



Cal South Return to Play Phases and Responsibilities

Overview:

1. This Phase overview provides structure for a gradual approach to **Return To Play (RTP)** during this unprecedented time of the COVID-19 pandemic. Included within, and between the phases are specific steps to be considered and implemented.
2. Various counties within Cal South Districts will approve Phases independently. Cal South Leagues, Clubs and organizations will therefore operate under regulations based on the location of their activity.
 - 2.1. All phases must be based on and compliant with State/County/Local authorities and regulations.
3. A minimum amount of time is suggested within each phase. This time provides the opportunity to ensure the health of each individual and the safety necessary for each phase. Clubs should carefully consider the conditions necessary to advance to the next phase and be prepared, if necessary, to stay in the current phase for longer than the timeline indicated or revert to an earlier phase to ensure the safety of all participants. Do not proceed to the next phase if it is not compliant with your region's social distancing policies.
4. As a reminder, ***Returning To Play is a personal choice***. Participants should feel comfortable determining if they would like to resume activities in a small group environment. We recommend all participants (coaches, parents, players, referees or administrators) communicate with their club, coaches or referee administrators to better understand the safety policies in place and work together to protect against the spread of COVID-19.
5. In developing these guidelines Cal South coordinated in order of jurisdiction the following organizations and institutions:
 - 5.1. Center for Disease Control and Prevention (CDC) COVID-19 Guidelines
 - 5.2. California Department of Public Health (CDPH) COVID-19 Guidelines
 - 5.3. United States Soccer Federation (USSF) Play On Policy
 - 5.4. United States Youth Soccer (USYS) Return to Activity Guidelines
6. Travel to other states:
 - 6.1. Teams, clubs and organizations based in States other than California will be operating under different state and local regulations. Cal South Teams may travel to other states provided that they are compliant with Cal South requirements for travel and the respective State/Local regulations.

Soccer Entity	Protocol
<p>Referees</p>	<ol style="list-style-type: none"> 1. Take temperature at home or before you arrive at venue with a personal Infrared Digital Thermometer, temperature over 100.4 F stay home and contact your assignor for replacement immediately * Thermometer available at Cal South HQ tent <ol style="list-style-type: none"> 1.1. If you have a fever, DO NOT GO TO the facility or field. 1.2. If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC. 1.3. Do not go to facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ol style="list-style-type: none"> 1.3.1. Remotely communicate your health status to your match assignor or administrator, or medical staff within 24 hours of your training session. 1.3.2. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 2. If you tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to your match assignor or administrator for return to full participation in sport & activity. 3. If you are not feeling well at a Game go home immediately. 4. If any players display COVID-19 symptoms as identified by the CDC and CDPH, the referee must notify coach and the player shall be sent home. 5. Referees recommended to remain at a minimum of six(6) ft during dynamic play and stationary play at all times. 6. Referees shall remain minimum of six(6) ft apart with players/coaches/referee crew before, during, and after the match for all administrative procedures. 7. Referees are required to wear Clean PPE/mask(mask) upon arrival/departure to complex for referee check-in/pregame/mentor sessions/assessment debriefs etc. 8. Subject to State/Local guidelines, Referees/Assistant Referees are not required to wear a <u>mask</u> during the duration of match, however, are recommended to wear a <u>breathable mask</u>. 9. Fourth officials are required to wear <u>breathable mask</u> during the match. 10. Referees/Assistant Referees are recommended to physically train with a <u>breathable mask</u> before accepting any assignments, if unable to breathe comfortably do not accept any assignments. During your training with a mask, if your breathing becomes labored, stop your training. 11. Mask must cover nose and mouth and must not have any sport logo affiliation and or any image that does not uphold the core values of Cal South and its sponsors, mask color must be dominantly black. 12. Team benches on opposite sides. 13. Coaches/Players on sideline adhering to League/Club social distancing protocols. 14. Subject to State/Local guidelines Coaches are required to wear a personal mask on the sidelines. 15. Subject to State/Local guidelines Bench personnel are required to wear mask 16. No handshakes before or after game 17. No coin toss (home team selects field half, away team kicks off) 18. Referees strongly encourage physical distancing before, during and after the match to players/coaches/spectators/referee crew 19. Injured players only seen by Trainer and Referee, everyone at 6 ft distance

21. Mandatory Hygiene/Water Break- 1 during each half at the mid-way point (Ex- 80min match, break at min 20rd and min 60th)
22. Referees are recommended to apply hand sanitizer before, during breaks and after the match.
23. Referees must practice all physical distancing per CDC, CDPH State and/or Local guidelines.
24. Referee Coordinators will hold referee meeting in small groups 60 minutes prior to first games of the day and cover Covid-19 CDC Guidelines and cover all COVID 19 return to play guidelines and recommendations
25. Assessors/Referee Coordinators/Referee Mentors/Instructors/Assignors are required to wear mask and follow CDC CDPH State and/or Local guidelines for COVID 19 while at venues or fields.
26. Referees are recommended arrive in referee gear (game jersey color TBA and decided at individual field).
27. Referees crews can sit together practicing physical distancing during breaks.
28. If available Digital Coach/Player ID Card Check-in via referee smart phone is recommended to be used.
29. Referees must provide their own mask and hand sanitizer
30. Disinfect flags and game equipment before and after use, it is recommended not to share referee game equipment
31. If you are sick or if showing any symptoms of illness, **STAY HOME**.
 - 31.1. If you made contact with referees or teams and you later test positive for Covid-19 report to your Referee Association/State Referee Administrator (Juan Guzman- email: jguzman@calsouth.com) immediately.
32. Do not participate in any soccer activities if you have the following symptoms:
 - 32.1. COVID-19 exposure in the past 14 days
 - 32.2. Sore throat
 - 32.3. Shortness of breath/difficulty breathing
 - 32.4. Fever over 100.4 F
 - 32.5. Chills
 - 32.6. Headache
 - 32.7. Sinus congestion
 - 32.8. Cough persistent
 - 32.9. Joint aches and soreness
 - 32.10. Vomiting or diarrhea
 - 32.11. Rash
33. As a reminder, returning to refereeing is a personal choice and you must be comfortable with guideline and recommendations above. You must determine for yourself to resume activities taking in account the possibility and risk of contracting Covid-19. **ONLY YOU CAN DECIDE!**
34. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All information stated are provided for general information purposes only. The knowledge and circumstances around Covid-19 are changing constantly and, as such, Cal South makes no representation and assumes no responsibility for the accuracy of 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 refereeing.