

# **PAL Start Smart Soccer 2020**

Dear Parents,

You have signed your child up for the start smart soccer program, here is some important information below that should address any questions you may have.

All start smart sessions will take place at the rec center complex behind the Niceville library, practices will be held on the first field on the left as you enter the complex.

**Tuesday sessions will begin 22nd September and end 27th October**

Parent/assigned adult participation is required. You are your child's first coach and therefore you will take part throughout the sessions as your child's partner learning and teaching skills and drills.

Please take your child to the bathroom before the start of the session so that you can get the most from each practice session.

Water and appropriate dress

It will be hot for the first few sessions, please wear loose fitting clothes and comfortable shoes, cleats and shin pads are not required as this is non contact at this age.

Wear sunscreen and bring lots of water!!

**A Size 3 ball is required each session**

Start Smart T shirts

you will be advised after the first session where you can collect your t shirt.

We look forward to introducing the basic skills of soccer to your child and hopefully creating a love for the sport

# **PAL Start Smart Soccer 2020 Practice Protocols**

**Session 1 (515-6pm) 22<sup>nd</sup> September - 27 October**

**Session 2 (615-pm) 22<sup>nd</sup> September - 27 October**

The following protocols will be in-place for all PAL Start Smart Soccer sessions this fall. By following these protocols, we (players, coaches, parents, spectators, and the PAL Board of Directors) can collectively do our best to minimize the possibility of COVID-19 affecting the 2020 PAL season.

By allowing their children to participate in the Start Smart Program, parents acknowledge that they understand and agree to follow these protocols

**Before coming to the session:**

- 1. Any player, or parent/guardian, should not attend a PAL soccer game if they:**
  - a. Have tested positive for COVID-19.**
  - b. Have been in close contact (15+ minutes, within 6 feet) with someone with COVID-19 in the last 14 days.**
  - c. Are experiencing any of established COVID-19 symptoms, including but not limited to mild-to-severe respiratory illness, fever of 100 degrees or more, cough, or shortness of breath/difficulty breathing.**
  - d. Are a vulnerable individual (elderly individual and/or an individual with serious underlying health conditions).**
- 2. Ensure players bring enough water and/or sports drinks to stay hydrated. No concessions will be available during the 2020 PAL season. Do not share drinks or equipment. A #3 soccer ball is required for each session.**

**During session:**

- 3. Only immediate family member (player's adult helper) on the field with the player. Player's siblings and other parent if attending may be on the field but should NOT participate in the drills. Grandparents and other family members are requested to stay OFF the field and be behind the fences on RC1.**
- 4. We will use RC1 field (first field on left as you walk to the water tower) with 6 stations to limit number of players to 6 in total at each station.**
- 5. Players are not required to wear masks, Adults may choose to wear a mask, it's optional not mandatory.**
- 6. No chairs on the fields**
- 7. We ask that everyone tries to maintain social distance when possible to enable the program to run smoothly and with limited risk to everyone.**

**After session:**

- 8. After the session we ask that players and parents leave the area ASAP to avoid large crowds in one area.**