



Arkansas United Soccer Club

Return to
Play
Action Play



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Arkansas United Soccer Club

In response to the unprecedented COVID-19 pandemic, Arkansas United Soccer Club created a plan for return to play. The Board of Directors, in consultation with local medical experts, developed the Return to Play (RTP) Action plan that implements a phased approach to resuming activity.

With the new Executive Order and current directives, permitting youth team practices including intra-squad scrimmages, simulated competition and drills that require physical or close contact between team members. we have revised our plan to continue to provide the safest environment possible, at all of our facilities.

We know that everyone will be excited to come together and train; however, it is imperative that all coaches , players, and families adhere to these guidelines.

This AUSC Return to Play (RTP) Action Plan addresses many critical details that must be followed by all players, parents, coaches and staff, etc. to ensure the health and safety of everyone involved with our club and community. We are all in this together and need everyone's commitment to follow these club mandates. As a AUSC member, it is your responsibility to adhere to these policies and to report any positive COVID-19 test results immediately to the club to ensure the safety of our membership and limit further transmission.

The progression through the phases of this action plan will be determined by Club Leadership in evaluating all current data available and based on guidelines from the Arkansas Department of Health, The State of Arkansas, Arkansas Premier Clubs, Arkansas Soccer Association, local government officials, and in consultation with health professionals.



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- Per the most recent plan from Arkansas Governor Asa Hutchinson, team practices and scrimmages are now permitted in Arkansas
- All players, staff, and family members have the responsibility to immediately inform AR United of any positive COVID-19 test to protect all of our membership from possible transmission.
- All players, staff, and family members visiting a AR United facility are asked to wash hands and check their temperature before hand and to stay home if temperature is above 100.4F.
- All players, staff, and family members visiting a AR United facility are asked to stay home if showing any sign of illness.
- AR United Strongly discourages carpooling to training. Please limit where possible.
- All AR United members are required to adhere to the guidelines set forth by local and/or state government bodies regarding the wearing of face coverings at AR United events. AR United encourages all members to wear face coverings at all times while visiting AR United facilities.
- AR United strongly encourages family members / guardians to adhere to all social distancing guidelines (Please avoid congregating of any sort)
- Training sessions consist of contact exercises, addressing the technical, tactical, physical, and mental demands of the game, with players maintaining social distancing at all times not active.
- Any teams wanting to play games outside of Arkansas must obtain written permission from AR United in order to participate.
- Players do no touch any equipment (cones, goals, coaching sticks, etc.)
- Coaches will sanitize all equipment after every training session.
- No exchanging of training pinnies.
- No team huddles.



Arkansas United Soccer Club

RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

Symptomatic players and coaches with suspected or confirmed COVID-19 infection cannot attend any AR United practices or games until ALL of the following criteria are met:

- **At least three days (72 hrs) have passed with fever less than 100.4, without the use of fever reducing medications**
- **At least three days (72 hrs) have passed with resolution of all symptoms including respiratory (e.g. inability to swallow, cough, congestion, chest pain, shortness of breath or difficulty breathing), GI symptoms (e.g. inability to taste, vomiting, diarrhea, abdominal pain), general fatigue**
- **AND, at least 14 days have passed since symptoms first appeared**

Players and coaches with confirmed COVID-19 infection who HAVE NOT had any symptoms cannot attend any AR United practices or games until:

- **14 days after the date of their first positive COVID-19 diagnostic test, assuming no symptoms since that time.**



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RETURN TO PLAY FOLLOWING DIRECT EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19

Any asymptomatic player or staff member who has been directly exposed to an individual with a suspected or diagnosed COVID-19 should be restricted from participation for at least 14 days to monitor for any symptoms consistent with infection.

If asymptomatic after 14 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, direct exposure means any one of the following:

- Living in the same household or being cared for by as an individual with suspected or confirmed COVID-19 infection
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for approximately 10 minutes or more (e.g. carpooling)

--OR--

- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, etc.)

Below is a hypothetical scenario along with the required AR United protocols that will hopefully assist in better understanding:

United player begins showing symptoms for COVID-19 and decides to get tested. The test result is positive for COVID-19 infection. The player must quarantine a minimum of 14 days since their first date of shown symptoms and is restricted from all AR United training and games in that window of time.

If this player followed all United protocol and DID NOT attend any training sessions while showing symptoms, then his/her teammates are able to continue to participate.

If this player did not follow all United protocols and DID attend training sessions while showing symptoms, then his/her United teammates would be considered to have had direct exposure and would be restricted from all in-person United training for a minimum of 14 days.



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REPORTING EXPOSURE TO OR INFECTION OF COVID-19 TO AR UNITED

If your player has been exposed to an infected person or has tested positive for COVID-19, we ask that you please report this directly to AR United as soon as reasonably possible. If you are currently quarantining due to exposure or confirmed diagnosis and will miss team training, please let us know . We assure you that your privacy will be protected as your medical information will remain confidential.

PROCESS FOR RETURNING TO PLAY AFTER QUARANTINE

All players who are required to quarantine due to exposure to or infection of COVID-19 MUST receive approval from AR United before returning to in-person team activities. Upon receiving a player's report, United will immediately contact the family to confirm receipt. AR United will contact each family, as well as the player's coach, as their return date approaches to provide approval for returning to the fields.