

Baton Rouge Soccer Club



COVID-19 Return to Play Guidelines

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Dear Competitive Members,

The decision to return to play is an extremely complicated one and we want to reassure you that the safety of each member is the top priority of our BRSC Leadership. We will adhere to the federal guidelines for states to resume business activities as outlined in the [CDC Opening Up America Again Guidelines](#). In this three phased approach, "schools and organized youth activities" – including sporting venues – are listed in the second phase, which is applicable for states that satisfy all established Gating Criteria.

PHASE ONE (Potentially May 15-June 5th) - Per the Governor's extension, Phase One will commence on May 15 and requires social distancing in public and avoiding groups of 10 or more. Phase One specifically states that "Organized Youth Activities that are currently closed should remain closed". Obviously, these criteria make it impossible for soccer programming and as a result, LSA's suspension of ALL activities and events at all levels of play will continue throughout Phase One.

PHASE TWO and PHASE THREE - Optimistically we could possibly enter into Phase Two come June 8th and Phase Three June 22nd, providing the prescribed CDC Gating Criteria are met between each Phase. We are very hopeful that we will return to play during Phase Two with compliance with the LSA Return To Play Protocol and the Governor's Opening Up America Again Guidelines for our state.

While doing all we can to ensure player safety, our ultimate goal is to resume play thus allowing our players some sense of normalcy in an aspect of their lives they are most passionate about. We also want to afford every player the opportunity to train in preparation for our upcoming player placement. We will do our due diligence in following [LSA's COVID-19 Return to Play Protocol](#), which again adheres to the Opening Up America Again Guidelines

We're hopeful that the continued suspension of activities until June 5th puts us in a position to begin Phase Two starting June 8th. We will continue to monitor the situation and follow up with any updates. Additionally, we will provide details the week prior to our return-to-play decision.

Meanwhile, please review our [BRSC Frequently Asked Questions-FAQ](#), which addresses most of the inquiries we have received to date. As usual, we welcome your feedback and questions, please do not hesitate to contact me at msmith@brsoccer.org or 225-266-1395 or Kay Briggs at kbriggs@brsoccer.org or 919-417-4073.

Please let's all continue to be good citizens in taking every precaution and making good decisions with the general public health in mind, as we deal with the changes in our daily lives due to this pandemic.

Best regards,

Marvin Smith

Director of Coaching



BATON ROUGE SOCCER CLUB SPORTS MEDICINE

COVID-19 HISTORY FORM

	YES	NO
Have you had in the past 24 hours, or do you currently have, a fever of 100 F or higher?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a cough?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat, headache, chills, shaking with chills, diarrhea, vomiting, muscle ache, shortness of breath, or difficulty breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Have you recently lost a sense of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>
Have you come into contact with anyone with COVID-19 in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
Is anyone in your household in quarantine for exposure to COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
Have you traveled within the USA in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been on a cruise ship in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
Have you attended gatherings, including church, with more than 50 people in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
Are you ill, or cared for someone who is ill?	<input type="checkbox"/>	<input type="checkbox"/>
In the two weeks before feeling sick, did you:		
Have contact with someone diagnosed with COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>

Phase Two and Three:

PHASE TWO and PHASE THREE - Optimistically we could possibly enter into Phase Two come **June 8th** and Phase Three **June 22nd**, providing the prescribed CDC Gating Criteria are met between each Phase. We are very hopeful that we will return to play during Phase Two with compliance with the LSA Return To Play Protocol and the Governor's Opening Up America Again Guidelines for our state.



OPENING UP AMERICA AGAIN

Phase Two INDIVIDUALS

ALL VULNERABLE INDIVIDUALS should continue to shelter in place. Members of households with vulnerable residents should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home. Precautions should be taken to isolate from vulnerable residents.

All individuals, **WHEN IN PUBLIC** (e.g., parks, outdoor recreation areas, shopping areas), should maximize physical distance from others. Social settings of more than 50 people, where appropriate distancing may not be practical, should be avoided unless precautionary measures are observed.

