GUIDELINES & PROCEDURES

BUFFALOS FC YOUTH SOCCER CLUB

RETURN -TO- PLAY

STXSOCCER

U.S. SOCCER PLAY ON

2020-2021
TRYOUTS / PLAYER PLACEMENT

PROGRESSIVE RETURN TO PLAY PLAN
FOR ON THE FIELD ACTIVITIES

WEEK 1: June 8-11 (Boys & Girls)

Small Sided, Full Sided & High School - Players ONLY

PHASE 2 & 3

WEEK 1: (Sat) June 13 (Boys & Girls)

All Age Groups: Academy, Small Sided, Full Sided & High School

Programs: Academy, Competitive & Advanced

PHASE 2 & 3

WEEK 2-3: June 15-18, (Sat) June 20, June 22-25

All Age Groups: Academy, Small Sided, Full Sided & High School

Programs: Academy, Competitive & Advanced

PHASE 3

Phase 1

Individual skill training and individual physical conditioning with a ball

- One player per ball
- Distances between players

Small Group training

- Passing patterns
- No contact
- Avoid lines (use markers)
- No catching or use of hands

Phase 2

Slow introduction to defensive pressure and contact

- 3v1/4v2/5v2
- Rondos
- 3v3 to small goals
- 3v3+3
- Games to targets
- Games to endzones

Building up to shorter small-sided games (ex. 5v5) with mini goals. Intrasquad scrimmages.

Phase 3

No restrictions on training activities

- Full return to play

Travel and scrimmages or games with outside teams considered safe during this phase

BUFFALOS FC RESERVES THE RIGHT TO MAKE CHANGES AND UPDATE THESE GUIDELINES AND PROCEDURES TO ENSURE SAFETY OF OUR PLAYERS AND FAMILIES

IMPORTANT

TRYOUT / TRAINING SESSIONS (JUNE 2020)
WHAT YOU NEED TO KNOW BEFORE YOU ARRIVE

ONLY REGISTERED PLAYERS WILL BE ALLOWED TO PLAY

PLAYERS:

PLEASE CHECK-IN WHEN YOU ARRIVE

- **BRING** your own **WATER & BALL** (properly aired up)
- **PLEASE WEAR** a **GREY/WHITE** training shirt
  - aka BFC training jersey/shirt
- **PLEASE BRING** a **BLUE/NAVY** training shirt
  - aka personal training bib (Phase 2-3)
- **PLEASE BRING** a **MASK** (PPE) Personal Protective Equipment
  - to wear when not training | players *can* wear during training
- **HYDRATE** before you arrive and after you leave

PARENTS:

- **NO SPECTATORS | ALLOWED IN PARKING LOT ONLY**
- **WEAR MASK | SOCIAL DISTANCE**
- **REVIEW BFC RETURN-TO-PLAY GUIDELINES & PROCEDURES**
- **TEMPERATURE CHECK -** Please check your child's temperature before you arrive
- **ILLNESS, TRAVEL & LARGE CROWDS:** If you have been OUT OF THE STATE, in a LARGE CROWD (50+), or NOT FEELING WELL within the last 14 days - PLEASE stay home and follow CDC self-quarantine guidelines and recommendations.

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RETURN -TO- PLAY

DISCLOSURE

WE ASK THAT EVERYONE SIMPLY USE GOOD COMMON SENSE

The purpose of the Buffalos FC Return-To-Play Guideline and Procedures is to make sure we are doing everything we can to ensure safety of our players and families.

In the event that someone participating does become ill, this will allow us to have proper tracking procedures to determine who may have been directly exposed to illness and advise them accordingly.

Buffalos FC, by law, will follow all Federal, State, and City ordinances. Our Return-To-Play procedures will supplement recommendations from the CDC, State of Texas, the City of San Antonio, USYS and STYSA, WDDOA and AAYSA.

If we can all do our part and follow these guidelines and procedures, we can keep our families safe, stop the spread and continue to play - safely.

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION · THE STATE OF TEXAS · CITY OF SAN ANTONIO TEXAS · US YOUTH SOCCER · SOUTH TEXAS

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PARENTS & GUARDIANS

STAY INFORMED

Review all safety recommendations and ensure your family follows them. Support your coaching staff and organization in adhering to all safety recommendations.

Parents not following BFC Return-To-Play policy will be reminded, and if they still don't adhere they will be asked to leave the training session or game.

Safety of our players and families is our utmost importance during this time. We are all in this together.

STAY SAFE

When possible please stay in your car or parking lot and away from the training areas until we are on Phase 4. Observe social distancing practices from others (players & parents) during training sessions and games.

Try to avoid carpools/ridesharing, if possible. Ensure your player's gear and clothing are cleaned immediately at home after each training sessions.

STAY IN TOUCH

Communicate and stay home if you and/or your player or any family member is unwell. **Should you or any family member living in your house contract COVID-19, you need to report this to Buffalos FC - Director of Coaching, immediately.**

PLAYERS: WHEN NOT TO PLAY

PLAYER CHECKLIST FOR TRAINING

U.S. SOCCER
PLAY **ON**

GETTING READY FOR TRAINING
THE PLAYER'S CHECKLIST

- ☑ Pack at least two water bottles for training - put your name on each.
- ☑ Get dressed in your training gear at home so that you can arrive ready to play.
- ☑ Pack any personal sanitizing supplies, including hand sanitizers.
- ☑ Have your PPE (facemask) ready to wear to and from training, and when not active at training.
- ☑ Wash your hands before departing for training.
- ☑ Conduct a daily temperature check. If you have a fever at or above 100.4° F, do not go to training.

