

## COVID-19 Return to Play Guidelines

VILLARREAL VIRGINIA ACADEMY (VIVA) will have U9-U19 VIVA teams return to the field on June 17th.

In preparation to resume training, we will follow directives from both state officials, Fairfax County, and the CDC to provide a safe environment for our players, coaches, and families.

The following guidelines and protocols may change when we enter Phase 3. Until that time, all players, coaches, and families will need to comply with the guidelines and protocols below.

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### RETURN TO PLAY WAIVER

As part of your Travel Academy registration, a specific COVID-19 clause was added as part of the waiver. Before returning to play, all players and parents/guardians are required to sign an additional waiver based on VYSA and US Club Soccer guidelines.

You will need to complete a Return to Play Waiver for each child if you have multiple children registered for the Travel Academy.

Players who do not complete the waiver registration will not be allowed to participate in VIVA activities.

Every player who has registered has completed the waiver. Per US Club Soccer and VYSA we need to have the following waiver signed and turned into to the manager prior to practice.

If you have any questions regarding the waiver, please contact Michelle Augustine at [maugustine@villarrealva.org](mailto:maugustine@villarrealva.org). We look forward to being in the field soon!

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## **PARENT/GUARDIAN RESPONSIBILITIES**

- Before training, check your child's temperature and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
  - If your child currently has any of the symptoms consistent with COVID-19 ([click here](#)); including coughing, sore throat, shortness of breath OR fever of 100 degrees, or sudden loss of taste or smell, the child **can-not** participate in it soccer activities until cleared by a medical professional.
  - Stay in your car when picking up and dropping off.
  - Refrain from carpooling.
  - In the case of inclement weather, we will dismiss all to their parent/guardian immediately.
  - Ensure your child's training gear is washed after every training session.
  - Ensure your child's equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training.
  - Notify the Club immediately if your child becomes ill for any reason using the report form.
  - Supply your child with hand sanitizer for each training session.
  - All players must bring their own ball to practice
  - Players should remain in the car until 5 minutes prior to their session starting.
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## **PLAYER RESPONSIBILITIES**

- All porta johns are currently being maintained by the county and not VIVA. We recommend that players use the restroom prior to coming to the field.
  - Wash hands thoroughly before and after training.
  - Bring and use hand sanitizer at every training.
  - Follow all guidelines for dropoff and pickup.
  - Bring only your water bottle and a towel to the field. (**Do not bring a bag**)
  - Do not touch or share anyone else's equipment.
  - Practice social distancing, by placing your ball and water bottle aside your training space, keeping 10 ft from others.
  - Maintain physical distance from your teammates.
  - Players should remain in the car until 5 minutes prior to their session starting.
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## **COACH RESPONSIBILITIES**

- Before training, check your temperature and report to your respective supervisor if you have a fever ( $\geq 100.4$  degrees F) or are displaying symptoms consistent with COVID-19.
- Ensure you have Lysol wipes and a mask.
- Ensure there are no more than 50 players on the field at any given time.
- All training exercises must be designed where players are at least 10 ft from each other. (No scrimmages & no physical contact)

- As players enter the training field - organize players immediately to maintain social distancing protocol.
- Ask players before the beginning of training if anyone feels ill - send them back to their parent/guardian immediately.
- Ensure all players have their water at least 10 ft from each other.
- The Coach is the only person to handle cones.
- After training, dismiss the players one at a time to ensure social distancing.
- Disinfect equipment (cones (DO NOT BRING BALLS – PLAYERS MUST USE THEIR OWN BALL)
- In the case of inclement weather, dismiss all to their parent/guardian immediately.
- At the end of the training session, the children will be released slowly from their field, maintaining a 10 ft distance from each other.

**SCHEDULE AND FACILITY GUIDELINES  
VIVA U9-U19**

**BOYS – WEDNESDAY - THURSDAY**

**Mason District Park**

| START   | END     | WEDNESDAY          | START   | END     | THURSDAY           |
|---------|---------|--------------------|---------|---------|--------------------|
|         |         |                    | 5:00 PM | 5:45 PM | 2009 - 2008        |
| 6:00 PM | 6:45 PM | 2012-2011-<br>2010 | 6:00 PM | 6:45 PM | 2006-2007          |
| 7:00 PM | 7:45 PM | 2005               | 7:00 PM | 7:45 PM | 2005               |
| 8:00 PM | 8:45 PM | 2004-2003-<br>2002 | 8:00 PM | 8:45 PM | 2004-2003-<br>2002 |

**LADIES MONDAY - FRIDAY**

**PINE RIDGE PARK 6**

| START   | END     | MONDAY             | START   | END     | FRIDAY           |
|---------|---------|--------------------|---------|---------|------------------|
| 5:00 PM | 5:45 PM | <b>2013_2010</b>   | 5:00 PM | 5:45 PM | <b>2013-2008</b> |
| 6:00 PM | 6:45 PM | 2009-2007          | 6:00 PM | 6:45 PM | 2007-2006        |
| 7:00 PM | 7:45 PM | 2006-2005          | 7:00 PM | 7:45 PM | 2005-2002        |
| 8:00 PM | 8:45 PM | 2004-2003-<br>2002 |         |         |                  |

It is important to arrive on time and leave on time so that we are maintaining social distancing

## **REPORTING A POSITIVE COVID TEST**

Any individual (player, coach, or parent/guardian) who has tested positive for COVID-19 must be symptom-free after 14 days and cleared by medical personnel before coming or returning to training.

Any asymptomatic player, coach or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 will be restricted from participation for at least 14 days and monitored for any symptoms consistent with the infection before being allowed return to training.

Any individual that tests positive or has symptoms consistent with COVID-19 must report to the Club. Reports will go to the Technical Director, Carlos Aranda, the Boys Director of Coaching, Michael Arandia, and the Girls Director of Coaching, Scott Norberg.

If asymptomatic after 14 days since last exposure, the player or coach member may return to training.