



RETURN TO PLAY COVID-19 SAFETY GUIDELINES

IF YOU ARE NOT COMFORTABLE WITH A RETURN TO PLAY, IT'S OK. DO NOT RETURN.

RYSA has implemented the following guidelines to maximize the safety of all our players, coaches, and spectators. We shall ensure that all RYSA teams have ample and appropriate field space to safely run their team practices and participate in their games. RYSA will revise these procedures and guidelines, as necessary, to adhere to all current and up to date CDC, state, and local protocols.

COVID-19 SYMPTOMS

*fever · chills · cough · shortness of breath · sore throat · congestion · nausea/vomiting
diarrhea · headache · muscle/joint pain · sudden loss of taste/smell*

GENERAL GUIDELINES FOR ALL:

- Stay 6 Feet Apart
- Fever $\geq 100.4^{\circ}\text{F}$ → Stay Home
- Do NOT Share
- Wear a face mask
- Wash Hands
- Use Hand Sanitizer

PLAYERS:

- Adhere to All Guidelines and Protocols.
- Check your temperature before attending any training sessions or games. If you have a fever of 100.4°F or more, DO NOT attend the session or game. Notify your coach or manager.
- If you have had contact with anyone within the last 14 days with a documented case of COVID-19, you will not be allowed to participate. RYSA must be notified.
- If you experience any symptom of COVID-19 you must notify your coach or manager.
- Players should seek guidance from their doctor if they experience any of the above symptoms before returning to play.
- Wash your hands thoroughly before and after each practice or game.
- Thoroughly sanitize your hands upon exiting your vehicle at the site.

- Wear a face mask to and from the field. Face masks are not required while playing.
- Do NOT share water bottles, food, equipment, etc.
- Players shall NOT touch any of the coaching equipment such as cones, goals, etc.
- Practice social distancing when and where possible.
- No handshakes, high fives, hugs, etc.

COACHING STAFF:

- Adhere to All Guidelines and Protocols.
- Your temperature must be checked before each training session or game.
- Notify the coaching director and RYSA coordinator if you
 - ✓ Have a temperature of 100.4°F or more.
 - ✓ Experience any symptoms of COVID-19.
 - ✓ Are not feeling well.
 - ✓ Have had close contact with anyone with confirmed case of COVID-19.
 - ✓ Have had a confirmed case of COVID-19 within the last 14 days.
- If you experience any of the above, you must stay home.
- Before each session, remind your players of the guidelines.
- Wear a mask at all times during the session.
- Wash your hands thoroughly before and after each session.
- Sanitize your hands periodically throughout the session.
- The coaching staff are the only ones that are allowed to touch the field equipment. (cones, balls, goals, etc.)
- All equipment shall be disinfected before and after each training session as well as periodically throughout the session.
- Pinnies or other types of jerseys shall not be used at any training sessions or games. Coaches may ask players to bring their own colored shirts for team separation.
- No player benches shall be used by anyone on the field.

PARENTS:

- Adhere to All Guidelines and Protocols.
- Check your child's temperature before attending any training sessions or games. If fever of 100.4°F or more, your child stays home.
- Notify the coach or manager if your child
 - ✓ Has a temperature of 100.4°F or more.
 - ✓ Experiences any symptoms of COVID-19.
 - ✓ Is not feeling well.
 - ✓ Has had close contact with anyone with confirmed case of COVID-19.
 - ✓ Has had a confirmed case of COVID-19 within the last 14 days.
- Please arrive no earlier than 15 minutes before any training session or 30 minutes before a scheduled game.
- If at all possible, there should be no carpooling.
- Ensure your child has a face mask, hand sanitizer, and a water bottle for their own use.
- Parents are encouraged to stay in their own car during training sessions. Parents may stand on the sidelines – but must wear face mask and stand 6 feet apart. Absolutely no one allowed on the playing field during games or while training is in place.
- Wash all clothing and gear after every practice or game.

COVID-19 HEALTH CHECK SCREENING:

In order to continue to minimize the risk of exposure to COVID-19 for all our players, RYSA will be utilizing the Health Check feature in TeamSnap. This is a self-screening tool in TeamSnap which is private; only trainers and RYSA admin have access to your status. On the day of the event (practice or games) once you click on the event, you will see **My Health Check** which can be filled out 8 hours before the event. This can be done while marking availability. Once all questions are answered, you will be given a green checkmark if ok to participate. Trainers will be checking for completion prior to every practice.

NJ TRAVEL ADVISORY

We must all follow state guidelines including the 14-day quarantine travel advisory. If you have traveled to any of the current states that are on the list, we ask that you DO NOT attend practice until after the 14 days.

This listed is updated regularly and can be found here:

- [NJ Travel Advisory List](#)

MINIMUM QUARANTINE TIMEFRAMES

We will be following the state guidelines on minimum quarantine timeframes based on COVID-19 Regional Transmission Risk Level (CALI Score), which is currently at High Risk.

14 days after initial exposure to someone who has tested positive to COVID-19.

7 days if person has a negative test result after exposure.

14 days is always preferred as the best way to prevent COVID-19 transmission.

More info and updates can be found here:

- [NJ Quarantine Timeframes](#)