



**JUVENTUS
ACADEMY
DC METRO**



COVID-19

Return to Play: Protocol

**Updated:
January 1, 2021**

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Staying Safe

These guidelines have been put into place in order to provide our players, families and staff information on how Juventus Academy DC Metro and Pivotal Play Soccer Training, LLC will deal with providing in-person training during the early reopening phases of the COVID-19 pandemic. We will be closely following orders and guidelines set in place by the State of Maryland and Montgomery County. Knowledge about COVID-19 is constantly changing, so please understand that these guidelines may change as well. We ask that each player, their family and all coaches read through these guidelines before engaging in any in-person training.



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Acknowledging Risk

Knowledge regarding COVID-19 is ever-changing. Until COVID-19 is eliminated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. Because of the health risks during this pandemic, all participants and their families must adhere to these guidelines. Anyone who does not follow these guidelines may be asked not to participate in our in-person training programs or practices.

Please read through the CDC's '*Considerations for Youth Sports*':
[cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)

*Please note: Every participant must carry their own medical and hospital insurance.



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Stay-at-home

Stay-at-home: State and County authorities require shelter-in-place orders

Juventus Academy DC Metro / Pivotal Play Soccer Training: All training will be held virtually



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Phase 1

Phase 1: State and County authorities lift shelter-in-place orders and limit small group activities. Number of participants depend on local guidelines.

Juventus Academy DC Metro / Pivotal Play Soccer Training: Training will be held virtually as well as private/small group in-person lessons. Player must have their own ball and may not touch equipment provided by the Trainer/Coach. Social distancing (at least 6 feet) between participants and the Trainer/Coach will be required (see pages 13 & 14). No physical contact. All sessions will be held outdoors.



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Phase 2

Phase 2: State and County authorities lift shelter-in-place orders and allow larger group activities. Number of participants will depend on local guidelines.

Juventus Academy DC Metro / Pivotal Play Soccer Training: Training will be held virtually as well as private, group and team training in-person lessons/sessions. Players must have and use their own ball (except when passing to a teammate) and may not touch or share equipment provided by the Trainer/Coach (except to pass a ball with their feet). Social distancing (at least 6 feet) should be honored as much as possible throughout each lesson/session. Very limited physical contact. All lessons/sessions will be held outdoors.



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Player Guidelines for In-Person Training

In order to participate in-person, Players must:

- Show no signs or symptoms of COVID-19 during the past 14 days and have no known exposure to anyone that has been ill in the past 14 days.
- Wash hands thoroughly before and after each session/game.
- Go directly to your Coach and then to your designated “rest” area until the start of practice/game.
- Wear a mask when arriving and departing from a session. Masks must be worn during practice.
- Have no above normal temperate readings. Temperature must be taken before coming to each session/game.
- Obey to the social distancing measures of distancing at least 6 feet from each coach and player.
- Use their own equipment and may not share with any other participant or Coach. Equipment must be properly sanitized before and after each session. Bring own sanitizer to each session/game.
- Use their own water bottles and may not share food or drink with any other participant or Coach.
- Notify the Director of Coaching or Technical Director if you have been diagnosed with COVID-19, are experiencing symptoms of COVID-19 or have been exposed to anyone who has been ill or has been diagnosed with COVID-19 (within 12 hours of symptoms, testing positive or finding out that someone you have been around has COVID-19 or is experiencing symptoms of COVID-19).



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Parent/Guardian Responsibilities

Parent/Guardians must:

- Ensure that your child is healthy and check your child's temperature before each training session/game.
- If your child plays on a Juventus Team: You must log into TeamSnap and update your child's availability and Health Check before every practice and game.
- Stay in car or follow social distancing requirements.
- Wear a mask if you are outside of your car and are watching the session/game.
- Ensure that child's clothing is washed after every session/game and that all equipment (ball, shinguards, cleats, etc) are properly sanitized before and after each session.
- Make sure your child has the necessary sanitizing products with them at every session/game. This includes hand sanitizer and/or wipes.
- Refrain from assisting the Coaches and touching Coach's equipment.
- Notify the Director of Coaching or Technical Director if your child has been diagnosed with COVID-19, are experiencing symptoms of COVID-19 or have been exposed to anyone who has been ill or has been diagnosed with COVID-19 (within 12 hours of symptoms, testing positive or finding out that someone they have been around has COVID-19 or is experiencing symptoms of COVID-19).



