



## **SOCA Return to Play Training Guidelines: Phase 2**

SOCA is excited to announce our “Return to Play” programming will enter Phase 2 starting the week of June 15th. In staying in line with the Phase Two Re-Opening of Virginia laid out by Governor Northam, the Virginia Youth Soccer Association (VYSA), US Soccer, have established safety protocols for players to return to on-field training. These Return to Play guidelines can be viewed here:

### [VYSA Return to Play Guidelines](#)

SOCA’s number one priority is to establish a training environment that is safe for all players and coaches using these guidelines. These sessions are in no way mandatory, but we hope families who feel comfortable take up this opportunity. **These sessions are viewed as an extension of Spring programming and are only available for players who do not request a refund or credit.** Please see below with how SOCA will conduct these sessions.

- Training conducted within a team setting. Two teams may occupy one field (one on either half), with no more than 50 people (including coaches) on an entire field. Fields will have less than 50 players.
- All players will be socially distanced by 10 feet with no contact.
- Players will have their own designated hydration areas that will also be 10 feet apart from the nearest player.
- Each coach will have a mask and must wear it whenever within 10 feet of a player; however, may remove it to coach while distanced 10 feet or greater. Players are recommended to arrive and depart the fields with a mask but should remove it during training.
- All players and coaches must have their temperature checked at home prior to coming to training. Players and coaches are not permitted to come to training if they have a temperature of 100 or more or feels sick.
- All players must have their own water, hand sanitizer, and a soccer ball. Players are not allowed to share water.
- All equipment must be sanitized before and after training. Only coaches should pick up cones. Players are not allowed to share pinnies/vests during training and must be washed by the coach prior to the next training. Players will be allowed to share soccer balls via passing; however, they will be instructed not to pick soccer balls up with their hands.
- SOCA is working on getting hand sanitizing stations; however, we recommend players also bring their own for personal use.

### **Session Design**

- SOCA technical staff and coaches will run each session.
- Sessions will be conducted within a team setting.
- Sessions will incorporate activities and exercises within the social distancing protocols. These exercises can include but are not limited to: individual technical work (as seen in Phase 1), passing patterns, and possession games where players are stationed in zones.
- Sessions will be scheduled with a 15 minute buffer between sessions to minimize overlap of groups interacting at South Fork Soccer Park.

### **Guidelines for Players**

- Cannot be feeling sick or have a temperature of 100 or more.
- Cannot come to training if they have a family member in the household who has recently tested positive for COVID-19.
- Must bring their own ball, water and hand sanitizer.
- Cannot share water.
- Cannot touch soccer balls with their hands.
- Must follow social distancing protocols.
- Must hand sanitize before sessions.
- Failure to comply with safety protocols will result in a dismissal from training.

### **Guidelines for Coaches**

- Must wear a mask when within 10 feet of a player.
- Must sanitize hands before and after sessions.
- Must sanitize soccer balls prior to every session.
- Must wash all training vests prior to each session.

### **Guidelines for Parents**

- Must take child's temperature prior to training. Must keep child at home if they are feeling sick or have a temperature of 100 or more.
- Must practice social distancing if you get out of your car. No parent is allowed down on the fields unless it is an emergency.
- Make sure your child has the above-mentioned items.
- Must notify SOCA staff (Jimmy Tharpe at [jimmy.tharpe@socaspot.org](mailto:jimmy.tharpe@socaspot.org)) if your child has tested positive for COVID-19 and attended a SOCA Return to Play session.