

ROYAL OAK

FOOTBALL CLUB



**Return to Soccer Activities
Guidelines**

Royal Oak Football club is dedicated to protecting the health of all people in and outside of our community. In an effort to assist our players, coaches and parents with their efforts to return to play after the recent suspension of activities, due to COVID-19, Royal Oak Football Club has put together the following guidelines for our members. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Michigan Department of Public Health (DPH) guidelines. **Royal Oak FC also understands the varying concerns of families based on the current situation. If families do not feel comfortable participating in the return to training, they do not need to participate.**

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content and information are provided for general informational purposes only.

RETURN TO SOCCER ACTIVITIES GUIDELINES

Governor Whitmer has provided a 6 phase guideline to reopen the state. Each phase of return has specific guidelines that must be followed by our club. It is important to note that these phases may not always proceed linearly, but rather a step backwards in phases may be required following continuous review of the ongoing situation and environment. Implementing the Return to Soccer Activities Guidelines presented here will require a cooperative relationship between the club, coaches, parents, and players. While the organization and coach must create a safe environment, the parent(s)/guardian(s) are the only ones who may make the decision for their child to return to soccer activities. Below is a link of list of the phases and an explanation as to how it applies to youth sports from the Michigan State Youth Soccer Association:

<http://www.michiganyouthsoccer.org/AssetFactory.aspx?did=5955>

ROYAL OAK FC PRACTICES TO LIMIT RISK TO OUR SOCCER CLUB

- **Assign a COVID-19 Safety Officer who will communicate policies organization-wide, to coaching staff, administrators, parents, and players. Regular updates and reminders should be provided.**
- **Work with public health officials to notify ROFC parents and players if ROFC becomes aware that an ROFC player or coach that has attended an ROFC sponsored training session has developed COVID-19 and may have been infectious to others while at a club activity.**
- **Train and educate all coaches on return to activities protocols.**
- **If a team member or coach contracts COVID-19, then upon learning of that, ROFC will shut down all training sessions for that team and any additional team associated with that coach for 14 days. ROFC is also prepared to shut down and stop training and operations if necessary due to general health concerns.**
- **Provide adequate field space for social distancing (6')**
- **Provide coaches hand sanitizer that uses at least 60% alcohol.**
- **Stagger arrival and departure training times for teams. Players must leave immediately after their session.**

COACHES

- **Monitor themselves for signs and symptoms of COVID-19 and not hold any sessions if they are exhibiting such signs or symptoms.**
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- **Check their temperature before a training session and not hold any training sessions if they have a temperature at or above 100.4 degrees F.**
- **Not to hold any training sessions if they have tested positive for COVID-19 or think they may have been exposed to someone who has COVID-19.**
- **Conduct all training sessions outdoors and in compliance with state and local social distancing guidelines.**
- **Wear a face covering when not actively coaching and abide by the physical/social distance requirements from players and parents.**
- **Inquire of each player's health status before, during and after training and watch for any COVID-19 symptoms. If an individual exhibits any symptoms or suspects that they have been exposed to a COVID-19 person, that person should be sent home from training and instructed to contact their healthcare provider as soon as possible.**
- **Attempt to ensure all athletes are not sharing equipment (ball, water, etc.).**
- **Attempt to ensure they (as coaches) are the only person to handle equipment (e.g. cones); do not enlist parental or player assistance**
- **Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time.**
- **The use of scrimmage jerseys or bibs is prohibited at this time.**
- **Ask players to leave immediately after practice. No recreational play, or loitering is allowed.**
- **No handshakes, fist or elbow bumps, or any other physical contact.**
- **Instruct all players to put their personal belongings (bags, backpacks, water bottles, etc) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.**
- **Review and follow the Coaches toolkit document for more information regarding responsibilities during coaching sessions.**

PARENTS

- You must complete the MSYSA/Royal Oak FC waiver linked [HERE](#) before your child attends training.
- Ensure your child's health. Take temperature daily and before coming to training. If your child has a temperature over 100.4°F (38°C) do NOT send your child to training. This may mean your player has a fever caused by an infection or illness. If your player has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- If you or your child tests positive for COVID-19, please email clubadmin@royaloakfc.com.
- Tell your player that they must adhere to physical/social distance requirements and stay at least 6 feet away from others while at training. .
- Please do not carpool. The CDC encourages players to ride to sports events with persons living in their household.
- Please stay In your car or adhere to social distance requirements. The CDC recommends a distance of 6 feet between yourself and people outside of your home. **PARENTS, NON-PLAYING CHILDREN AND OTHERS ARE ASKED NOT TO ATTEND AND WATCH TRAINING. PLEASE DO NOT ALLOW YOUR OTHER SIBLINGS TO RUN AROUND.**
- If you attend training, we strongly encourage you to wear a face mask.
- Porta-johns may not be provided, and they will NOT be sanitized by ROFC, so please make sure your player goes before training.
- Be sure your child has necessary sanitizing products, including hand sanitizer and a mask if you want them to wear one, at every training.
- Ensure all equipment (cleats, ball, shin guards etc.) is sanitized before and after every training.
- Wash your child's clothing after every training.
- Do not assist your coach with equipment before or after training.
- Ensure that your child has a water bottle, ball, and all other training requirements.
- Players should NOT arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- Pick your player up immediately after practice ends and do not allow them to stay and play.
- Make sure your player properly disposes of any trash or waste.
- Follow all CDC guidelines as well as those of your local health authorities.

PLAYERS

- **Take temperature daily (see information outlining this in the parent's section).**
- **Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands).**
- **Have your own hand sanitizer with you.**
- **Players may wear a face covering before, during and immediately after each training session.**
- **Practice physical distancing on the sidelines and when training. When sitting on the sidelines or training you should be 6' from the next player. Your belongings should remain in your space when not in use.**
- **Bring your own water bottle and equipment (Ball, GK Gloves (if required), shin guards, etc.) Do not touch anyone else's water bottle or equipment.**
- **Do not touch the coaches equipment, including cones.**
- **No group celebrations, hugs, handshakes, fist bumps, etc.**
- **Follow all CDC guidelines as well as those of your local health authorities.**
- **Require players to have their own water, sanitary products (hand sanitizer, facial tissues, PPE (optional for play), ball, GK Gloves (if necessary), shirts.**

DISCLAIMER

Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

RETURNING TO PLAY WILL INCREASE THE RISK THAT YOU OR YOUR PLAYER CONTRACTS COVID-19. YOU OR YOUR PLAYER CAN THEN SPREAD COVID-19 TO OTHERS, INCLUDING PEOPLE WHO ARE AT HIGHER RISK. THE CDC NOTES THAT INDIVIDUALS WITH PRE-EXISTING MEDICAL CONDITIONS, INCLUDING ASTHMA, DIABETES, OR OTHER HEALTH PROBLEMS, MIGHT BE AT AN INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19.

ADDITIONAL RESOURCES

[Center for Disease Control - Coronavirus Disease 2019](#)

[CDC Considerations for Youth Sports](#)

[CDC Guide to Mass Gatherings](#)

[CDC List of people in high risk categories](#)

[EPA Recommended Disinfectants](#)

[WHO Handwashing Video](#)

[FIFA COVID-19 Resources](#)

[US Soccer Play On](#)

[US Soccer Recognize to Recover - COVID 19 and Mental Health](#)

[US Youth Soccer Return to Activity Notice](#)

[Aspen Institute - Coronavirus and Youth Sports](#)