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Coach Responsibilities

Coaches must:

- Ensure that they are healthy and check their temperature before each training session/game.
- For Head Coaches of Teams: You must log into TeamSnap and make sure your players' availability and Health Checks are completed before every practice and game. Only those that pass the Health Check may participate. Notify the Director immediately if a player is experiencing symptoms of COVID-19, was diagnosed with COVID-19 or were around someone with symptoms of COVID-19 or diagnosed with COVID-19
- Show no signs or symptoms of COVID-19 during the past 14 days and have no known exposure to anyone that has been ill in the past 14 days.
- Wear a mask at all times (may remove when drinking, speaking or doing demonstrations **ONLY** if keeping social distance).
- Keep a log of each lesson/session/game completed with date, time, location, name of participant(s) and parent contact info.
- Maintain social distance with the players/parents/staff. If Coach is unable to maintain social distance in order to teach a technique then they must wear a mask.
- Ensure that players are maintaining social distance (of at least 6 feet) when possible and that equipment is not shared. During Phase 2 there may be contact between players.
- Designate a rest area for each player to take a break while maintaining social distance.
- Ensure that no one else touches their equipment and that all equipment is properly sanitized before and after each session.
- Thoroughly wash hands before and after each session/game.
- Notify the Director of Coaching or Technical Director if you have been diagnosed with COVID-19, are experiencing symptoms of COVID-19 or have been exposed to anyone who has been ill or has been diagnosed with COVID-19 (within 12 hours of symptoms, testing positive or finding out that someone you have been around has COVID-19 or is experiencing symptoms of COVID-19).



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Symptoms of COVID-19

As listed in the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>):

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



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Testing Positive for COVID-19

If a player or coach tests positive for COVID-19, the following measures will be taken:

- Coach or Player must let a Director know immediately
- Immediately remove player/coach from all team activities
- Inform the team that someone has tested positive or has symptoms of COVID-19 (do not disclose names) and encourage everyone to monitor symptoms
- Player/coach must go into 14-day quarantine
- Player/coach must have a negative COVID-19 test after the 14-days before he/she can return to team activities

The rest of the team has two options available:

- All team activities suspended for 14-days
- All team activities suspended until every player/coach has been tested and those with negative results can resume training

***Directors reserve the right to call Montgomery County Health Department for further guidance. We may change length of quarantine and whether testing is required based on their recommendation.**



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Close contact with someone with COVID-19

If a player/coach has a parent, sibling or another person in their same household or if someone that they have been in close contact with tests positive for COVID-19 then the following measures will be taken:

- Let Director know immediately
- Immediately remove player/coach from all team activities
- Inform the team that a player/coach has been in contact with someone with COVID-19 (do not disclose names) and encourage everyone to monitor symptoms
- Player/Coach must enter the 14-day quarantine process AND receive a negative test result before returning after the quarantine period.

The rest of the team has two options available:

- All team activities suspended for 14-days
- All team activities suspended until every player/coach has been tested and those with negative results can resume training

***Directors reserve the right to call Montgomery County Health Department for further guidance. We may change length of quarantine and whether testing is required based on their recommendation.**



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Player/Coach has symptoms of COVID-19

If a player or coach has symptoms of COVID-19, the following measures will be taken:

- Coach or Player must let a Director know immediately
- Immediately remove player/coach from all team activities
- Inform the team that someone has symptoms of COVID-19 (do not disclose names) and encourage everyone to monitor symptoms
- Cancel future practice/games if player/coach shows symptoms within 48 hrs after a practice/game

Player can return when:

- They receive a negative COVID-19 test AND
- They are fever free for 72 hours without use of fever-reducing medication AND
- No sooner than 3 days after symptoms end

Team can resume practice when:

- Player/Coach who showed symptoms receives a negative COVID-19 test result

***Directors reserve the right to call Montgomery County Health Department for further guidance. We may change length of quarantine and whether testing is required based on their recommendation.**



