



As US Adult Soccer continues to monitor the coronavirus situation, we recognize that parts of the country will be affected differently, and areas will follow different timelines to return to play.

The Federal Government issued guidelines on April 16 for “Opening Up America Again” at [WhiteHouse.gov/OpeningAmerica](https://www.whitehouse.gov/openingamerica). By following these guidelines, as well as those of local governments and health agencies, facilities and players will be able to make informed decisions as to when play can recommence.

BEFORE YOU PLAY

- Make sure that your state and region allow soccer play, satisfy the Federal Government’s gating criteria (as outlined in the “Opening Up America Again” guidelines) and have entered Phase One of the Phased Comeback.
- States and regions with no evidence of a rebound and that satisfy the gating criteria a second time may proceed to Phase Two of the Phased Comeback, in which all individuals, when in public recreation areas, should maximize physical distance from others.
- Be aware that although restrictions are eased when your state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.
- Do not play if any players:
 - Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Have been in contact with someone with COVID-19 in the last 14 days.

- Are a vulnerable individual and your state and region is in Phase One or Phase Two. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

PREPARING TO PLAY

- Protect against infections:
 - Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use an alcohol-based hand sanitizer with at least 60% alcohol.
 - Avoid close contact with people who are sick.
 - Avoid touching your face.
 - Stay home if you are sick.
 - Cover coughs and sneezes with a tissue, then throw it in the trash.
 - Clean and disinfect frequently touched objects and surfaces.
 - If necessary, wear a facemask for extra precaution or if your area requires it.

WHEN PLAYING

- Try to reduce physical contact with other players (such as shaking hands or a high five).
- Avoid touching your face after handling a ball or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Use any opportunity to disinfect balls and other equipment.
- Avoid sharing food, drinks or towels.
- Remain apart from other players when taking a break.

AFTER PLAYING

- Leave the field as soon as reasonably possible.
- Disinfect balls and other equipment as necessary.
- Wash your hands thoroughly or use a hand sanitizer after coming off the field.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.