

# CSC RETURN TO PLAY

COVID-19



# INTRODUCTION

The CSC “Return to Play Plan is meant as a guide as COVID 19 restrictions are eased and/or removed in our community. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, Casper Soccer Club makes no representation and assumes no responsibility for the completeness of this information. Given the changing pandemic environment, these guidelines may change at any time. These guidelines address early phases of return to play.

Additional guidelines will follow as the COVID-19 pandemic continues to evolve.

Every community in Wyoming may have different restrictions and requirements on resuming sports activities. Casper Soccer Club(CSC) is following the local, state and federal guidelines with health and safety being the priority for our members. CSC is also a Club member of Wyoming Soccer Association (WSA), US Youth Soccer, US Adult Soccer Association and US Soccer Federation and will adhere to the guidelines/protocols set forth by the governing soccer organizations.

The Casper Soccer Club has developed a conservative Return to Play (RTP) plan in phases based on the guidelines of “Opening up America Again”, and the NC Health Department’s “Natrona: Coming Back Strong” with the consultation of Natrona health officials.

# PHASES

The Phases for *Opening Up American Again* establish a measured, gradual, science-based plan to return to normalcy. There are three (3) phases and a stringent 14-day Gating Criteria that must be achieved before moving into Phase One (1).

The Casper Soccer Club has worked in collaboration with local, state, Federal to develop an RTP that implements a conservative phasing in of activities based on aforementioned along with the *Natorna: Coming Back Strong*, per directive from NC Health Department on May 6, 2020.

CSC has translated these “Phases” into our Return to Play Plan/Protocol. Where soccer/youth sports fits into the "Phasing" process is directly related to how much control can be maintained to ensure that mitigation practices are in compliance.

All Return to play activities are “voluntary”. (Ex...if a child chooses to NOT attend any activity, the coach/club must accommodate that child’s Return to Play at a later date.

CSC Staff will continue to provide virtual training / challenges for our members if requested



# COMMON-SENSE RECOMMENDATIONS

All youth and amateur sports organizations want to get back on the field or court. The following are recommendations for “Return to Play” in phases and should be applied regardless of the RTP phase:

- Staff and families should ensure personal health before arriving at fields. Check your temperature before leaving home.
    - If you are sick or feel sick, STAY HOME
    - At risk individuals, youth or adult, STAY HOME
  - Notify club immediately if your child becomes ill for any reason or is showing symptoms. (See Self-Reporting Guidelines)
    - Ensure you have sanitizer options at every training / games
  - Each player must have their own ball and equipment...Shoes, Socks, or Shin Guards (Families are responsible for sanitation and maintenance)
  - Each player brings and uses personal water bottles...not to be filled at public water sources / fountains
    - No one is to share water or food
    - Jersey/Uniform (Families are responsible for their uniform sanitation and maintenance)
      - Practice Vest/pinnies (If coach supplied-must be washed after each use)
    - No Assisting CSC Coach Staff with equipment before or after training and/or games
  - All spectators remain in vehicles or observe social distancing maintaining six (6) feet apart unless immediate family members
    - Wash hands thoroughly before and after training / games
- Respect for each individual choices must be the top priority

# SELF-REPORTING PROTOCOL

The following should be applied regardless of the Return to Play phase:

- If you are sick or feel sick, STAY HOME!
- At risk individuals, youth or adult, STAY HOME!
- Staff and families should ensure personal health before coming to fields. Check your temperature before leaving home  
Anyone with a temperature of 100.4 or more should remain at home and not allowed to participate for a minimum of 14 days.
- Notify club immediately if your child becomes ill or is showing symptoms for any reason.

Respect for each individual choices must be the top priority.



# COMMITMENT TO MEMBERS

The Casper Soccer has implemented the following throughout the Return to Play phases:

- CSC has a strategy in place to work with public health officials if needed
- CSC will maintain confidentiality if it is learned a participant has developed Covid-19
  - CSC is prepared to temporarily stop operations if the need arises.
  - CSC reserves the right to send any player home if they act / appear to be ill.
- CSC will accommodate parents/players that may be uncomfortable with returning to play in the early phases.
  - CSC Staff will be provided with sanitizer and face coverings.
  - CSC will provide adequate field space for recommended social distancing.
- Sanitation options are provided in the concession building restrooms-social distancing required.
- CSC reserves the right to send home any individual that does not follow the safety and health guidelines as they affect others.
- Individual participants are not required to wear a face covering. CSC respects the choice of wearing a face covering and accommodations will be made if needed.

# PHASE 1 / MAY 1-31

As government restrictions lessen and certain businesses can reopen, due to the issue of strict adherence to some criteria understood as virtually impossible in any soccer environment, Phase One (1) will call for maximizing social distancing, while maintaining an attitude of “watch, wait and evaluate”. Phase One (1) begins a prohibition on non-essential travel and isolation following travel. It is also noted that Phase One (1) states that “Organized Youth Activities that are currently closed should remain closed.”

When the Wyoming Governor announces that Wyoming has satisfied all “Gating” criteria allowing Wyoming to enter “Phase One (1)”, the WSA Return to Play ban on ALL activities and events (e.g. training, scrimmages, friendlies, games, and tournaments, etc..) at all levels of play (e.g. Academy, Jr. Blades, Blades) shall remain in full force and effect unless and until the Governor announces Wyoming may enter Phase Two (2).