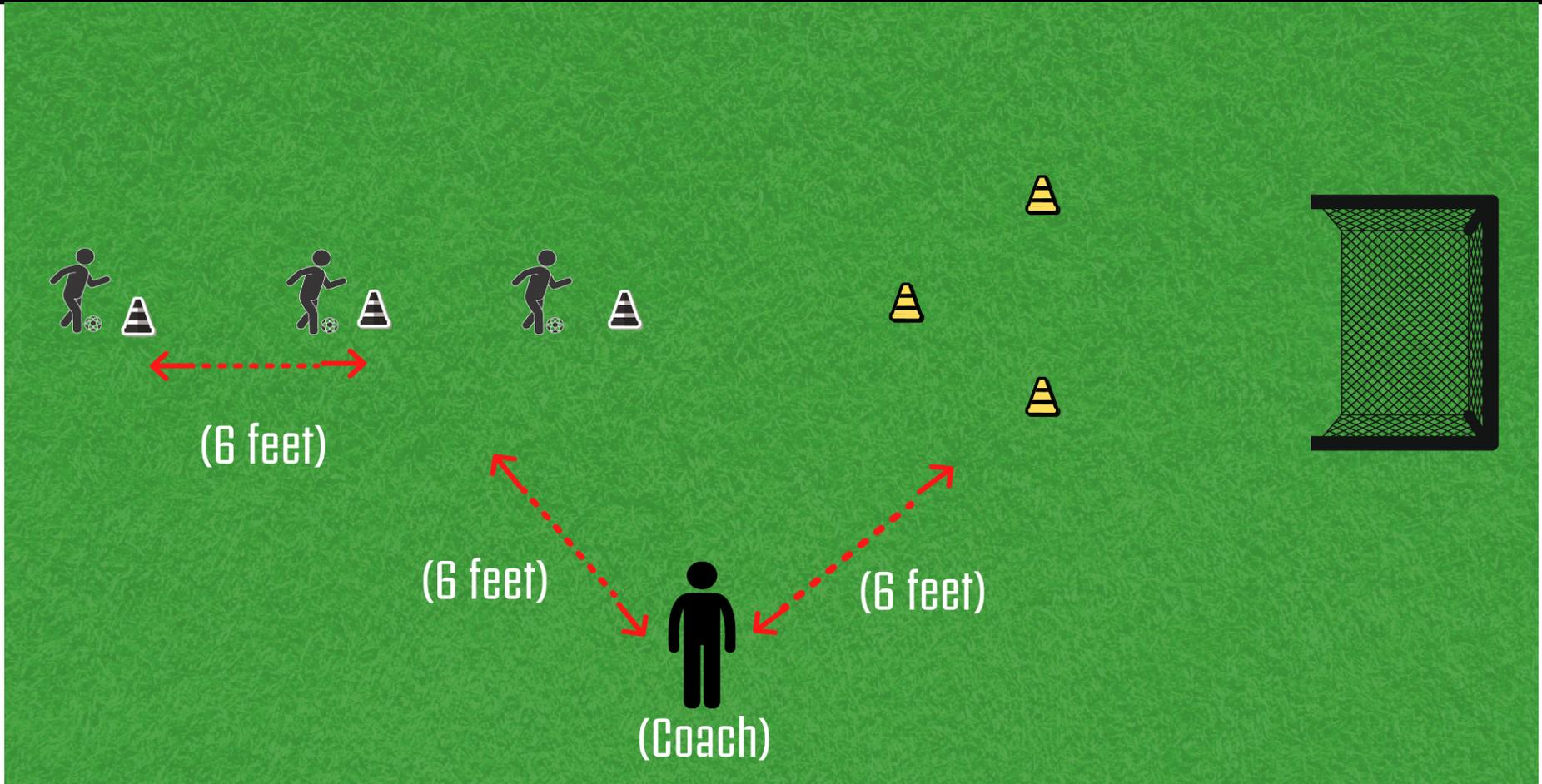
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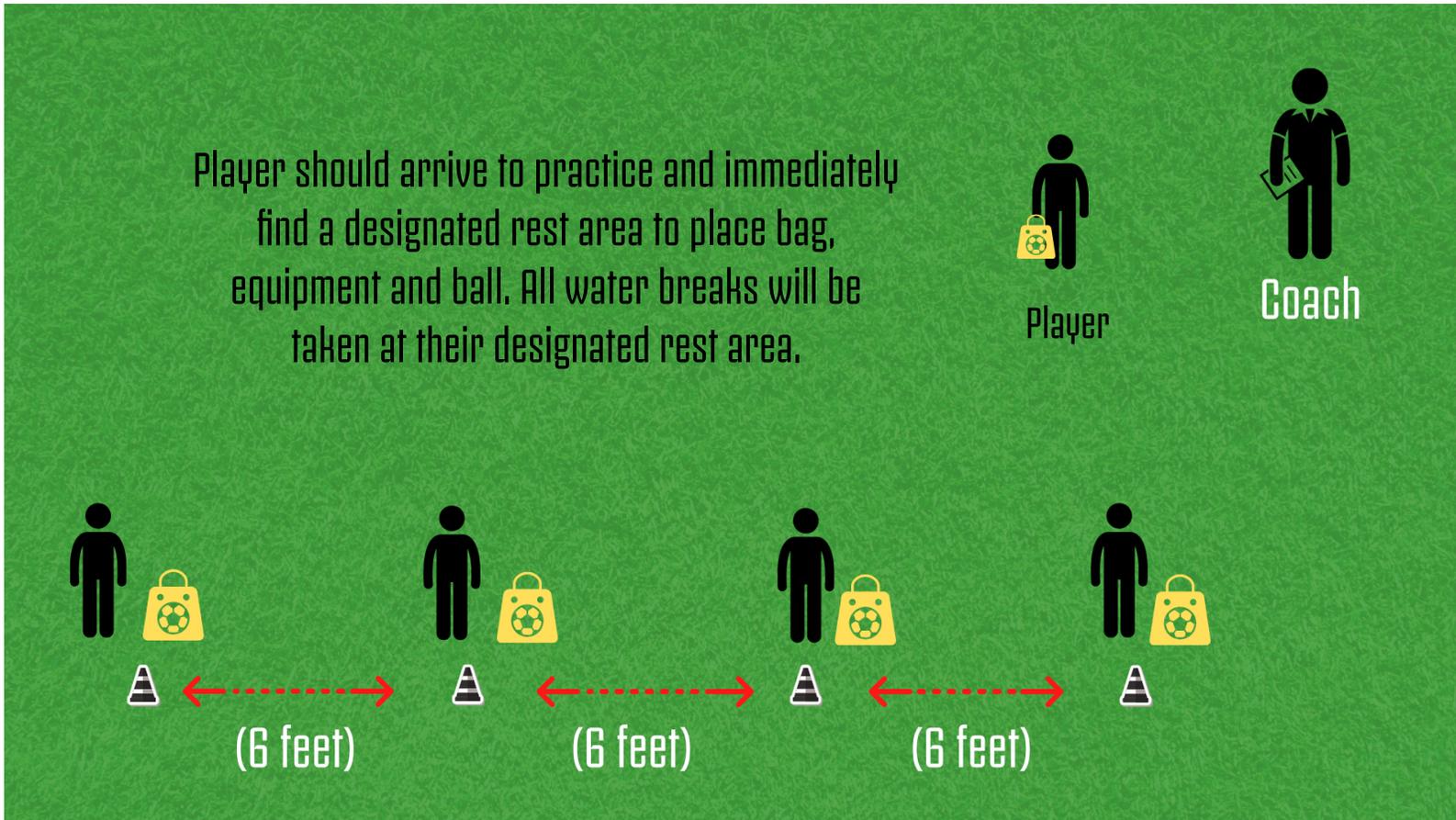


