



Cal South Return to Play Phases and Responsibilities

Overview:

1. This Phase overview provides structure for a gradual approach to **Return To Play (RTP)** during this unprecedented time of the COVID-19 pandemic. Included within, and between the phases are specific steps to be considered and implemented.
2. Various counties within Cal South Districts will approve Phases independently. Cal South Leagues, Clubs and organizations will therefore operate under regulations based on the location of their activity.
 - 2.1. All phases must be based on and compliant with State/County/Local authorities and regulations.
3. A minimum amount of time is suggested within each phase. This time provides the opportunity to ensure the health of each individual and the safety necessary for each phase. Clubs should carefully consider the conditions necessary to advance to the next phase and be prepared, if necessary, to stay in the current phase for longer than the timeline indicated or revert to an earlier phase to ensure the safety of all participants. Do not proceed to the next phase if it is not compliant with your region's social distancing policies.
4. As a reminder, **Returning To Play is a personal choice**. Participants should feel comfortable determining if they would like to resume activities in a small group environment. We recommend all participants (coaches, parents, players, administrators, etc.) communicate with their club or coaches to better understand the safety policies in place and work together to protect against the spread of COVID-19.
5. In developing these guidelines Cal South coordinated in order of jurisdiction the following organizations and institutions:
 - 5.1. Center for Disease Control and Prevention (CDC) COVID-19 Guidelines
 - 5.2. California Department of Public Health (CDPH) COVID-19 Guidelines
 - 5.3. United States Soccer Federation (USSF) Play On Policy
 - 5.4. United States Youth Soccer (USYS) Return to Activity Guidelines
6. Travel to other states:
 - 6.1. Teams, clubs and organizations based in States other the California will be operating under different state and local regulations. Cal South Teams may travel to other states provided that they are complaint with Cal South requirements for travel and the respective State/Local regulations.

Stay at Home Phase:

Phase: 0

1. During this phase, since there is no ability to host in-person training events or competition. Virtual communications are recommended as an option to use to keep in touch with coaches, players, parents and others.
2. Coaching occurs virtually.
3. Individual or group Training using Conferencing Technology.
4. Players practice at home using their own equipment.

CS Return to Play Phases:

Phase 1: Soccer Camps (Limited Individual Drills and Practice)

Item	Information
Suggested Duration	A minimum of two weeks based on State and/or Local social distancing guidelines.
Core Features	<ol style="list-style-type: none"> 1. State and/or Local “stay and shelter” regulations are lifted for Youth Sports with conditions. 2. Cal South lifts the suspension allowing training to resume based on State and/or Local social distancing guidelines 3. If a parent/guardian does not feel comfortable having their child Return to Play, Leagues/Clubs shall be supportive of player choosing <i>NOT Returning to Play.</i> 4. League/Clubs have all the COVID-19 prevention and response protocols in place. 5. COVID-19 Prevention and Response Protocol information has been distributed to everyone involved and receipt acknowledgements received by the Leagues/Clubs. 6. During Phase 1, it is important to consider injury risk strategies as endurance, strength and soccer skills come back into focus. 7. Training groups must abide by the maximum number of players allowed in a “Training Group” based on State and/or Local social distancing guidelines. 8. All practice drills and activities are to focus on individual fitness and skills training for the authorized Training Group in a socially distant environment. 9. Drills within a Training Group may involve passing, provided that the ball is not touched by the player other than by their feet and the players maintain social distancing as regulated by State and/or Local authorities. 10. Participants within a Training Group may not arrive at the facility (training area) until the previous Training Group has completely departed. 11. Limit the number of participants in the facility (training area) such that social distancing always allows for participants and employees to maintain a minimum of six (6) feet of distance from one another. 12. League/Club Administrators and Coaches must always wear masks while training unless actively involved in the Training Drill and/or coaching and/or within the six (6) feet distance restrictions. 13. Parents should ideally drop off kids and pick them up from practice if applicable. <ol style="list-style-type: none"> 13.1. If parents choose to stay and observe the practice, they may do so from pre-designated areas, wear masks, while keeping proper distancing from athletes and other parents. 14. Provide a minimum separation between Training Groups of at least six (6) feet.
Not Permitted	<ol style="list-style-type: none"> 1. Players may not share equipment. 2. Players may not share practice bibs/pinnies. 3. No parents on the practice field.

