



# Return to Play Plan and Guidelines

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GCASL is committed to the health and well-being of its players, coaches, staff, referees, and families. As always, we encourage players and families to adhere to CDC recommended hygiene procedures on and off the field along with your local government authorities and public health authorities for further requirements and return to play guidelines. Adults 65 years and older and people of any age who have serious underlying medical conditions are strongly encouraged to avoid large crowds (10 or more people).

For this return plan to work, every player, coach and referee **MUST** behave responsibly and stay home are sick or not feeling well, if they have been in close contact with someone that has tested positive for the COVID-19 virus or they themselves have tested positive or if they have symptoms that may be COVID-19 related. They must notify the GCASL immediately (within 24 hours) if they test positive for COVID-19 so the league can take the appropriate action. The league will notify the County within 24 hours.

GCASL has the following Return to Play guidelines:

- All attendees should adhere to social-distancing guidelines.
  - Maintain 6ft recommended distance when on the sidelines.
  - Spectators should be kept to a minimum at this time and must also maintain the 6ft recommended distance and stay on the opposite side of the field away from the players.
  - Wearing masks on the sidelines are recommended, but not mandatory.
  - Team benches should be given substantial space to allow for social distancing. No tents or multiple tents should be used at benches to eliminate congregation under tents
  - Referees should be given a designated area away from team benches or opposite side of field from team benches. Referees must be allowed to leave the field immediately following the game. Team captains must ensure that their players do not surround the referee at anytime before, during and after the game.
  - All players should leave the field of play immediately after the game.
  - No congregating at fields or in parking lots.
- No sharing personal equipment such as water coolers/bottles, uniforms, pennies, etc.
  - All attendees must bring their own personal equipment and hydration needs.
- Don't shake hands during or after a game.
  - NO SPITTING on the field.
- Avoid close contact with people who are sick or showing symptoms like shortness of breath or difficulty breathing, coughing, sneezing, looks fatigued or is vomiting

- Stay home when you are sick, have a fever, or have any symptoms.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Team Managers/Coaches should have a plan in place on cleaning and disinfecting ALL frequently touched objects and surfaces using a disinfectant/cleaning spray/wipe, etc.
  - Benches, Soccer Balls, uniforms, pennies, etc. should be cleaned after every practice/game.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
  - Fields should have bathrooms open for use during practices and games for proper hygiene.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

The plan if a player that tested positive for COVID-19 played in a league game or practice during the prior 14 days:

- The player must quarantine themselves for 14 days and must bring proof that they tested negative before returning to play.
- The teams/players and the referees that the player was in contact with during the prior 14 days will be notified via email.
- Those players and the referees will not be allowed to participate in any league games or practices for 14 days or the recommended amount of time per the CDC.
- All league games missed during the “time out” period will be made up.