

# UTAH DEVELOPMENT ACADEMY

## ORANGE PHASE COMPLIANCE GUIDELINES

Based on the [CDC's Considerations for Youth Sports](#), Utah Development Academy has drafted the following guidelines to protect players, families, and communities and slow the spread of COVID-19. Please review these guidelines and discuss them with your player and family. **Failure to adhere to guidelines will result in suspension from practices indefinitely.** For any questions or concerns, please contact our designated COVID-19 point of contact by phone (385) 259-0772 or email at [covid19safety@udasoccer.org](mailto:covid19safety@udasoccer.org).

### Pre-Training Checklist

#### Parents

- Staying Home When Appropriate:** Parents confirm that players are symptom free:
  - ★ Do you have a temperature of >100.4°F or <95°F?
  - ★ Have you come into close contact (within 6 feet) with someone who has a laboratory confirmed COVID – 19 diagnosis in the past 14 days?
  - ★ Do you have any of the following: fever or chills, cough, shortness of breath or difficulty breathing, body aches, headache, new loss of taste or smell, sore throat? Players with any symptoms are not permitted to practice
- Disinfect all equipment brought to practice
- Ensure players have washed hands prior to arrival
- Player should bring a cloth face covering (mask) and hand sanitizer for all practices
- No carpooling to practice

#### Players

- Hand Hygiene and Respiratory Etiquette:** Players wash hands (use hand sanitizer) before and after training and during breaks. Bring and use hand sanitizer at every practice
  - ★ Spitting is not allowed and everyone is encouraged to cover their coughs and sneezes using the inside of their elbow
- Cloth Face Coverings:** Required to be worn for every player when not actively training (ex. arriving and leaving)
- Cleaning and Disinfection:** To help limit use of shared objects, U13+ players are required to bring their own balls; balls will be provided for U10-U12 players and disinfected daily
- Shared Objects:** Players are required to bring their own water bottles - no sharing!
- Players should wait in their cars until just before the beginning of practice

#### Organization

- Designate COVID-19 Point of Contact**
- Practices must be conducted outdoors
- Limit of 20 persons at each training including coaches and safety coordinator
- Conditioning / Skill Development Sessions - may include ball mastery, individual skills and fitness functional training
- Cleaning and Disinfection:** Use of shared objects and equipment (e.g. balls and cones) should be cleaned between use by each individual if possible
- Modified Layouts and Social (Physical) Distancing:** Field setup with minimum 10 ft distance between players

**\*We understand and are sensitive to the fact that there may be some players who aren't comfortable in returning to play at this time. Players at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems or children living with persons who are at higher risk should continue performing skill-building drills or conditioning at home.**

- Staggered Scheduling:** Establish designated drop off/pick up zones for each field. Stagger arrival and drop-off times and locations, including increasing the amount of time between practices.
- Signs and Messages:** Post signs in highly visible locations (e.g., at entrances and exits and around field).

## Guidelines for Team Practices

### Parents

- ▶ No Congregating Policy - Parents will remain in car or at car during training and will not approach the practice field
- ▶ Coaches will contact parents to come onto the field to address a player injury if needed

### Players

- ▶ Do not touch or share anyone else's equipment, including water, snack, or bag.
- ▶ Players will use hand sanitizer during breaks in practice
- ▶ Practice social distancing during each practice
- ▶ No unnecessary physical contact, such as high fives, fist bumps, handshakes or hugs.

### Organization

- ▶ Zero Tolerance Non-Contact Policy
- ▶ Must maintain distance of no less than 10' between players during training
- ▶ Coaches will contact parents to come onto the field to address a player injury if needed

## Post-Training Checklist

### Parents

- No Congregating Policy - Parents will remain in car or at car during training and will not approach the practice field
- Wash and sanitize all equipment after every practice

### Players

- Wear a mask when leaving practice
- Wash hands thoroughly after practice
- Wash and sanitize all equipment after every practice
- Practice social distancing when leaving each practice
- No unnecessary physical contact, such as high fives, fist bumps, handshakes or hugs.

## Preparing for When Someone Gets Sick

- ▶ In the event of a confirmed COVID-19 case within a team, all training sessions for that team and any team associated with that coach will be cancelled.
- ▶ **Advise sick individuals of home isolation criteria:** Sick individuals should not return until they have met CDC's [criteria to discontinue home isolations](#)
- ▶ **Isolate and transport those who are sick:** Make sure coaches, players and families know that sick individuals should not attend practice and they should notify the COVID-19 point of contact
- ▶ **Notify health officials and close contacts:** Utah Development Academy will notify health officials and close contacts of cases of COVID-19 and advise to stay home and self-monitor for symptoms

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