

June 30, 2020

Dear MYS Families,

Effective July 1, Governor Northam is moving forward with Phase III for reopening the State of Virginia. MYS will continue to impose adjustments to this third "phase" to ensure the safety of our players and staff. Per VYSA and the Governor's office, clubs are permitted to play matches, however MYS will introduce scrimmaging at practice sessions on a gradual basis. From 7/1-7/10 we will emphasize social spacing and other Phase III return-to-play protocols. We will introduce Rondos, small-sided play (no 11 v11), beginning 7/11.

Coaches may offer limited *full-team* training sessions with the following restrictions/guidelines to be followed:

- Any training session is **optional for players**
- Prior to attending any training session, each player should check his or her temperature at home and refrain from participation if he/she has a fever of  $\geq 100.4$  degrees.
- Prior to participation, staff will obtain verbal communication from the player/parent that:
  - The player has not had any/no contact with a sick individual or anyone with a confirmed case of COVID-19.
  - The player has not had a documented case of COVID-19 in the last 14 days.
  - The player is not currently demonstrating or suffering from any ill symptoms.
  - The player will confirm any travel outside of the Metro DC area.
- Players will remain within the same group throughout Phase III.
- Training will include individual and group work, tactical walk-through and NO physical contact.
- Goalkeepers should not use their hands and should train as field players.
- Each group will be assigned to train in a designated area and at a minimum of 10 ft. from other groups
- Physical/Social distancing to and from the field – masks required to and from the parking lot - 10 ft. apart
- No physical contact permitted, including celebrations, handshakes, high-fives, etc.
- No handling or sharing of equipment.
- EVERY coach and player should have their own sanitizer to use prior to, during and after the session.
- Players must bring their own ball, water bottle, towel (ALL labeled) and appropriately spaced (6 ft. apart) on the sidelines.
- No spitting or gum chewing.
- No heading of the ball nor handling of the ball.
- NO SPECTATORS ON THE FIELD - MASKS ARE STRONGLY RECOMMENDED OF SPECTATORS IF OUTSIDE YOUR VEHICLE.
- NO use of port-a-johns.
- Arrival/departure times will be staggered at 30-minute intervals.

Thank you for your cooperation!

Stay safe,

Louise Waxler, MYS Executive Director  
Clyde Watson, MYS Technical Director