

Return to Activity Protocol

Gateway Rush Soccer Club is dedicated to protecting the health and safety of our soccer community. We understand that our member organizations want to get back on the field, but this must be done with strict focus on the safety of the players, coaches, referees and families and follow state and local guidelines for resumption of activities. The purpose of this document is to provide Gateway Rush members and their athletes, parents, and coaches with information that they can use to assist them with developing their return-to-activity programming specific to their situation in context of the COVID-19 pandemic.

Criteria for participation in permitted small group training sessions:

- Sessions must be confined to no more than ten (10) people including the coach.
- All participants must maintain at least a 6 feet distance between each other.
- Small group training sessions should take place outside in an area where social distancing can be maintained.
- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Participants must live in the training location/community and have not travelled for at least 14 days prior to beginning training/activity.
- Participants must not have above normal temperature readings; temperature checks should not be conducted by staff but by players and their families prior to attending training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Avoid any activities that may require direct or indirect contact (e.g. bumping) between athletes.
- Staff/Coaches will be cleaning equipment with the proper disinfectant before and after training. Restrooms will be cleaned and disinfected throughout the training session. We highly encourage players/parents to use their own restroom prior to coming to training and only utilize park restrooms for emergency use.

Coach Responsibilities:

- Ensure the health and safety of the participants.
- Masks are permitted but not required to be worn by the players during training.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure the coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask, even when not actively coaching.
- Coaches should maintain at least 6 feet social distance requirements from players based on state and local health requirements.
- Do not use a scrimmage vest or pinnies.
- Have fun, stay positive

Parent Responsibilities:

- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in the car or adhere to a minimum 6 feet social distance requirement.
- Follow the state orders for wearing a mask.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- **Be sure your child has necessary sanitizing products with them at every training.**

Players Responsibilities:

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training.
- Masks are permitted but not required to be worn by the players during training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Participants should use their own **Soccer Ball**, water bottle, towel and any other personal hygiene products.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

Insurance:

All players need to complete, sign and date the COMMUNICABLE DISEASE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. [CLICK HERE](#)

Forms MUST be turned in prior to training. No exceptions!!

We want to thank our membership for their support during these challenging times. We are as excited as you to get back to the fields and want to make sure it is as safe as possible. We will be monitoring our policies and procedures regularly and may from time to time, adjust them where we feel necessary.

If at any time you feel uncomfortable attending a session, you have the right to keep your child home. By attending these sessions, you agree that you have voluntarily chosen to attend and are agreeing to abide by these policies and procedures put in place. By attending you are also agreeing to waive any liability claims against Gateway Rush Soccer Club for any injury or illness.