



2020-2021
RETURN TO PLAY PLAN
RECOMMENDATIONS & PROTOCOLS



- **At BSC, an important part of our mission is to create a “fun, engaging environment for maximizing skill development and a lifelong love of the game” for each of our players. This passage from our mission statement reflects our conviction that the physical benefits of playing and training are only part of what soccer has to offer our players. Beyond these benefits, we understand that the whole soccer experience, one that includes friendship and teamwork in addition to individual development, is important to the social and emotional growth of our players. During this public health crisis, our players have trained on their own, and many have continued to interact with their teammates and coaches. But the fun and engaging environment at the heart of the club’s mission has been difficult to sustain remotely. Because we believe our players benefit from this environment, we think it is important to resume club activities--that is, to begin restoring the environment we have created--as soon as we know it is safe to do so. Player safety has always been our highest priority, and it will remain so throughout the process of returning to play.**



RETURN TO FULL TEAM TRAINING RECOMMENDATIONS

Recommended: 5 Progressive Phases to Return as Follows:

- Returning to training involves a step-by-step re-initiation of safe training environments for players. It is intended that each phase recommended below should last for at least 2 weeks, even if local guidelines regarding social distancing and group gatherings would otherwise allow for transition to the next phase sooner.
- Recommendations for returning to competition will be addressed separately but will require progression through each phase of the return to training protocols.



RETURN TO FULL TEAM TRAINING RECOMMENDATIONS Player Evaluations and Tryouts

- There will not be designated tryout dates in the traditional format for the 2020-2021 soccer year. Current BSC players who register will be placed on an appropriate team as designated by the BSC Directors and Coaching Staff - for the 2020-2021 soccer year.
- New players will be invited to practice sessions during the month of July, and possibly in early August, in order to be evaluated for a team in their appropriate age group. When any one individual registers they will be contacted by the club with details regarding the evaluation process.
- Registration for U6 and U7 will start at a later date.
- Please read through the plan and email admin@bscsoccer.net if you have any questions.



We have been monitoring all recommendations for return to play from around the country. Included here is a comprehensive set of recommendations. Our timeline to return is also subject to state government guidelines and BRPD facility availability.

All subject to change.

PHASE 1: TRAINING AT HOME

June 15 - June 26

PHASE 2: SMALL GROUP TRAINING AT FACILITIES

July 6 - July 17

PHASE 3: LIMITED TEAM TRAINING

July 20 - July 31

PHASE 4: FULL TEAM TRAINING

August 1

PHASE 5: RETURN TO LOCAL COMPETITION:

TBD by NCYSA

These phases will be used for evaluating new players. Details TBA



RETURN TO FULL TEAM TRAINING RECOMMENDATIONS

- The recommended minimum 2-week duration for each phase provides an incremental return to soccer participation that is intended to account for both: (i) the risk of both COVID-19 resurgence; and (ii) the risks of overtraining and injury due to a rapid return to play.
- ***This timeline is intended to prioritize athlete health and well-being, including but not limited to the risks presented by COVID-19.***
- These recommendations do not supersede national, state or local laws or requirements. BSC will continually abide by all applicable restrictions in their community and should attempt to comply with all recommended guidelines where possible.



PHASE I: TRAINING AT HOME

June 15 - June 26

- While local shelter-in-place orders are in effect and group gatherings are prohibited, BSC will limit participation and activity to individual training at home, or training with household members, under the guidance of virtual coaching modalities.



PHASE 2: SMALL GROUP TRAINING AT FACILITIES

July 6 - July 17

Environmental Context:

This phase can begin once local stay-at-home restrictions are no longer in place and group gatherings are permitted, but when social distancing requirements still apply. At this point, BSC will take steps to ensure a safe transition to small group training environments at their facilities. This phase should last at least 2 weeks before progression to Phase 3. In Phase 2, BSC will implement the following recommendations:



PHASE 2: RECOMMENDATIONS & PROTOCOLS

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - a) The player has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see Appendix C).
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms (see Appendix A).



PHASE 2: RECOMMENDATIONS & PROTOCOLS

- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training groups may not exceed nine players and one coach (up to 10 total individuals) and should prioritize grouping players who share living spaces where possible (siblings, for example).
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during Phase 2.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. BSC will also consider designating separate arrival drop-off and departure pick-up zones.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. Ideally, attendees will remain in cars to reduce the risk of disease transmission.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

EQUIPMENT:

Training areas must be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).

