniforms, balls, and any additional equipment after each training.
13. Players should wear masks when not actively training. A player should be allowed to wear a mask while training, but this will be a personal choice of the player or the player's parent or guardian.
14. Clubs may formulate a No Congregating Policy of players or parents in parking lots, at drop off zones, at entrance/exit areas of the facility, or before or after training sessions.
15. Coaches should wear masks at all times to include before, during and after training and/or games.
16. Coaches should pick up team equipment and move practice equipment. Team equipment should be cleaned and sanitized after every practice.
17. Club and/or coaches should have sanitizer available for player and coach use. The club and/or coach should dispense the sanitizer to players needing or requesting it.
18. Coaches should not provide balls or scrimmage vests. If they are used, they should not be shared and must be washed after every training.

This document reflects recommended practices and serves as a general informational resource for Colorado Soccer club members and should not be considered as medical or expert advice. Recommendations are designed to promote hygienic practices to better protect participants in any activity. Clubs may implement or rely on the information at their own risk. Colorado Soccer emphasizes that it is incumbent of all clubs and members to consult the most up-to-date recommendations of federal, state, and local public health officials on a regular basis.

Consult your own qualified health providers or other advisors about any specific issues or circumstances you might have.

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