

## REVIEW AND SUMMARY OF RETURN TO PLAY PHASES

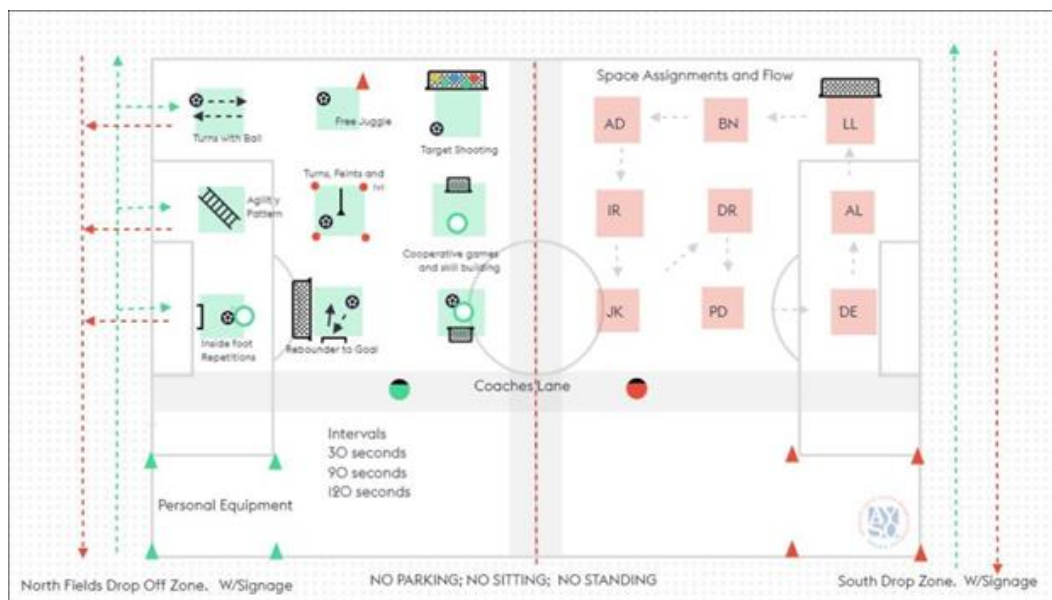
Plymouth Soccer Club is committed to the health and safety of our players. In response to COVID-19, we will follow the US Soccer's Play On Grassroots Soccer Return to Play guidelines. The current phase and progression between phases is based on guidance from WYSA, Public Health departments and the best interest of our players. To review US Soccer's complete guidance on each phase, visit:

<https://www.ussoccer.com/playon/guides>

**Phase 0** - No recreational organized activities

**Phase 1** - Individual and Small Group Training

- Staggered start times to minimize traffic flow and crowding
- Team Snap Check In; attendance will be maintained for contact tracing
- Assigned socially distanced spaces for storing belongings and practicing
- 9:1 player to coach ratios
- Players avoid handling or heading the ball
- Guidelines for rotations and pick up and drop off, including health screening
- All equipment will be disinfected prior to practice; Only coach handles equipment
- Individual equipment for each player (water bottle, bib, ball, etc.)
- Physical distance maintained between players at all times
- Teams practice together and volunteer coaches will be required to maintain appropriate ratios
- No competitions or tournaments
- All participants are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities
- Players must adhere US Soccer's Health and Hygiene recommendations and remain home when ill
- Parents should communicate any possible exposures to the club
  - An example of Phase 1 practice design:



**Phase 2** - Full Team Training

- Staggered start times to minimize traffic flow and crowding
- Team Snap Check In; attendance will be maintained for contact tracing
- Full team practice is allowed
- Guidelines for pick up and drop off, including health screening

- All equipment will be disinfected prior to practice; Only coach handles equipment
- Individual equipment for each player (water bottle, bib, ball, etc.)
- Physical distance maintained between players, with limited exceptions for training purposes
- No competitions or tournaments
- All participants are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities
- Players must adhere US Soccer's Health and Hygiene recommendations and remain home when ill
- Parents should communicate any possible exposures to the club

**Phase 3 - Full Team Competition**

- Staggered start times to minimize traffic flow and crowding
- Attendance will be maintained for contact tracing
- Full team practice and competition with other teams is allowed
- Guidelines for pick up and drop off, including health screening
- All equipment will be disinfected prior to practice or play; Only coach handles equipment
- Individual equipment for each player, when possible (water bottle, bib, etc.)
- All participants and spectators are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities
- Players must adhere to US Soccer's Health and Hygiene recommendations and remain home when ill
- Parents should communicate any possible exposures to the club

**Phase 4 - No restrictions**

**YMCA Lakeshore League Notes**

- No throw ins- all play ins will be from the ground. Ball cannot be played into the air on the initial play in. Also since it is indirect, a goal may not be scored off the kick in.
- Each team is responsible for their own team's contact tracing. PSC will be creating a Google Form for the coaches to fill out for practices and games.
- Please leave the playing field area immediately upon the game's completion so that proper cleaning protocols can be implemented.