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Dear U.S. Soccer Members,

Now that many of you are starting to get back to the field around the country, we are all excited about the prospect of sharing in the positive elements of playing, coaching, refereeing and simply being fans of this great sport once again.

During the next few weeks, we will share a host of resources in line with federal, state and national sporting organization guidelines under a new initiative called [U.S. Soccer PLAY ON](#). These guidelines and best practices are intended for use WHEN AND IF your local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing holding practices or games in violation of any federal, state or local mandates.

The U.S. Soccer PLAY ON initiative is being launched with this [Phase I Grassroots Soccer Recommendation guide](#), a comprehensive model to allow soccer to operate under key safety plans and considerations, with additional phased guides to follow. These guides include a detailed approach to social distancing, screening, training, and interactions to ensure consistent and best practices are followed to promote the health and safety of all participants and fans.

While it's a new, and at times uncertain, environment, we are going to navigate this together through knowledge, information and shared responsibility. Of course, the health and safety of all involved is everyone's main priority.

To further that mission, the U.S. Soccer Federation has conducted extensive research and utilized expertise inside and outside the organization to assemble guidelines and best practices to provide all Members in effort to inform, educate and assist in the process of return to play.

# RETURN-TO-PLAY 5 PHASES OVERVIEW



## 0 Phase 0: Stay and Shelter

Duration: Based on state and local regulations

- BEND THE CURVE. STAY AT HOME.
- No organized trainings or competitions
- Consider virtual options

## 1 Phase I: Individual and Small Group Training

Suggested Duration: 4-6 weeks

- State and/or local stay and shelter regulations lifted
- Recommend small group trainings with max of 9 players and 1 coach
- Maintain social distancing
- COVID-19 prevention protocols in place

## 2 Phase II: Full Team Training

Suggested Duration: 3-6 weeks

- Full team training allowed
- Continue to maintain social distancing
- COVID-19 prevention protocols in place
- Allow 3 weeks for COVID-19 tracking purposes

## 3 Phase III: Full Team Competitions

Duration: Indefinite

- Full team competitions can occur
- Continue COVID-19 mitigation strategies
- Consider only local and single-day competitions
- Large events guided by local/state public health authorities

## 4 Phase IV: No Restrictions

- COVID-19 is no longer a public health matter and there are no restrictions directed by federal, state and local authorities.
- Please refer to [www.recognizetorecover.org](http://www.recognizetorecover.org) for general health and safety recommendations from U.S. Soccer.

\* Across the country, clubs in different regions will be operating under differing state & local regulations and may be in different phases. All phases must be compliant with your region's regulations.

While U.S. Soccer is providing this information as recommendations, these guidelines are intended for consideration by national and state soccer associations, clubs, players, coaches, referees and parents as a consistent and risk-mitigation pathway to return to play. At all times, please defer to your local and state public health authorities for specific modifications and/or alterations.

As we progress into and beyond Phase I, the campaign will grow to include helpful videos, info graphics and other resource materials, including Spanish translations for key documents. Just as the situation continues to evolve, so too will the information we share. All of the resources will be available in a virtual information hub, [www.ussoccer.com/playon](http://www.ussoccer.com/playon).

Please review this guide. We will discuss the information in our Member Webinars later this week and answer any questions that you have. There are two opportunities for you to participate. Both will have the same information and format, so you can choose which option best fits your schedule.

Option 1: Thursday, May 28, 2020 at 4:00 p.m. CT - [REGISTER](#)

Option 2: Friday, May 29, 2020 at 9:00 a.m. CT - [REGISTER](#)

The bedrock principles of teamwork, respect and community that have been integral to the success of soccer in the United States will serve us now more than ever. Together, we will move forward and thrive. We are, and will remain, "One Nation and One Team."

Yours in Soccer,

Dr. George Chiampas  
U.S. Soccer Chief Medical Officer

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