NON-ESSENTIAL TRAVEL can resume.

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO COVID.



Phase Two

SPECIFIC TYPES OF EMPLOYERS

SCHOOLS AND ORGANIZED YOUTH ACTIVITIES (e.g., daycare, camp) can reopen.

VISITS TO SENIOR CARE FACILITIES AND HOSPITALS should be prohibited. Those who do interact with residents and patients must adhere to strict protocols regarding hygiene.

LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under moderate physical distancing protocols.

ELECTIVE SURGERIES can resume, as clinically appropriate, on an outpatient and in-patient basis at facilities that adhere to CMS guidelines.

GYMS can remain open if they adhere to strict physical distancing and sanitation protocols.

BARS may operate with diminished standing-room occupancy, where applicable and appropriate.

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO COVID.



Phase Three

INDIVIDUALS

VULNERABLE INDIVIDUALS can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

LOW-RISK POPULATIONS should consider minimizing time spent in crowded environments.

Phase Three

EMPLOYERS

Resume **UNRESTRICTED STAFFING** of worksites.

EACH PHASE OF THIS GUIDANCE ADDRESSES THOSE ASPECTS OF DAILY LIFE FOR WHICH RESTRICTIONS REMAIN APPROPRIATE DUE TO COVID.

Players responsibilities and expectations:

Participation in our BRSC extended training program (*June & July*) is voluntary.

Each player/parent must complete and submit the BRSC Return to Play questionnaire before a player is permitted to participate.

Players are only allowed to train with their current team. Our Open Door Training option is suspended until further notice.

Players must self-screen (temperature check, washing hands thoroughly) before leaving home.

Players should use the restroom at home prior to leaving for training/practice (restrooms not accessible at Burbank/Independence Park).

Players who drive themselves should leave one open parking spot between vehicles to minimize player contact.

Players must wear masks prior to and immediately after training (*walk from vehicle to field and back*).

Players must remain in their vehicle until **5 minutes** before their scheduled training/practice time. Only players are allowed to walk to the assigned field.

Players will have individually designated stations along the sidelines and must observe social distancing by staying in those areas when not in play.

Players will be required to bring their own hand sanitizer

Players will be required to wash or sanitize their hands prior to and after training

Players should consider washing their clothes immediately upon returning home.

Players must **NOT** share drinks, food, equipment or clothing at any time

Contact outside of play (*e.g. high 5s, hugs, etc.*) shall be avoided at all times

If a player or family member tested positive or suspect they have been exposed to the virus, that player must self-quarantine per CDC guidelines. Additionally, the team that the player is currently on may have to be shut down if necessary. All players and coaches will have to produce a negative test result before they can resume any activities.

Furthermore, any other team that player (*siblings on another team*) and coach (*coaching multiple teams*) may have had contact with, may also have to be shut down as well.

BRSC Athletic Trainer, coach, team members should be notified immediately if a player or family member tests positive or suspect they have been exposed to the virus.

Parents responsibilities and expectations:

Each parent/guardians must complete and submit the BRSC Return to Play questionnaire before a player is permitted to participate in any activity.

Parents/guardians should take their child's temperature at home prior to attending practice, preferably in the morning with an infrared thermometer and have the child wash hands thoroughly.

Parents/guardians should have their child use the restroom at home prior to leaving for training/practice (restrooms not accessible at Burbank/Independence Park).

Parents/guardians should leave one open parking spot between vehicles to minimize player contact.

Parents/guardians must have their child remain in their vehicle until **5 minutes** before their scheduled training/practice time.

Parents/guardians must have players wear masks prior to and immediately after training (*walk from vehicle to field and back*).

Parents/guardians should have hand sanitizer available for their children before and after each training session.

Parents/guardians must remain in their cars during all activities. They may not congregate at or around the field. If they leave their car for any reason they must wear a face mask and observe social distancing.

Parents/guardians must remain in their vehicles for the duration of each training session so players can return to their vehicle immediately in the event of inclement weather delay or cancellation.