Phase 1: Soccer Camps (Limited Individual Drills and Practice)

Item	Information
	<ol style="list-style-type: none"> 4. No scrimmages between players. 5. No competition or tournaments between Teams. 6. No physical contact is permitted such as: hugs, high-fives, etc. 7. No activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc. 8. No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc. 9. No spitting by the players on other individuals.
Compliance Requirements	<ol style="list-style-type: none"> 1. Leagues/Clubs must train all Club Administrators, Coaches (whether Employees or Contractors), and Volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines and the CDPH requirements. 2. League/Club must distribute the Cal South COVID-19 Prevention and Response Protocol information sheet and obtain an acknowledgement of receipt of COVID-19 information from Club Administrators, Coaches (whether Employees or Contractors), Volunteers, Parents/Guardians and players 19 years of age or older. 3. League/Club will require a signed Cal South COVID-19 Waiver from Club Administrators, Coaches, Volunteers (whether Employees or Contractors), Parents/Guardians of minors and players 19 years of age or older. 4. League/Club must designate Administrators responsible for monitoring and tracking the adherence to the documented COVID-19 Prevention and Response Protocol at each facility used for the training. 5. League/Club Administrators will create a clear instructions into and out of the facility (training area) or field, so the Training Groups are not coming into contact with other field participants and Training Groups upon entering or exiting the facility(training area). 6. Participants involved in training (Administrators, Coaches, players etc.) should conduct a daily temperature check for low grade fever (>100.4°F) before training. <ol style="list-style-type: none"> 6.1. If you have a fever, DO NOT GO TO Training. 6.2. If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC. 6.3. Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ol style="list-style-type: none"> 6.3.1. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. 6.3.2. Parents (and not the minor player) should communicate with the League/Club or coach, in accordance with the SafeSport Framework and the U.S. Center for SafeSport policies and guidance. 6.3.3. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 7. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to the League/Club in order to return to full participation in sport & activity. 8. For contact tracing purposes, the League/Club must maintain a list of all facility (training area) users, participants at trainings, and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly. In the event that someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine

Phase 1: Soccer Camps (Limited Individual Drills and Practice)

Item	Information
	<p>who at your Club may have been directly exposed to illness, and advise them accordingly. Include the items below in your contact tracing list. For minors, use a parent's contact information.</p> <ol style="list-style-type: none"> 8.1. Collect the following information from the affected participant <ol style="list-style-type: none"> 8.1.1. Date 8.1.2. Venue 8.1.3. Name 8.1.4. Team 8.1.5. Phone number 8.1.6. Email Address 8.1.7. Specific Training session information (Time, Field, Coach) 8.2. Follow CDC and/or CDPH COVID-19 notification guidance 8.3. Notify those who had close contact with affected participant.

Phase 2: Limited Scrimmages based on Specific Numbers	
Item	Information
Suggested duration	A minimum of two weeks based on State and/or Local social distancing guidelines.
Core features	<ol style="list-style-type: none"> 1. All the Core features from Phase 1 except as modified below. 2. <u>New features in Phase 2:</u> <ol style="list-style-type: none"> 2.1. Practice drills and activities may now include multiple players within the Training Group. The number of players in a Training group shall follow regulations defined by State and/or Local authorities. 2.2. Scrimmages between Training Groups within the same League/Club are allowed. 2.3. Sharing of equipment such as soccer balls is allowed for use in the regular practice drills such as headers, and throw-ins are allowed.
Not Permitted	<ol style="list-style-type: none"> 1. No parents on the practice field. 2. Players may not share practice bibs/pinnies. 3. No scrimmages, competitions, tournaments between Teams from different Leagues/Clubs. 4. No physical contact such as hugs, high-fives, etc. are allowed. 5. No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc. 6. No spitting by the players on other individuals.
Compliance Requirements	<ol style="list-style-type: none"> 1. Same as Phase 1

Phase 3 Team Training & Scrimmages	
Item	Information
Suggested duration	A minimum of two weeks based on State and/or Local social distancing guidelines.
Core features	<ol style="list-style-type: none"> 1. All the Core features from Phase 1 and Phase 2 except as modified below. 2. <u>New Features of Phase 3</u> <ol style="list-style-type: none"> 2.1. Team Training drills allowed based on State and/or Local social distancing guidelines 2.2. Scrimmages are allowed between League/Clubs as defined by the State and/or Local authorities. 2.3. Sharing of equipment, such as soccer balls, is allowed as used for the regular practice drills such as headers, throw-ins, etc.
Not Permitted	<ol style="list-style-type: none"> 1. No parents on the practice field. 2. Players may not share practice bibs/pinnies. 3. No competitions/tournaments between Teams. 4. No physical contact such as hugs, high-fives, etc. are not allowed. 5. No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc. 6. No spitting by the players on other individuals.
Compliance Requirements	<ol style="list-style-type: none"> 1. Same as Phase 1

