



## **SOCA Tryout Guidelines: Phase 3**

SOCA is excited to conduct annual tryouts using our “Return to Play” protocols that we began using on July 6th. In compliance with the Phase Three Re-Opening of Virginia plan laid out by Governor Northam, SOCA has established COVID-19 safety protocols for participants in upcoming tryouts.

### **[VYSA Return to Play Guidelines](#)**

SOCA’s number one priority is to establish a training environment that is safe for all players and coaches using these guidelines. Please see below with how SOCA will conduct tryouts.

- State guidelines allow up to 250 participants per field. We will be far under this number and expect no more than 50 players per field.
- Players will be allowed contact during play; however, we will have physical distancing mandates when not playing.
- Players will have their own designated hydration areas that will also be 10 feet apart from the nearest player.
- Each coach/evaluator will have a mask and must wear it whenever within 10 feet of a player; however, may remove it to coach while distanced 10 feet or greater. Players are recommended to arrive and depart the fields with a mask but should remove it during tryouts.
- All players and coaches will have their temperature checked at the field. Players and coaches are not permitted at tryouts if they have a temperature of 100 or more or are feeling ill.
- All players must have their own water, hand sanitizer, and a soccer ball. Players are not allowed to share water.
- All shared equipment will be sanitized before tryouts. Only coaches will pick up cones or equipment. Players are not allowed to share pinnies/vests during tryouts and will be washed by the club prior to tryouts. Players will be allowed to share soccer balls via passing; however, they will be instructed not to pick soccer balls up with their uncovered hands.
- SOCA has hand sanitizing stations available at South Fork Soccer Park; however, we recommend players also bring their own for personal use.

### **When will Physical Distancing Occur?**

- *Water Breaks* – Every player will have their own designated hydration area that will be 10 feet from the nearest player.
- *Group Talks* – Coaches must make sure players keep their 10 feet distance while delivering any group talks.
- *Arriving and Departing the field* – Players must maintain their 10 foot distance and not walk shoulder to shoulder.

### **Guidelines for Players**

- Cannot be feeling sick or have a temperature of 100 or more. SOCA will conduct a temperature check at the field.
- Cannot come to tryouts if they have a family member in the household who has recently tested positive for COVID-19.
- Must bring their own water, ball, and hand sanitizer.
- Cannot share water.
- Avoid touching soccer balls with their uncovered hands.
- Must follow physical distancing protocols when not playing, should wear masks arriving and departing the fields.
- Must hand sanitize before the tryout.
- High fives, handshakes, hugs, and any other greeting or celebration that involves contact will not be permitted.
- Failure to comply with safety protocols may result in a dismissal from the tryout.

### **Guidelines for Coaches/Evaluators**

- Must take their temperature prior to the tryout. Any coach/evaluator with a temperature of 100 or more or feels sick cannot attend tryouts. Any coach/evaluator who has been exposed to COVID-19 cannot come to tryouts until cleared by a medical professional.
- Must wear a mask when within 10 feet of a player.
- Must sanitize hands before each tryout.

### **Guidelines for Parents**

- Must keep child at home if they are feeling sick or have a temperature of 100 or more.
- Must practice social distancing if you get out of your car. No parents or siblings are permitted on the fields at any time, unless it is an emergency.
- Make sure your child has the above-mentioned items.
- Must notify SOCA staff (Jimmy Tharpe at [jimmy.tharpe@socasport.org](mailto:jimmy.tharpe@socasport.org)) if your child has tested positive for COVID-19 and attended a SOCA Return to Play tryout.
- If thunderstorms or other inclement weather is in the area at the time of tryouts, please stay in the parking lot, so your child may find shelter in your car if needed.
- Help your player arrive on time and exit promptly after the tryout to avoid conflict with following or earlier tryout sessions. Players should not arrive more than 20 minutes prior to the tryout.