

PDA Return to Play - Phase 1



INTRODUCTION

The PDA has established **Return to Play - Phase 1** guidelines during the COVID Pandemic, effective July 6, 2020.

The PDA Return to Play - Phase 1 will include **INTRA-CLUB FULL CONTACT** training.

We strongly emphasize that participation in the PDA Return to Play - Phase 1 remains **OPTIONAL** with **NO PENALTY** for non-attendance.

The PDA Return to Play - Phase 1 guidelines have 3 sections:

1. At Home On Your Practice Day (**light blue**)
2. Upon Arrival At The PDA (**blue**)
3. What Your Training Will Look Like (**dark blue**)

Please familiarize yourself with these guidelines in their entirety.

AT HOME ON YOUR PRACTICE DAY

While at home **BEFORE EACH PDA PRACTICE**, players, coaches, and staff must complete the online [PDA COVID Screening Questionnaire/ CONSENT to Return to Play](#). This [online screening tool](#) will evaluate the player/coach/staff member's answers to questions and instruct them to proceed to the PDA for practice (**GO SCREEN**) or to stay home (**STOP SCREEN**).

1. All information submitted through the online [PDA COVID-19 Screening Questionnaire](#) will be evaluated by the PDA Health and Safety Team. In the event that a player/coach/staff member screens as "high risk" for exposure to COVID-19, the information submitted will be used for contact tracing within the PDA, possible modification of the team's training schedule, and notification of all potential exposures within the club.
2. If a player/coach/staff member tests positive for COVID-19 or is given the clinical diagnosis of COVID-19, that individual will **not** be permitted to attend PDA practices.
3. Players/coaches/staff members who have tested positive for COVID-19 must submit a medical clearance letter from a qualified medical healthcare provider to the PDA Health and Safety Team permitting them to return to play.
4. All players, coaches and staff must take their temperatures at home before coming to the PDA campus.

PDA Return to Play - Phase 1



UPON ARRIVAL AT THE PDA

1. Only PDA players, coaches, & staff are permitted on the PDA fields during their scheduled practice times.
2. We request that all family members & pets remain in their vehicles at all times.
3. Players must remain in their vehicle until the exact start of their practice. No congregating in groups will be permitted on the PDA campus.
4. If a family has multiple children that are members of the PDA -- and those children have different practice times -- we request that the non-practicing players remain in their car until their practice time begins.
5. Players are not permitted to eat on the PDA campus unless in their own vehicle.
6. Players must show their coaches their PDA COVID Screening Questionnaire "**GREEN GO**" screen before the beginning of each practice.
7. For younger players who do not have a phone, a parent may show their "**GREEN GO**" screen to their player's coach before the beginning of practice.
8. Players that fail to show their coach their "**GREEN GO**" result screen upon arriving at the PDA will not be permitted to attend practice.

NOTE: For age groups 2008-2013, players need to be escorted to the field with 1 adult family member to ensure social distancing takes place on the walk from parking to the field.

WHAT YOUR TRAINING WILL LOOK LIKE

1. Players are advised to sanitize their hands prior to arrival at their training session; players are responsible for bringing their own hand sanitizer to practice.
2. Coaches are advised to sanitize their hands prior to and in between each training session; coaches are responsible for bringing their own hand sanitizer to practice.
3. Training sessions will be 75min in duration.
4. Training groups (cohorts) are limited to 15-25 players. **ALL TRAINING** (contact and non-contact) will remain **WITHIN** the players' designated cohort. These cohorts will remain the same during Phase 1 of Return to Play.
5. Players will begin **INTRA-CLUB** short sided games, scrimmages and drills that may require **FULL CONTACT**.
6. Players will remain at a distance of at least 6ft apart at all times other than during short sided games, scrimmages and drills that require contact (i.e. water breaks, warm ups, standing in line, technical training)
7. No pinnies or shared equipment will be permitted during training sessions with the exception of soccer balls
8. PDA coaches, players, and staff must wear masks while on the PDA campus.
9. The club reserves the right to remove a player/coach/staff member from training should he/she appear sick (e.g. coughing, febrile, generally appearing unwell) or for not adhering to these guidelines.

NOTE: In the case of a COVID-positive player or coach, the PDA reserves the right to cancel sessions for that team to allow players to self-monitor for symptom development.