Phase 4 Competition & Tournaments	
Item	Information
Suggested duration	A minimum of two weeks based on State and/or Local social distancing guidelines.
Core Features	<ol style="list-style-type: none"> 1. All the Core features from Phases 1, 2 and 3 except as modified below. 2. <u>New Features of Phase 4</u> <ol style="list-style-type: none"> 2.1. Teams are allowed to participate in Scrimmages, Competition and Tournaments based on State and/or Local social distancing guidelines 2.2. Practice drills and activities can include multiple Teams. 2.3. Parents allowed on the sidelines at Competitions and Tournaments based on the State and/or Local social distancing guidelines
Not Permitted	<ol style="list-style-type: none"> 1. No parents on the practice field. 2. No physical contact such as hugs, high-fives, etc. are not allowed. 3. No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, etc.
Compliance Requirements	<ol style="list-style-type: none"> 1. Same as Phase 1

Responsibilities by Entities

Soccer Entity	Protocol
<p>Leagues/ Clubs</p>	<ol style="list-style-type: none"> 1. If a parent/guardian does not feel comfortable having their child Return to Play in any of the Phases, be supportive of player choosing <i>NOT Returning to Play</i>. 2. Leagues/Clubs must train all Club Administrators, Coaches (whether Employees or Contractors), and Volunteers on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette per CDC guidelines and the CDPH requirements. 3. League/Club must distribute the Cal South COVID-19 Prevention and Response Protocol information and obtain an acknowledgement of receipt of COVID-19 information from Club Administrators, Coaches (whether Employees or Contractors), Volunteers, Parents/Guardians of minors and players 19 years of age or older. 4. League/Club will require all participants (Club Administrators, Coaches, Volunteers (whether Employees or Contractors), Parents/Guardians of minors and players 19 years of age or older) to complete the Cal South COVID-19 Waiver. 5. League/Clubs are responsible for complying with the local Parks and Recreation Centers and or School Districts COVID-19 requirements to obtain field permits. 6. Distribute and post Return To Play protocols at every facility (training area) used by the League/Club for Training purposes. 7. Provide adequate field space for social distancing as dictated by State and/or Local requirements. 8. Ensure appropriate waste receptacles at field. 9. Leagues/Clubs will develop a specific plan for drop off and pick up that adheres to the State/Local social distancing guidelines including: <ol style="list-style-type: none"> 9.1. Not allowing carpooling for unrelated participants from different households, 9.2. If possible, designate lanes or direction to enter and exit for drop off and pick up in the facility (training area) parking lot. 10. Leagues/Clubs will create clear instructions to ensure Training Groups do not come into contact with other field participants or Training Groups upon entering or exiting the facility (training area). 11. League/Club Administrators and Coaches must wear masks unless actively involved in drills. 12. League/Club must designate Administrators responsible for monitoring and tracking the adherence to the documented COVID-19 Prevention and Response Protocol at each facility (training area) used for the training. 13. The participants involved in the training (Administrators, Coaches, players etc.) should conduct a daily temperature check for fever (>100.4°F) before training. <ol style="list-style-type: none"> 13.1. If you have a fever, DO NOT GO TO Training. 13.2. If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC.

Soccer Entity	Protocol
	<ul style="list-style-type: none"> 13.3. Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ul style="list-style-type: none"> 13.3.1. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. 13.3.2. Parents (and not the minor player) should communicate with the League/Club or coach, in accordance with the Safe Sport Framework and the U.S. Center for SafeSport policies and guidance. 13.3.3. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 14. Individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician in order to return to full participation in sport & activity. 15. For contact tracing purposes, Leagues/Clubs shall maintain a list of all facility(training area) users, participants at trainings, and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly. In the event that someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine who at your Club may have been directly exposed to illness, and advise them accordingly. Include the items below in your contact tracing list. For minors, use a parent’s contact information. <ul style="list-style-type: none"> 15.1. Collect the following information from the affected participant <ul style="list-style-type: none"> 15.1.1. Date 15.1.2. Venue 15.1.3. Name 15.1.4. Team 15.1.5. Phone number 15.1.6. Email Address 15.1.7. Specific Training session information (Time, Field, Coach) 15.2. Follow CDC and/or CDPH COVID-19 notification guidance 15.3. Notify those who had close contact with affected participant.
<p>Coaches</p>	<ul style="list-style-type: none"> 1. Follow and adhere to all Return To Play protocols as provided by Cal South, Leagues/Clubs and State and/or Local social distancing guidelines. 2. Inquire how athletes are feeling. 3. If a parent/guardian does not feel comfortable having their child Return to Play in any of the Phases, be supportive of player choosing <i>NOT Returning to Play</i>. 4. Conduct a daily temperature check for low grade fever (>100.4°F) before training. <ul style="list-style-type: none"> 4.1. If you have a fever, DO NOT GO TO TRAINING. 4.2. If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC. 4.3. Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ul style="list-style-type: none"> 4.3.1. Remotely communicate your health status to League/Club administrator, or medical staff within 24 hours of your training session. 4.3.2. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine.