All communication with a coach should be done via text, email, TeamSnap, team manager, etc.

Coaches responsibilities and expectations:

Each coach must complete and submit the BRSC Return to Play questionnaire before the coach is permitted to conduct any activity.

Each coach must self-screen (temperature check, washing hands thoroughly) before leaving home.

Each coach will be required to report to our Athletic Training room area (*front pavilion*) to have his/her temperature checked before any and all activity (*e.g. practice, tryout session, etc...*).

The coach will greet the players and direct them to their designated areas.

Coaches must conduct activities that are geared towards the individual technical development with each player confined to his/her playing area when on the field.

Coaches alone shall be permitted to touch training discs and cones.

If training bibs or vests are needed, players must bring their own colored shirts. For example, a coach should require each player to bring or wear a dark and a light t-shirt to play. If for any reason a training bib or vest is used by a player, it must be immediately isolated (*put into a separate laundry bag*) and not used again by any other individual unless and until it is laundered.

Physical contact outside the game must be strictly avoided.

Players must use their own soccer ball. There will be no throw-ins and no activity will include picking up a ball with your hands. Players will be discouraged from touching any soccer ball other than their own.

If a coach or family member tested positive or suspect they have been exposed to the virus, that coach must self-quarantine per CDC guidelines. That coach's team may have to be shut down if necessary. The coach and players will have to produce a negative test result before they can resume any activities.

Furthermore, any other team that the coach (*coaching multiple teams*) may have had contact with may have to be shut down as well.

Daily Field Operations:

ALL BRSC teams are only permitted to train/practice at Burbank/Independence Park. NO team/coach will conduct any training/practice at any other location (*no exception*).

Each team will only have two training/practice sessions per week (most per spring schedule) regardless of level.

Each training/practice session will be one hour (*no exception*). With players out for some time, fatigue and heat-related illnesses are a major concern.

- o Mon/Wed.....5:00-6:00pm;6:15-7:15pm or 7:30-8:30pm
- o Tue/Thurs.....5:00-6:00pm;6:15-7:15pm or 7:30-8:30pm
- o Tue/Wed.....5:00-6:00pm;6:15-7:15pm or 7:30-8:30pm
- o Wed/Thurs.....5:00-6:00pm;6:15-7:15pm or 7:30-8:30pm

Only one team will train on a field at any scheduled time. This will allow players to spread out while maintaining groups of 10 or smaller.

There will be a 15 minute “Transitional Gap” to allow transition between each session.

Teams/players will enter and leave the field on opposite ends of the field.

Field space will be divided into 10 X 10 yard boxes (individual player per box).

