



Virginia Return to Play Guidelines

GENERAL INFORMATION

Welcome back! We look forward to hosting your team at one of our upcoming events. Please be sure to review this document in its entirety prior to the start of the event and arriving at the venue. This document contains pertinent information regarding new safety measures, precautions, rules, and regulations that the Virginian has put in place to help mitigate risk and prevent the spread of the novel Coronavirus (COVID-19).

During these ever-changing times, we remain committed to providing high-quality events for teams throughout the region. Coaches, players, and spectators alike should expect to see changes made to tournament rules, facility layouts, and more to ensure that we are remaining compliant with the Centers for Disease Control and Prevention (CDC), state, and local regulations. We greatly appreciate your cooperation and flexibility in adhering to these new regulations, as they are put forth for the protection of everyone's health and safety.

Large gatherings (such as soccer tournaments) create an increased risk of exposure, infection, and spread of COVID-19 according to CDC and state and local health officials. While the risks associated with the COVID-19 pandemic cannot be completely eliminated, the Virginian is dedicated to the mitigation and reduction of risk in order to host and operate the safest event possible. By arriving on-site at this event, attendees knowingly and freely accept these risks.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Virginian makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

SYMPTOMS OF COVID-19

According to the Centers for Disease Control and Prevention (CDC), people who have contracted the Coronavirus (COVID-19) can show a variety of symptoms, or even be asymptomatic. Symptoms may appear within 2-14 days after exposure to the virus.

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea

GENERAL INFORMATION

WHEN NOT TO ATTEND THE VIRGINIAN TOURNAMENT

While we would love for everyone to be able to attend our event the Virginian takes the health and safety of players, coaches, spectators, staff, and other attendees very seriously. You should not attend the event if any of the items below are applicable to you.

- You have been exposed to COVID-19 within the past 14 days
- You are categorized as a high-risk individual (compromised immune system, respiratory issues, diabetic, etc.)
- You are over the age of 65 and/or have underlying health risks
- You have experienced any of the above symptoms of COVID-19 within the past 14 days
- You cannot follow or maintain proper social distancing guidelines
- You are unable to or refuse to wear a face mask

FACE MASK/COVERING REQUIREMENTS

In accordance with expanded state mask requirements, the Virginian is implementing the following guidelines regarding the wearing of face masks/coverings to help prevent the spread of COVID-19.

- **Staff:** Required at all times
- **Coaches:** Required throughout venue, required during games
- **Players:** Required throughout venue, not required during warm-ups and game play
- **Spectators:** Required at all times
- **Referees:** Required throughout venue, not required during game play

Required at all times is defined to include but not limited to the parking lot, restrooms, concessions, apparel sales lines, moving throughout the facility, sidelines, etc.

Refusal to comply with the above requirements will result in removal from venue and team will forfeit match without refund.

WHAT TO BRING TO AN EVENT

Below you will find a list of items to bring to your upcoming tournament.

Do's:

- Face mask/covering (required for ALL attendees)
- Personal water bottles
- Food and snacks – vendors and concessions may be limited on-site
- Personal Umbrella
- Hand Sanitizer and/or disinfectant wipes
- Personal Chairs for players and coaches

Dont's:

- Shared water coolers prohibited
- Team benches prohibited
- Tents prohibited
- Bleachers prohibited

RETURN TO PLAY PROTOCOL

ARRIVAL TO VENUE

- All attendees should conduct a self-evaluation for COVID-19 symptoms and check their temperature before arriving on-site.
- Teams should not arrive to their field more than 30 minutes prior to the designated start time to limit the number of spectators and participants within the venue for extended periods of time.
- All team check-in processes will be completed online through GotSoccer. No on-site check-in will be allowed.

PLAYERS/COACHES

- Coaches on sideline and players not in game should maintain adequate social distancing in team bench area
- No shared equipment or water bottles
- Team huddles and handshakes are not permitted
- Teams must exit the field immediately after the game ends
- Spitting is prohibited on and off the field
- One player per team can attend the pre-game coin toss
- Coaches are encouraged to bring their own hand sanitizer for quick sanitation during, between, and after games
- Players and coaches are encouraged to apply hand sanitizer when coming on and off the field, as well as after each game
- Player equipment should be labeled to avoid confusion and contamination

SPECTATORS

- Two (2) Spectators per players are permitted to attend the event to reduce volume of spectators and maintain adequate social distancing.
- Spectators are required to be wearing a mask while moving throughout the venue
- No mass gatherings
- Lost and found items will not be kept (personal items should be labeled)

REFEREES

- Only one referee will conduct the coin toss
- No hand shaking or huddling permitted
- Must give the final score to the field marshal verbally
- Must bring their own water bottles
- Encouraged to bring their own hand sanitizer
- Encouraged to wear masks while on the field but not required
- Referees are encouraged to re-sanitize coming on and off the field (halftime)

LEAVING THE VENUE

- Follow appropriate directional guidance
- No congregating in large groups when exiting the venue
- All participants/spectators must leave the venue once their games are finished for the day
- Participants and spectators are strongly encouraged not to linger around venue or near exit once games are completed.
- Awards will be given to coach by field marshal. No awards ceremonies will be conducted prior to departure from venue.
- Spectators and participants are strongly encouraged to sanitize their hands when leaving the venue.

CONFIRMED CASES

- If you test positive or begin to show symptoms of COVID-19 within 14 days of attending the Virginian, notify the tournament director immediately.
- Failure to comply with the above regulation will result in removal from tournament without refund.
- State and local health departments will be notified of potential exposure.
- Names and identifying information regarding those with confirmed cases will not be released to the public.
- Work with local health department in identifying all potentially exposed individuals to help with contact tracing process.