



400 Main Street
Dalton, MA 01226
413-684-0260

SAFE RETURN TO PLAY PLAN Youth Soccer 2020 Fall Season

General Information

The Community Recreation Association has determined the following policies/procedure and modifications be made to baseball and softball in order to compete in the 2020 Fall Season. This document highlights the information from EEA guidance, been reviewed by the local health agent and will be amended as needed throughout the season. Each participant in the program must have a valid CRA General Membership that indicates that they understand participating in youth sports comes with a risk of injury and illness, including but not limited to COVID-19.

Any player traveling outside the approved "travel area" will have to produce a negative COVID test result or quarantine for 14 days before they can return to participate in the league/program. Players and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed. Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a player or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Players and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

Important Information

Cohorts and/or Participants: A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

Personal Habits- There is NO spitting, chewing seeds, or chewing gum

Training- CRA Staff will train coaches, officials, and staff on all safety protocols. Coaches will train/remind their players as well as remind the parents of the COVID related guidelines.

Practice – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

Benches – Equipment should be separated at least 6 feet apart. There is NO benches for the 2020 Fall Season.

Huddles – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.

Spectators – We are limited to 50 spectators for an outdoor gathering. We will limit it to 1-2 spectators per player depending on the team sizes.

Masks/Face Coverings – Athletes are required to wear cloth face coverings/masks. Players should wear the masks when they play. Coaches and officials may remove their face covering briefly for a "break" at any point during play when they are socially distanced greater than 6 feet.

Hand sanitizer and/or sanitizing wipes – Players, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the court and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.

Post-Game Procedures – There is no post-game handshakes. Players will line up on their respective touch lines at 6 feet apart and acknowledge the other team as an act of sportsmanship.

General Equipment – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day

TEAM Area- This area is limited to players and coaches on the roster ONLY. There is no exception!

SPECTATOR Area- People must maintain social distance and should wear a mask when they attend the games/practices. Spectators are limited to 1-2 per player to stay within the EEA guidelines of 50 spectators at an outdoor - gathering.

Soccer Specific Modifications

- Heading is NOT allowed
- Shoulder to Shoulder contact will be called a dangerous play. Officials will call this and award an indirect kick to the opposing team.
- Throw Ins will be replaced with kick ins
- Corner Kicks will be replaced with kick ins
- Officials will wear masks and use electronic whistles

All rules will be aligned with Massachusetts Youth Soccer Association

League Officials/Parents/Coaches are role models for the players in the league and should set a good example. Please follow all the rules of the league, including those rules pertaining to COVID-19.