

FC Portland Academy Return to play guidelines



PRACTICE LOCATION

Mountain View Champions Park
[5915 SW 170th Ave, Aloha, OR 97007](https://www.google.com/maps/place/5915+SW+170th+Ave,+Aloha,+OR+97007)



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Field Protocol and Guidelines Phase 1.

- NO CONTACT PRACTICES
- SKILLS TRAININGS / PASSING AND BALL WORK
- 10 TO 1 PLAYER / COACH RATION
- SET AMOUNT OF PLAYERS PER FIELD / AREA
- NO BIBS USED
- 1HR SESSIONS ONLY
- COACHES ARE MANDATED TO WEAR FACE MASKS

Each field will be split into 4 sections / training zones to comply with social distancing requirements (Fields may only be split in half depending on player numbers for sessions)

Fields 2 and fields 3 are the ONLY fields we are permitted to use

Location will have a designated drop off and pick up point. (See field map image)

Player Field Entrance and Exits will have a designated hand sanitizing station (multiple pumps). Players will be required to use upon entrance and departure. (see field map)

Each field will have a designated "player gear area" (backpack logo see field map)

Parents are NOT permitted to watch from the sidelines. Drop player off and pick up at the same location on time.

There will be NO bathrooms to use

ALL PLAYERS ARE REQUIRED TO WEAR A MASK UPON ARRIVAL AND DEPARTURE. WE ENCOURAGE PLAYERS TO ALSO WEAR MASKS DURING PRACTICE SESSIONS

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How will practice sessions look.

- Parents will drop players off at the designated field “player drop off” area no more than 5 minutes prior to scheduled tryout start time
- Player will enter through the designated entrance and hand sanitize at our entrance station. There will be multiple hand sanitizing pumps distanced appropriately. Coaches will be located at the entrance reminding players of which field to go to and to hand sanitize
- Coaching staff will arrive 15 minutes prior to session start up time to set up the field / session with social distancing requirements
- Players will proceed to their field and immediately go to their fields “player gear area” to place gear on a cone and wait for further instruction. No taking to the field etc.
- Coaches will be wearing masks and approach the “player gear area” to ask how players are feeling and if they have any symptoms
- Coaches will also take role call and confirm all players have turned in the required player waiver. If a player has not completed the waiver and returned it to the coach, they will NOT be permitted to participate in the session
- The session will then begin with the coaches allocated number of players within each zone on the field
- Only coaches will handle cones, coaching equipment, ladders etc.
- No bibs will be used
- No small sided scrimmages will occur during tryouts
- Coaches sessions will be planned in accordance with social distancing requirements / phases
- Parents / family members are NOT permitted to stay at or around the fields
- All bathrooms will be locked at field location
- Sessions will be 1 hour.
- Once the session has ended all players will be required to use the hand sanitizing station near the field exit
- Players (in small numbers) will then be released and head to the parking lot to be picked up.
- Players must exit the fields at the allocated field exit only
- Players / Parents must leave promptly
- Sessions will be staggered to ensure age groups are not entering / exiting at the same times.

Please review the Mountain View Champions Park maps in advance of your session so player & parents know where everything is located and how set up will look