At such time as Phase Two (2) is implemented, all players **MUST** be registered with the club and fees paid to the state for all participating players.

When CSC moves to RTP (only when Governor releases restrictions that would allow for a RTP, and once WSA has sent notification that clubs may do so), the WSA state office **MUST** be notified for insurance purposes.





# PHASE 2 / JUNE 1-13

Small Training Sessions (Groups of 25 or less)

CSC Training & Game Operations:

- No CSC Teams allowed to travel in-state or outside state
- No teams / clubs from outside Casper
- All Training / Games / Leagues are Intra-Club
- Blades teams train on Monday and Wednesday, 5:30-6:45 & 7-8:15
- Games on Saturdays (Schedule Times TBD)
- Training & Games focused on 1v1

PPE Guidelines:

- CSC players will wear uniform jersey (Red & White) with HC designating which players wear which color for trainings.
- Families are responsible for personal hand sanitizer
- Hand sanitizer issued by CSC to staff
- CSC staff will wear PPE (Masks)...provided by CSC initially

Social Distancing Measures:

- Players to space personal equipment an appropriate distance (Six Feet apart)
- One (1) person per 120 Sq. ft)
- No direct contact (hugging, high fives, fist bump, handshakes, etc.)
- Times between switching teams into areas extended, allowing teams to move out of the area before the next team(s) arrive.
- Players / Spectators are not to gather before or after trainings/games.



# PHASE 3 / JUNE 14-27

Larger Training Sessions (Groups of 25 or less)

CSC Training & Game Operations:

- No CSC Teams allowed to travel in-state or outside state
- All Training / Games / Leagues are Inter-Club
- Blades teams train on Monday and Wednesday, 5:30-6:45 & 7-8:15
- Games on Saturdays (Schedule Times TBD)
- Training & Games focused on Small Sided Games (3v3/4v4/5v5)

PPE Guidelines:

- CSC players will wear uniform jersey (Red & White) with HC designating which players wear which color for trainings.
- Families are responsible for personal hand sanitizer
- Hand sanitizer issued by CSC to staff
- CSC staff will wear PPE (Masks)...provided by CSC initially

Social Distancing Measures:

- Players to space personal equipment an appropriate distance (Six Feet apart)
- One (1) person per 120 Sq. ft
- No direct contact (hugging, high fives, fist bump, handshakes, etc.)
- Times between switching teams into areas extended, allowing teams to move out of the area before the next team(s) arrive.
- Players / Spectators are not to gather before or after trainings/games.

# PHASE 4 / JUNE 28-JULY 11

Larger Training Sessions (Groups of 50 or less)

## CSC Training & Game Operations:

- Training / Games / Leagues moving toward Inter-Club with continued evaluation of COVID-19 situation
- Possible travel for CSC Teams in-state or outside state with approval of CSC Director of Coaching
- Blades teams train on Monday and Wednesday, 5:30-6:45 & 7-8:15
- Games on Saturdays (Schedule Times TBD)
- Training & Games focused on Full-Sided Games (7v7 / 9v9 / 11v11)

## PPE Guidelines:

- CSC players will wear uniform jersey (Red & White) with HC designating which players wear which color for trainings.
- Families are responsible for personal hand sanitizer
- Hand sanitizer issued by CSC to staff
- CSC staff not required to wear mask

## Social Distancing Measures:

- Space equipment and persons at normal capacity and distance
- One (1) person per 120 Sq. ft)
- No direct contact (hugging, high fives, fist bump, handshakes, etc.)
- Times between switching teams into areas extended, allowing teams to move out of the area before the next team(s) arrive.
- Players / Spectators are not to gather before or after trainings/games.



# PHASE 5 / JULY 12-JULY 31

## Standard Training Sessions (Normal Group / Gatherings)

### CSC Training & Game Operations:

- Training sessions held with no restrictions,
- Normal training schedule
- Travel for CSC Teams in-state or outside state requiring overnight stays with approval of CSC Director of Coaching

### PPE Guidelines:

- CSC players will wear uniform jersey (Red & White) with HC designating which players wear which color for trainings.
- Families are responsible for personal hand sanitizer
- Hand sanitizer issued by CSC to staff
- CSC staff to exercise “Common Sense” safety measures

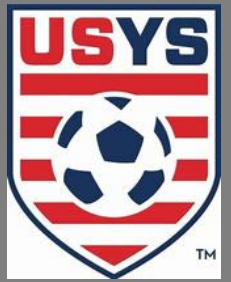
### Social Distancing Measures:

- All activities are mandatory for players, set forth in team policies regarding attendance, etc...
- Players to space personal equipment an appropriate distance (Six Feet apart)
- No direct contact (hugging, high fives, fist bump, handshakes, etc.)



# JUNE 2020

JUNE 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	PHASE 2					
7	8	9	10	11	12	13
	PHASE 2					
14	15	16	17	18	19	20
	PHASE 3					
21	22	23	24	25	26	27
	PHASE 3					
28	29	30	1	2	3	4
	PHASE 4				Independence Day Holiday	Independence Day





# JULY 2020

JULY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3 Independence	4 Independence
<b>PHASE 4</b>						
5	6	7	8	9	10	11
<b>PHASE 4</b>						
12	13	14	15	16	17	18
<b>PHASE 5</b>						
19	20	21	22	23	24	25
<b>PHASE 5</b>						
26	27	28	29	30	31	1
<b>PHASE 5</b>						