For more information, visit
USSOCCER.COM/PLAYON

HEALTHY HYGIENE

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PLAY ON

HEALTHY HYGIENE CHEAT SHEET

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover when not physically active at training.
- Do not share equipment at training, including water bottles, towels, and bibs.

For more information, visit
USSOCCER.COM/PLAYON

HYDRATION

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HYDRATION

- Participants should clearly label their water bottles with their own name.
- Participants should not touch anyone else's bottle and only drink from their own.
- Single-use bottles should be discarded of immediately on site.
- Water breaks should adhere to social distancing guidelines.
- Fluid breaks are recommended at least once every 15 minutes, but will largely be dictated by the duration/intensity of the session.
- All organizations, clubs, teams, coaches and players should follow the heat policy outlined by Recognize to Recover here.

For more information, visit
USSOCCER.COM/PLAYON

BUFFALOS FC ORGANIZATION
RETURN -TO- PLAY

PHASE 1:

INDIVIDUAL TRAINING ONLY

NO CONTACT
NO EQUIPMENT SHARING
SOCIAL DISTANCING
INDIVIDUAL TRAINING
PLAYERS ARE NOT REQUIRED TO ATTEND
VIRTUAL TRAINING (OPTIONAL)

PLAYERS

- One ball per player (REQUIRED bring your own)
- 6ft between players (at all times)
- Mask is REQUIRED (except during training)
- No catching or use of hands with equipment
- Passing Patterns (allowed Full Sided ONLY)

SPECTATORS

- MUST remain in cars | NO SPECTATORS
- MUST have a mask & maintain social distancing
- MUST depart immediatley after training session ends

BUFFALOS FC ORGANIZATION
RETURN -TO- PLAY

PHASE 2:

RESTRICTED TRAINING ONLY

LIGHT CONTACT
MAINTAIN SOCIAL DISTANCING
SMALL GROUP SIZE (MAX 10)
PLAYERS ARE NOT REQUIRED TO ATTEND
VIRTUAL TRAINING (OPTIONAL)

PLAYERS

- 6ft between players (when not training)
- Mask is REQUIRED (except during training)
- No catching or use of hands with equipment
- Light Contact (Max Group 5v5) | 3v3 Recommended Max
- No Goalkeepers

SPECTATORS

- Stay in car or parking lot
- MUST have a mask - if you are out of your car
- MUST maintain social distancing
- Please depart after training session ends

BUFFALOS FC ORGANIZATION
RETURN -TO- PLAY

PHASE 3:

GAMES ALLOWED
- **RESTRICTED TRAVEL**
- **TOURNAMENTS (OPTIONAL)**

CONTACT ALLOWED
MAINTAIN SOCIAL DISTANCING
GROUP SIZE (RECOMMENDED MAX 25)
PLAYERS SHOULD ATTEND (BUT NOT REQUIRED)

PLAYERS

- 6ft between players (when not training)
- Mask is RECOMMENDED (except during training)
  - Masks will be required for June 2020 (Tryouts)
- Minimize deliberate use of hands with equipment
- Full Contact (11v11)
- Goalkeepers Allowed

SPECTATORS

- Stay in car or parking lot
- MUST have a mask - if you are out of your car
- MUST maintain social distancing
- Please depart after training session ends

LEAGUE PLAY | TOURNAMENT PLAY
- PENDING UPDATE

BUFFALOS FC ORGANIZATION
RETURN -TO- PLAY

PHASE 4:

COVID-19 NO LONGER A PUBLIC HEALTH MATTER

FULL CONTACT ALLOWED
NO TRAVEL RESTRICTIONS
ALL GAMES AND TOURNAMENT PLAY IS ON
PLAYERS ARE REQUIRED TO ATTEND

PLAYERS

- NO RESTRICTIONS

SPECTATORS

- NO RESTRICTIONS

RESOURCES

SOUTH TEXAS YOUTH SOCCER UPDATES
http://www.stxsoccer.org

CDC CONSIDERATIONS FOR YOUTH SPORTS ORGANIZATIONS
https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html

STATE OF TEXAS GUIDELINES
https://gov.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Youth-Sports-Operators.pdf

U.S. SOCCER PLAY ON RECOMMENDATIONS & GUIDE
https://www.ussoccer.com/playon

U.S. SOCCER RECOGNIZE TO RECOVER
http://www.recognizetorecover.org/mental-health

NATIONAL FEDERATION OF HIGH SCHOOL COACHES GUIDELINES
https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

USYS RETURN TO ACTIVITY RESOURCES
https://www.usyouthsoccer.org/resources/return-to-activity-resources/

ASPEN INSTITUTE'S PROJECT PLAY- CORONAVIRUS AND YOUTH SPORTS
https://www.aspenprojectplay.org/coronavirus-and-youth-sports

FIFA COVID-19 RESOURCES
https://www.fifa.com/what-we-do/covid-19/