



Northern Colorado Rush Return to Train Protocol

Club Responsibilities

- Training groups are limited to 10 or less people (including coach)
- Social Distancing of 6 feet to be maintained throughout the entire session
- Zero Tolerance No-Contact Policy in place (coach/player or player/player)
- No spectators
- No gatherings allowed at Monfort Park before or after trainings on the fields or in the parking lots
- Training sessions will be outdoors
- Provide sanitized equipment (i.e. cones)
- Provide hand sanitizer for use before / during breaks / after training
- Players to wear masks before and after training
- Have designated places for soccer bags and water bottles to be placed that accommodate for social distancing
- Provide clearly marked training space for each player that maintains social distancing
- Keep a record of players that attend each session

Player Responsibilities

- Players to wear masks before and after training
- Do NOT attend training if you show symptoms of Covid-19 or have been exposed to someone with Covid-19
- Bring your own water bottle, ball, etc.
- Arrive at the fields with all gear on (including cleats)
- Place soccer bags / water bottles in designated areas to maintain social distancing
- Do not participate in handshakes, high-fives, etc
- Use only your own equipment (ball, water bottle, etc)

Coach Responsibilities

- Wear masks during training
- Ensure that players who show symptoms of Covid-19 or who have been exposed to someone with Covid-19 do NOT attend training
- Do NOT attend training if you show symptoms of Covid-19 or have been exposed to someone with Covid-19
- Limit each session to 1 hour
- Do not allow handshakes, high-fives, etc.
- Ensure players train in their designated space so that social distancing can be maintained
- Do not allow players to share any equipment (Ball, water bottle, etc.
- To avoid contamination, do not allow keepers to field the balls with their hands

Parent Responsibilities

- Carpooling where social distancing cannot be maintained is discouraged
- Ensure that players who show symptoms of Covid-19 or who have been exposed to someone with Covid-19 do NOT attend training
- Do NOT congregate at the fields, in parking lots, etc. Social Distancing guidelines still need to be observed
- Discuss the importance of social distancing with your player and make sure they understand to not share any equipment during training