



## SOCA Winter Programs COVID-19 Mitigation Measures

Let us all continue to work together to reduce the possible spread of COVID-19, ensuring our players continue to play the game they love.

### Feature summary of the COVID-19 mitigation measures at the SOCA Field House, applicable to all winter indoor programs.

1. **Space/Volume:** The indoor space at the Field House is larger than any SOCA has used in the past. The indoor field is 60 yards x 40 yards (180' x 120'), which is the size of the outdoor Field #1 at South Fork Soccer Park. The total indoor space is 230'x 160', with an average ceiling height of 37.5'. There are approximately 1.3 million cubic feet of air in the building.
2. **Team and Group Size:** Size limits will be enforced to reduce person-to-person contact. Youth WISL teams will be limited to 10 players, playing 5v5. Academy and Clinic training groups will be limited to 12 players.
3. **Spectator Limits:** Non-player attendance at events is discouraged. Spectators will be strictly limited to one person per player.
4. **Spectator Separation:** Players, coaches, referees and club officials only will be permitted on the field level. Parents/spectators will be required to remain on the mezzanine level, separated by 13' of vertical distance from the players.
5. **Masks: Players and Referees** are required to wear masks to/from the playing area. Masks are not required when playing/refereeing. **Coaches and spectators** will wear masks at all times in the building.
6. **Ventilation:** The Field House features eight large garage door openings along the exterior walls, permitting cross ventilation. There are four, 20' diameter ceiling fans which circulate mass volumes of air. The doors will be opened and fans in use to allow for constant air flow through the facility, while in use.
7. **Time Between Activities:** Scheduling has been adjusted to minimize contact between entering and exiting groups. No one is permitted in the building until 10 minutes prior to their event, and all persons must exit the building within five minutes of completion of their event. Extra time has been allotted between game/events.
8. **Indoor Temperature:** There are four large heaters which will moderate the temperature as needed. Participants should expect the indoor temperature to be cool, due to the ventilating.

875 Belvedere Boulevard  
Charlottesville, VA 22901  
[www.socasport.org](http://www.socasport.org)



9. **Hand Sanitation:** SOCA will provide hand sanitizer stations at all entry points to the field and mezzanine. Players and coaches are required to sanitize prior to participation.
10. **Personal Stations:** Marks will indicate personal stations for each player, at safe distance from others. No sharing of water permitted.
11. **Shared Equipment:** No training vests/pinnies will be shared.

**The detailed Winter Program guidelines, below, are similar to the SOCA Return to Play Protocols that our players/teams have followed since return to play this summer. These protocols apply to all programs that take place in the SOCA Field House, until further notice.**

#### **Game Day Safety**

All players, coaches and staff members must perform a temperature check and conduct a health screening prior to attending any SOCA hosted games or activities. The temperature check and health screening can be performed by parents of minors and may be reinforced by a coach or staff member to look for signs of infection. This includes:

1. **Temperature Check** – all players, staff or family members with a temperature of 100.4 or greater are prohibited from attending any event.
2. **Health Screening** – The following are to be asked by a parent of a minor prior to attending any SOCA activities or events:
  - a. Is your current temperature 100.4F or greater?
  - b. Have you been diagnosed with COVID-19 within the last fourteen (14) days?
  - c. Have you exhibited any signs or symptoms of COVID-19 in the last fourteen (14) days?
  - d. Have you been in close contact (within 6 feet for at least 15 minutes) of anyone that has been diagnosed with or has symptoms of COVID-19 in the last fourteen (14) days?

**If the answer to any of the above questions is “yes,” you are not allowed to attend any SOCA event until cleared.**

875 Belvedere Boulevard  
Charlottesville, VA 22901  
[www.socasport.org](http://www.socasport.org)



### **General Procedures/Guidelines:**

- Facemasks/Face coverings:
  - Players are required to wear masks to/from the field and to wear masks in the substitute's area. Players are not required to wear masks while warming-up or playing.
  - Coaches are required to wear masks at all times in the building.
  - Referees are required to wear masks when in the building and not actively refereeing matches. This will include pre-game checks and post-game wrap-up.
  - Parents, family members and spectators are discouraged from attending events in the SOCA Field House unless absolutely necessary. All such persons must wear a mask at all times and must follow social distancing recommendations. Non-player attendance is limited to one person per player.
- Social Distancing:
  - Players are reminded to social distance themselves as much as possible prior to games/activities, when walking to and from fields, while not active in activities, and after activities.
  - There will be no player or coach handshakes with opponents before or after games.
  - Players should also refrain from handshakes, hugging or other physical contact with their own teammates and coaches.
  - There will be no shared equipment other than balls. Pinnies will not be shared. Players will refrain from touching cones.
  - All other attendees are to respect a minimum of 6 feet of separation between persons from different households.
  - Players and spectators may not to enter the facility until **10 minutes prior** to the start of your program to allow previous participants to leave the facility.
  - The facility features two levels and they are to be divided between active participants and spectators. Only players, coaches, referees, and SOCA staff are allowed on the field level. All other spectators must stay on the mezzanine level at all times. (Exceptions are permitted for spectators to use the bathrooms, and immediately return to the mezzanine.)
- Hand sanitizer Use:
  - Hand sanitizer will be provided at the SOCA Field House at both the field level and mezzanine level of the facility.
  - It is recommended, however, that all players/coaches/club staff and spectators also bring their own hand sanitizer and use regularly.

875 Belvedere Boulevard  
Charlottesville, VA 22901  
[www.socasport.org](http://www.socasport.org)