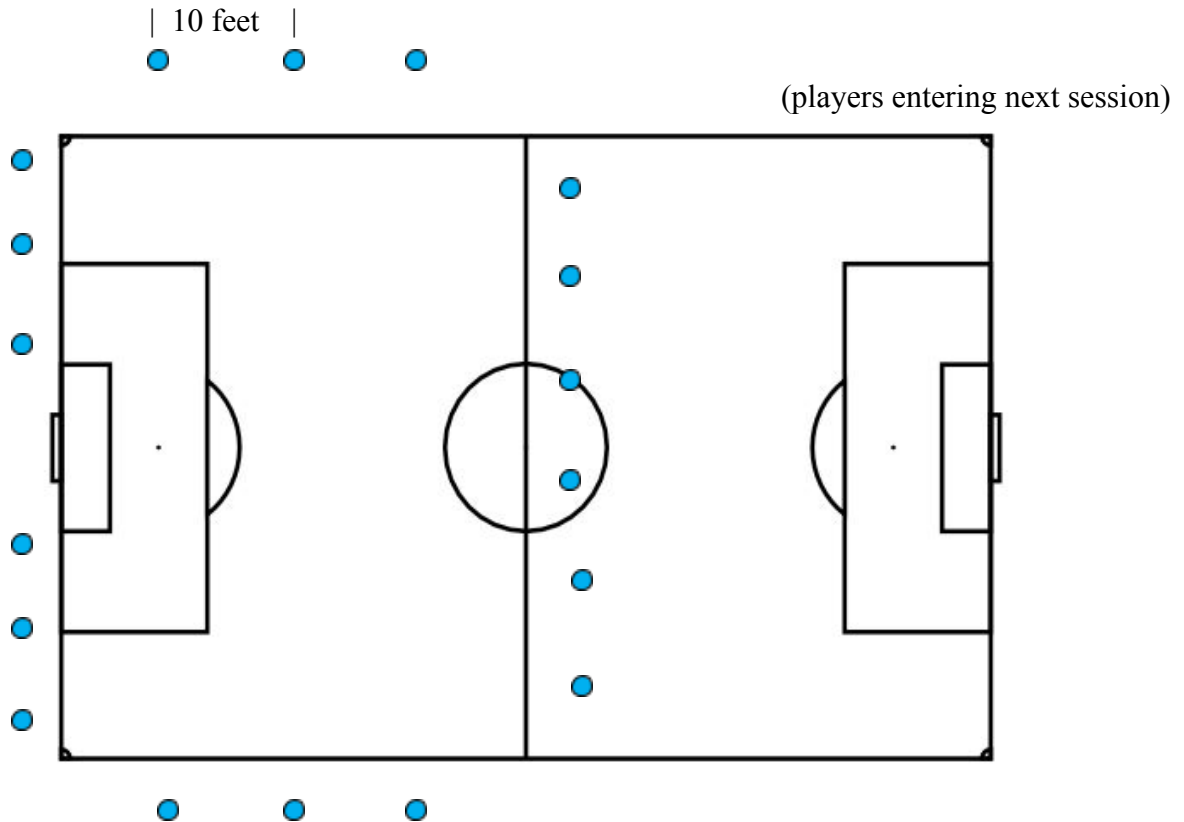
Individual player stations in a designated location off the field (10 feet apart).

Social distancing in the parking lot will be attainable by everyone leaving one open parking spot between vehicles.

Limited use of restrooms at the complex (emergency use only).

Field Layout: Social Distancing off the field

Individual player's station 10 feet apart

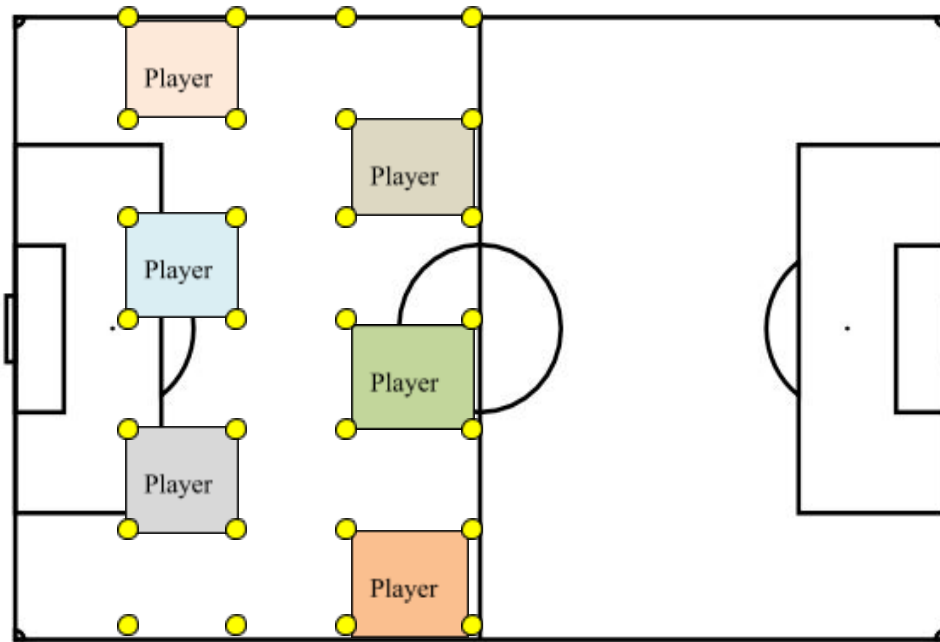


Players enter the field on opposite ends of the field.