SOCIAL DISTANCING TRAINING (example diagram)



DESIGNATED REST AREAS (example diagram)

Player should arrive to practice and immediately find a designated rest area to place bag, equipment and ball. All water breaks will be taken at their designated rest area.



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COVID-19 SCREENING QUESTIONNAIRE:

***Must answer "no" to every question before coming to any practice/lesson/game, etc.**

1. Within the past 14 days have you tested positive for COVID-19 or have you been told by a health care provider to isolate or quarantine?
2. Are you experiencing any of the following symptoms that cannot be attributed to another health condition?
 - Fever (100.4 or higher) or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches or headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
3. Did you travel outside of the country within the past 14 days or are you hosting someone from out of the country that currently requires quarantine?
4. Have you been in close contact with someone who has tested positive for COVID-19 or has shown any symptoms of COVID-19 within the past 14 days?

THOSE ON JUVENTUS TEAMS MUST COMPLETE AND PASS THEIR TEAMSNAP HEALTH CHECK BEFORE ARRIVING TO ANY PRACTICE, GAME, CLUB EVENT ETC.



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Sample Participant Log (for Staff and Coaches)

***Must be updated and kept on file for every lesson/practice/game**

Date	Time	Location	Name of Coach(es) attending	Participant(s) name(s)

RESOURCES

CDC: cdc.gov/coronavirus/2019-ncov/index.html

cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html

MSYSA: msysa.org/covid-19/us-youth-soccer/

msysa.org/covid-19/msysa-updates/

Montgomery County: montgomerycountymd.gov/hhs/rightnav/coronavirus.html

State of Maryland: coronavirus.maryland.gov

commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf

HAVE QUESTIONS? CONTACT OUR DIRECTORS

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