



# Claremont AYSO

## Return-To-Play Guidelines



Claremont AYSO is preparing to return to soccer under the restrictions established by State, County, and City health officials. These Return-to Play Guidelines set out our plan for the Fall season. We will work through three stages as conditions allow. Please note, we will comply with and enforce health and safety orders in effect. We are monitoring the situation closely.

### Claremont AYSO will

Distribute information about the symptoms of COVID-19 and safety protocols

Train coaches and referees on the practice and gameday safety protocols

Support coaches on implementing social distancing practices

- Provide practice templates and ideas
- Train on fitness and technique training and grid work

Provide coaches with bulk hand sanitizer and extra masks for their teams

Allocate teams and stagger field use to ensure social distancing at practices and games

- Reduce the number of games at any park at one time
- Reduce the number of practices at any park at one time
- Establish separate entrances and exits

Require spectators to maintain social distancing and wear face coverings

Require parents to sign a safety protocols compliance agreement

Assign personnel to sanitize shared equipment like goals and corner flags

Assign field monitors to ensure compliance with gameday safety protocols

Appoint a COVID-19 point of contact person

- Respond to players and families to address any questions or concerns
- Notify public health officials of any COVID-19 cases while maintaining confidentiality

These protocols may change to comply with changes in health and safety regulations



# Claremont AYSO

## Return-To-Play Guidelines



### STAGE ONE SAFETY PROTOCOLS

(Strict social distancing is in place)

#### General Protocols

- No one may participate from a household where anyone has symptoms of COVID-19
- Coaches will provide hand sanitizer for use during trainings
- Coaches will set up an adequately spaced area for players to gather before and after meetings
- Coaches should wear face coverings during training
- Players should wear face coverings during training

#### Practices & Tryouts

- Practices are for 12 or fewer players per coach and designed to maintain 6 feet between players
- Caregivers must wear a face covering and observe social distancing at practices
- Caregivers for U12 to U19 players should drop off and pick up players or watch from cars
- One caregiver may attend practices for younger players in a designated sideline area
- Each player should bring their own drink bottle (no sharing)
- Players may not high-five, fist-bump, or engage in other celebratory contact
- Players, other than goalies, should avoid touching the ball with their hands
- Players will use kick-ins, not throw-ins, for restarts
- Goalies must use their own goalie gloves and sanitize them after practice
- Coaches will run drills that allow for social distancing
- Focus on skills work, distance passing, shooting, and working in small groups
- No scrimmages or games
- Only coaches or designated helpers may set up goals, cones, and other training items
- Coaches will sanitize team balls after trainings

#### Games

- No formal games at this stage
- If fields are available, teams may hold practices on Saturdays



# Claremont AYSO

## Return-To-Play Guidelines



### STAGE TWO SAFETY PROTOCOLS

(Effective when regulations allow players to be closer than 6 feet from each other)

#### General Protocols

No one may participate from a household where anyone has symptoms of COVID-19

Coaches will provide hand sanitizer for use during trainings and games

Coaches will set up an adequately spaced area for players to gather before and after meetings

Coaches should wear face coverings whenever involved in training closer than 10 feet

Coaches will provide players practice jerseys to keep and use in drills

Players should wear face coverings when arriving and leaving but not during play

Referees must wear face coverings at all times except during play

Referees will check with players and coaches that players are symptom free at game time

#### Practices & Tryouts

Caregivers must wear a face covering and observe social distancing at practices

Caregivers for U10 to U19 players should drop off and pick up players or watch from cars

One caregiver may attend practices for younger players in a designated sideline area

Each player should bring their own drink bottle (no sharing)

Players may not high-five, fist-bump, or engage in other celebratory contact

Players, other than goalies, must avoid touching the ball with their hands

Players will use kick-ins, not throw-ins, for restarts

Goalies must use their own goalie gloves and sanitize them after practices

Coaches may have pods of 6-9 players engage in drills involving close play

Small-sided scrimmages are allowed among players on the same team

No scrimmages between teams

Only coaches or designated helpers may set up goals, cones, and other training items

Coaches will sanitize team balls after trainings

#### Games

Other than coaches and referees, only one caregiver for each player may attend games

Spectators must set up 6 feet from each other on the sideline and wear face coverings

Each player should bring their own drink bottle (no sharing)

Each player should bring their own post-game snack (no team snack)

Players may not high-five, fist-bump, or engage in other celebratory contact

Players, other than goalies, must avoid touching the ball with their hands

Players will use kick-ins, not throw-ins, for restarts

Goalies must use their own goalie gloves and sanitize them after practice



# Claremont AYSO

## Return-To-Play Guidelines



### STAGE THREE SAFETY PROTOCOLS

(Effective when outdoor gatherings of 50 or more are permitted)

#### General Protocols

- No one may participate from a household where anyone has symptoms of COVID-19
- Coaches will provide hand sanitizer for use during trainings and games
- Coaches will set up an adequately spaced area for players to gather before and after meetings
- Coaches should wear face coverings whenever involved in training closer than 10 feet
- Coaches will provide players practice jerseys to keep and use in drills
- Players should wear face coverings when arriving and leaving but not during play
- Referees must wear face coverings at all times except during play
- Referees will check with players and coaches that players are symptom free at game time

#### Practices & Tryouts

- Caregivers must wear a face covering and observe social distancing at practices
- Caregivers for U10 to U19 players should drop off and pick up players or watch from cars
- One caregiver may attend practices for younger players in a designated sideline area
- Each player should bring their own drink bottle (no sharing)
- Players may not high-five, fist-bump, or engage in other celebratory contact
- Players, other than goalies, must avoid touching the ball with their hands
- Goalies must use their own goalie gloves and sanitize them after practices
- [Full teams may do drills together](#)
- [Scrimmages allowed between teams](#)
- Only coaches or designated helpers may set up goals, cones, and other training items
- Coaches will sanitize team balls after trainings

#### Games

- Spectators must set up 6 feet from each other on the sideline and wear face coverings
- Each player should bring their own drink bottle (no sharing)
- Each player should bring their own post-game snack (no team snack)
- Players may not high-five, fist-bump, or engage in other celebratory contact
- Goalies must use their own goalie gloves and sanitize them afterward