- ⌵ Players should bring their own equipment (ball, hand sanitizer, water bottle, training vest(s), towels, etc.) such that no equipment is shared between players. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
- ⌵ Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- ⌵ Face mask use by players and coaches should be in accordance with local guidelines.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

FACILITIES AND TRAINING GROUNDS:

- ∟ Indoor facilities may be utilized as necessary so long as the Phase 2 recommendations are implemented for use of indoor facilities.
- ∟ Hand sanitizer should be readily available at all training grounds and facilities. Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

FACILITIES AND TRAINING GROUNDS:

- ↘ All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day. When possible, gates/doors should remain open to reduce contact with potentially contaminated surfaces.
- ↘ Restrooms should be cleaned regularly to reduce the risk of disease transmission. Hand sanitizer and/or soap and water should be available and used immediately before and after restroom use. If this is not feasible, restrooms should remain closed.



PHASE 2: RECOMMENDATIONS & PROTOCOLS

FACILITIES AND TRAINING GROUNDS:

⌵ BSC does not control any indoor facility's operations, therefore, the club should only use the indoor facility if all the precautions included in the Phase 2 recommendations have been implemented at the facility by its owner/operator.

ACTIVITY EXAMPLES:

- ⌵ In Phase 2, players may do individual exercises (one player one ball), group exercises (passing progressions with a partner or within the group), or fitness exercises.
- ⌵ Players should not touch the ball with their hands. ⌵ Players should not head the ball.
- ⌵ Within this phase, goalkeepers should not use their hands, and should train as field players.



PHASE 3: LIMITED TEAM TRAINING

July 20 - July 31

Environmental Context:

Training facilities are open and there are no local restrictions on the size of group gatherings. This phase should last at least 2 weeks prior to any formal competition, even if current guidelines would otherwise accommodate competition at an earlier time.

**All recommendations and protocols for
Phase 3 are the same as Phase 2.**



PHASE 3: LIMITED TEAM TRAINING

ACTIVITY EXAMPLES:

- ⌞ Within this phase, the team may do individual exercises (one player, one ball), group exercises (passing progressions with a partner or within the group), fitness exercises, or team tactical exercises. For example, a coach may train a group of 18 players while still maintaining proper social distancing.
- ⌞ Players should not touch the ball with their hands.
- ⌞ Players should not head the ball.
- ⌞ Goalkeepers should not use their hands and should train as field players.



PHASE 4: FULL TEAM TRAINING August 1

Environmental Context:

Training facilities are open and there are no local restrictions on the size of group gatherings. This phase should last at least 2 weeks prior to any formal competition, even if current guidelines would otherwise accommodate competition at an earlier time.

**All recommendations and protocols for
Phase 4 are the same as Phase 2 & Phase 3.**



PHASE 4: FULL TEAM TRAINING

- ⌵ Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- ⌵ Trainings of any group size can be conducted.
- ⌵ Contact between players may occur during play.
- ⌵ Coaches can integrate into training environments for instruction purposes but should not be in contact with players.



PHASE 4: FULL TEAM TRAINING

ACTIVITY EXAMPLES:

There are no restrictions on training activities.



REQUIREMENTS FOR DAILY TRAINING SESSIONS

THESE ITEMS ARE REQUIRED PER PLAYER TO PARTICIPATE IN TRAINING - EACH DAY

- **SOCCER BALL** - We will not be providing soccer balls for general use - each player must have their own ball with them to practice.
- **BSC REVERSIBLE TRAINING VEST** - you are required to wear your reversible training vest. Without it you will not be allowed to participate in that day's session.
 - The training vests will be one part of your uniform kit required by the club.
 - A shirt must be worn under the training vest.
 - Training vests will need to be washed after each session.
- **HAND SANITIZER** - *you are responsible for bringing your own.*
- **BRING YOUR OWN WATER BOTTLE** - water bottles cannot be shared with other players.
- **FACE MASKS** - *should be worn by coaches until notified otherwise.*
- **EQUIPMENT** - *the coach will be the only person allowed to handle cones, goals etc, until notified otherwise.*