

Return to Play Safety Protocol for Clubs
These are recommended guidelines

PHASE 1

Phase 1: Individual, non-contact training sessions at the team level for groups of 20 or less

Phase 1 Individual Training Sessions May Include:

- Ball mastery and individual skill
- Shooting and crossing balls
- Passing and receiving
- Fitness and functional training

Phase 1 Training Session Restrictions:

- Limited to 20 or less players/coaches/supervisors/staff
- Must maintain social distancing of a minimum of 10 feet between participants throughout training
- Zero tolerance non-contact policy (coach/player or player/player)
- Players with fevers or other symptoms are not permitted to practice
- Players living with “Vulnerable Individuals” (i.e. elderly or suffering serious underlying condition) are not permitted to train
- Players/coaches must use hand sanitizers before, during breaks and after practice
- Players must wear PPE’s when not actively training
- No spectators or parents allowed on the field
- No congregation for players and parents in parking lots, drop off zones, at entrances/exits of facility, or before or after training session
- Players are not allowed to carpool to and from practice
- All sessions must be conducted outdoors

Phase 1 Club/Organizational Responsibilities:

- Assign a COVID-19 Safety Officer who will communicate and oversee policy across the club and will provide regular updates and reminders
- Train all staff to recognize the Symptoms of COVID-19 and know to act responsibly if they detect or exhibit symptoms according to the CDC
- Assign each team a coordinator to oversee compliance at the team level during training
- Provide coaches and team coordinators with PPE’s as well as disinfectant materials
- Test the temperature of each staff member, with a touchless thermometer, before practice sessions begin. Any staff member with a temperature over 100.4 F should immediately leave the facility.
- Schedule training sessions so that one team/group is able to safely conclude and depart prior to the next team/group arriving, avoiding high traffic times
- Establish designated drop off and pick up zones for each field

Phase 1 Coach Requirements:

- Provide clear Individual Training Sections areas for each individual player to practice and for their personal gear (backpacks). Areas must be clearly marked by cones or painted lines
- Strictly enforce all Individual Training Sections
- Wear PPE’s at all times
- Limit equipment brought to practice, disinfecting all equipment before/after use
- Do not allow any sharing of equipment, water bottles or backpacks
- Encourage players to bring their own balls. If balls are shared or used, all must be disinfected after use