Soccer Entity	Protocol
	<ol style="list-style-type: none"> 5. Individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to your League/Club for return to full participation in sport & activity. 6. If any players display COVID-19 symptoms as identified by the CDC and CDPH, send the player home. 7. Ensure all athletes use their individual equipment: <ol style="list-style-type: none"> 7.1. Ball (can be provided by the Coach as long as they are sanitized before they are used by another Training group) 7.2. Water 7.3. Shin guards 7.4. Practice Bibs/Pinnies (can be provided by the Coach as long as they are sanitized before they are used by another Training group) 8. Shall be the only person allowed to place/pick-up/touch cones, discs, or training other equipment. 9. Ensure drills/exercises provide for adequate social distancing. 10. League/Club Coaches, must always must wear masks unless actively involved in drills.
Parents	<ol style="list-style-type: none"> 1. If you are not comfortable, <i>DON'T Return To Play</i>. It is the parent's decision when your child returns to play. 2. Parents and Coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems. 3. Review and adhere to the League/Club Return to Play protocols and inform your child the player on the respective requirements for Training in the various Phases. 4. Conduct a daily temperature check of the player for low grade fever (>100.4°F) before training. <ol style="list-style-type: none"> 4.1. If you your child the player have a fever, DO NOT GO TO Training. 4.2. If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC. 4.3. Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ol style="list-style-type: none"> 4.3.1. Remotely communicate your health status to League/Club administrator, or medical staff within 24 hours of your training session. 4.3.2. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 5. Notify League/Club administrator and Coach immediately if you or your child become ill with COVID-19 symptoms as stated by the CDC and/or CDPH COVID-19 for any reason. 6. If you or your child have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to your League/Club for return to full participation in sport & activity. 7. Ensure child's clothing is washed after every training session 8. Ensure all equipment (cleats, ball, shin guards, practice bid/pinnies etc.) are sanitized before and after every training session. 9. Supply your child with individual sanitizer. 10. Ensure your child has plenty of water.
Players	<ol style="list-style-type: none"> 1. If you are not comfortable with returning to play, <i>DON'T Return To Play</i>.

Soccer Entity	Protocol
	<ol style="list-style-type: none"> 2. Adhere to all Return To Play protocols as provided by the League/Club consistent with the State and/or Local guidelines. 3. Wash hands thoroughly before and after training 4. Wash and sanitize training equipment (shoes, shin guards, clothing) after every training 5. Do not share water, food, or equipment 6. Respect and practice social distancing. 7. Place equipment, bags, etc. at least 6 feet apart 8. No high 5's, handshakes, knuckles or group celebrations. 9. No spitting at other participants 10. If of applicable age conduct a daily temperature check for low grade fever (>100.4°F) before training. <ol style="list-style-type: none"> 10.1. If you have a fever, DO NOT GO TO Training. 10.2. If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC. 10.3. Do not go to training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. 10.4. Remotely communicate your health status to League/Club administrator, or medical staff within 24 hours of your training session. 10.5. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 11. If you have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to your League/Club for return to full participation in sport & activity. 12. Notify League/Club administrator and Coach immediately if you become ill with COVID-19 symptoms as stated by the CDC and/or CDPH COVID-19 for any reason.
<p>Referees</p>	<ol style="list-style-type: none"> 1. Take temperature at home or before you arrive at venue with a personal Infrared Digital Thermometer, temperature over 100.4 F stay home and contact your assignor for replacement immediately * Thermometer available at Cal South HQ tent <ol style="list-style-type: none"> 1.1. If you have a fever, DO NOT GO TO the facility or field. 1.2. If thermometers are not available, conduct a daily health questionnaire in line with the "Coronavirus Self-Checker," made available by the CDC. 1.3. Do not go to facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms. <ol style="list-style-type: none"> 1.3.1. Remotely communicate your health status to your match assignor or administrator, or medical staff within 24 hours of your training session. 1.3.2. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine. 2. If you tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to your match assignor or administrator for return to full participation in sport & activity. 3. If you are not feeling well at a Game go home immediately. 4. If any players display COVID-19 symptoms as identified by the CDC and CDPH, the referee must notify coach and the player shall be sent home.