Each player is assigned a spot (cones) on the outside of the field

Field Layout: Social Distancing on the field

10 X 10 yards Individual player's area



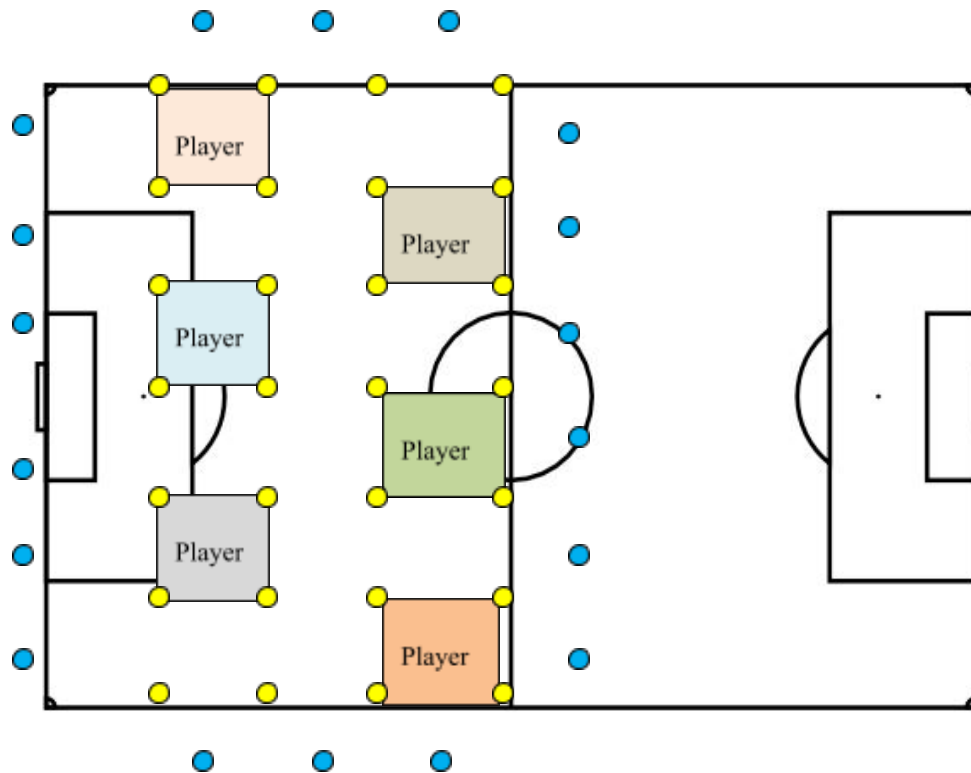
Example: 18 player roster (only half-field set up)

Each player will be assigned a playing area 10X10 yards marked by cones

Field Layout: Social Distancing both on and off the field

Individual player's station 10 feet apart

10 X 10 yards Individual player's area



Example: 18 player roster (only half a field set up)

Each player will be assigned a playing area 10X10 yards marked by yellow cones

Each player will have a designated spot (blue cones) just on the outside of their playing area for them to place personal items

SAFER Play COVID-19 Platform

SAFER Play is an automated COVID-19 symptom survey and alerts program designed to help employers, schools, and teams return to work and play. It allows healthcare organizations and schools to automate a daily symptom-checking survey to their athletes and staff, ensuring that they are not experiencing any COVID-19 symptoms as they return to play. [BRSC Healthy Roster SAFER PLAY Return To Play](#)

BRSC Summer Training Schedule Matrix

[BRSC 2020 Summer Training Schedule Matrix](#)

BRSC Return To Play Video

Players, parents, and coaches are required to review our [BRSC Return To Play Video](#), which depicts the responsibilities and expectations for each before and upon entering the Burbank Soccer Complex for ALL sanctioned BRSC soccer activities.

The safety of our players, parents, and staff is priority number one, and the BRSC Leadership thanks you in advance for your support and commitment in adhering to the information herein.