



Great Falls Reston Soccer Club's  
**Return to Play Guidelines**  
for  
**House League and SFL Soccer**

Great Falls Reston Soccer Club (GFRSC) thanks you in advance for playing a vital role in helping the "beautiful game" return to the field. By observing CDC and state guidelines as well as soccer-specific protocols relating to the COVID-19 outbreak, let's work together to ensure the transition back to soccer is as smooth and safe as possible.

Please remember, if you are not comfortable returning to soccer, whatever your role, there is no pressure to do so. Everyone's health, wellbeing, and safety are the Club's top priority.

This guidance is intended for general information only and does not constitute legal advice, nor is it a replacement for any advice from governmental authorities or the CDC. Efforts have been taken to ensure the accuracy of this information at the time of publication; however, the reader is reminded to check the [CDC](#) and/or Virginia's [Department of Health](#) website to obtain the most up-to-date information regarding social distancing and any other measures currently in effect.

**COVID-19 Self-Assessment** - *DAILY and BEFORE EVERY GAME or PRACTICE*

All players, officials, volunteers, and spectators must undergo regular self-assessments for any COVID-19-related symptoms. No one should leave home or participate in soccer if they, or someone in their household, have any of the following:

- A temperature (above 100°F);
- A new, continuous cough; or
- A loss of, or change to, their sense of smell or taste.

This self-check should be performed before arrival at each training session or game. Should an individual experience any such symptoms, they must NOT participate. Instead, they should follow CDC guidance on self-isolation. Anyone who has previously been instructed to self-isolate by a health care practitioner should continue to follow this advice and may not participate.

**Club Waiver**

All players must sign the GFRSC COVID-19 waiver before participating in any practice or game.

**COVID-19 Club Updates**

All Club updates will be available on the GFRSC website at [www.GFRSoccerClub.org](http://www.GFRSoccerClub.org).



Who	What, When	Training Day Guidelines
<p><b>EVERYONE</b> (i.e. players, coaches, match and league officials, volunteers, parents, guardians, caregivers, and spectators)</p>	<p>Travel to training and matches</p>	<p>All participants should follow best practices for travel to/from training and matches. All inhabitants of the same household or <b>support bubble</b> can travel together in a vehicle. If participants need to travel with others outside their household or support bubble, they should try to:</p> <ul style="list-style-type: none"> <li>● Share the ride with the same people each time;</li> <li>● Keep to the smallest number of people possible;</li> <li>● Open vehicle windows for ventilation;</li> <li>● Clean and sanitize the vehicle (concentrating on all areas touched such as seats and door handles) between trips using standard cleaning products;</li> <li>● Require that the driver and all passengers wear a face mask;</li> <li>● Consider seating arrangements to maximize the distance between passengers; and</li> <li>● Require regular hand sanitization by all passengers both before and after the trip.</li> </ul>
<p><b>Parents/Guardians /Caregivers</b></p>	<p>Advanced information and considerations</p>	<p>You may already have noticed that the recent period of isolation and quarantine have resulted in your child becoming anxious or unsure/uncomfortable about resuming activities such as soccer. Please support your child's return to soccer if and when they feel confident to do so, and only if you feel that the activity is safe and appropriate for your child.</p> <p>Your child must arrive ready to exercise. Ensure that your child brings his/her own equipment, including <b>hand sanitizer, water, and ball</b> and that these items are clearly marked with their name. <b>These must NOT be shared with anyone else.</b></p> <p>Please ensure that your child knows how to maintain a social distance. Please do your best to help your child recognize what a distance of 6 feet looks/feels like by using arm span or standing jumps.</p> <p><b>Coaches are required to wear face masks at all times during practices and games.</b></p>

Who	When	Game Day Guidelines
<b>EVERYONE</b>	Social distancing around matches	Competitive match play is now permitted; however, in all settings both before and after matches, all participants should practice physical distancing.
	Other COVID-19 modifications – in matches and training (where applicable)	<p><b>NO handshakes, high-fives or fist bumps.</b> Instead, players will be asked to hand-sanitize before kick-off.</p> <p><b>NO team talk huddles.</b> Team talks are permitted, as long as physical distancing is observed.</p> <p><b>Warmups/cooldowns</b> should always observe physical distancing.</p> <p><b>Set plays– free kicks</b> - referees and coaches should encourage players to get on with the game and not unnecessarily prolong set play set-up, such as defensive walls.</p> <p><b>Set plays</b> – corners should also be taken promptly to limit prolonged close marking, and goalposts should be wiped down before matches, after matches, and at halftime.</p> <p><b>Goal celebrations should be avoided.</b></p> <p><b>Interactions with referees and match assistants</b> should only happen with players observing social distancing.</p> <p><b>During the run of play</b>, coaches are encouraged to limit persistent close proximity of participants during match play (where young participants may be more likely to cluster around the ball) and provide regular hygiene breaks.</p>
	Social distancing during breaks (e.g., halftime)	All participants must remain socially distanced during breaks in play, with spaced areas for equipment and for each individual, including officials and substitutes. Coaching staff and substitutes, should, for example, spread out and avoid sharing a bench if physical distancing cannot be observed. Water bottles or other refreshment containers should, in no circumstances, be shared. Participants are required to bring their own drinks or refreshments in a container marked with their name. After the activity, participants must maintain social distancing during any social interaction.
	Use of soccer equipment	The sharing of soccer equipment must be avoided whenever possible. Where equipment is shared, it must be cleaned before use by another person.
	Ball transfer	When the ball goes out of play, it should not be retrieved by non-participants and should be retrieved with the feet rather than the hands, whenever possible.
	Shouting	There is an increased risk of infection in situations where people are shouting or conversing loudly. This particularly applies to indoors and when facing another person. Players and spectators should, therefore, avoid shouting or raising their voices when close to or facing another person.
	Spitting	Everyone should refrain from spitting. Coughing or sneezing into a tissue that is disposed of promptly is encouraged.

<b>SPECTATORS</b>	Social distancing	Parents, guardians, caregivers, supporters, and other spectators should remain socially distanced during events. <b>Masks are REQUIRED. Failure to comply with the wearing of masks will be considered a violation of the Club's Code of Conduct policy and could result in disciplinary action including a reprimand, suspension or expulsion from Great Falls Reston Soccer.</b> Spectator groups must be limited to six people spread out and in line with guidance on social distancing. There should be space for officials, coaches, and team members to move about the area.
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