Soccer Entity	Protocol
	<ol style="list-style-type: none"> 5. Referees recommended to remain at a minimum of six(6) ft during dynamic play and stationary play at all times. 6. Referees shall remain minimum of six(6) ft apart with players/coaches/referee crew before, during, and after the match for all administrative procedures. 7. Referees are required to wear Clean PPE/mask(mask) upon arrival/departure to complex for referee check-in/pregame/mentor sessions/assessment debriefs etc. 8. Subject to State/Local guidelines, Referees/Assistant Referees are not required to wear a <u>mask</u> during the duration of match, however, are recommended to wear a breathable <u>mask</u>. 9. Fourth officials are required to wear breathable <u>mask</u> during the match. 10. Referees/Assistant Referees are recommended to physically train with a breathable mask before accepting any assignments, if unable to breathe comfortably do not accept any assignments. During your training with a mask, if your breathing becomes labored, stop your training. 11. Mask must cover nose and mouth and must not have any sport logo affiliation and or any image that does not uphold the core values of Cal South and its sponsors, mask color must be dominantly black. 12. Team benches on opposite sides. 13. Coaches/Players on sideline adhering to League/Club social distancing protocols. 14. Subject to State/Local guidelines Coaches are required to wear a personal mask on the sidelines. 15. Subject to State/Local guidelines Bench personnel are required to wear mask 16. No handshakes before or after game 17. No coin toss (home team selects field half, away team kicks off) 18. Referees strongly encourage physical distancing before, during and after the match to players/coaches/spectators/referee crew 19. Injured players only seen by Trainer and Referee, everyone at 6 ft distance 20. Mandatory Hygiene/Water Break- 1 during each half at the mid-way point (Ex- 80min match, break at min 20rd and min 60th) 21. Referees are recommended to apply hand sanitizer before, during breaks and after the match. 22. Referees must practice all physical distancing per CDC, CDPH State and/or Local guidelines. 23. Referee Coordinators will hold referee meeting in small groups 60 minutes prior to first games of the day and cover Covid-19 CDC Guidelines and cover all COVID 19 return to play guidelines and recommendations 24. Assessors/Referee Coordinators/Referee Mentors/Instructors/Assignors are required to wear mask and follow CDC CDPH State and/or Local guidelines for COVID 19 while at venues or fields. 25. Referees are recommended arrive in referee gear (game jersey color TBA and decided at individual field). 26. Referees crews can sit together practicing physical distancing during breaks. 27. If available Digital Coach/Player ID Card Check-in via referee smart phone is recommended to be used. 28. Referees must provide their own mask and hand sanitizer 29. Disinfect flags and game equipment before and after use, it is recommended not to share referee game equipment 30. If you are sick or if showing any symptoms of illness, STAY HOME. <ol style="list-style-type: none"> 30.1. If you made contact with referees or teams and you later test positive for Covid-19 report to your Referee Association/State Referee Administrator (Juan Guzman- email: jguzman@calsouth.com) immediately.

31. Do not participate in any soccer activities if you have the following symptoms:

- 31.1 COVID-19 exposure in the past 14 days
- 31.2 Sore throat
- 31.3 Shortness of breath/difficulty breathing
- 31.4 Fever over 100.4 F
- 31.5 Chills
- 31.6 Headache
- 31.7 Sinus congestion
- 31.8 Cough persistent
- 31.9 Joint aches and soreness
- 31.10 Vomiting or diarrhea
- 31.11 Rash

32. As a reminder, returning to refereeing is a personal choice and you must be comfortable with guideline and recommendations above. You must determine for yourself to resume activities taking in account the possibility and risk of contracting Covid-19. ONLY YOU CAN DECIDE!

33. The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All information stated are provided for general information purposes only. The knowledge and circumstances around Covid-19 are changing constantly and, as such, Cal South makes no representation and assumes no responsibility for the accuracy of completeness of this information. Further you should seek advice from medical professionals and or public health officials if you have specific questions about your return to refereeing.