



Soccer has been included in the Phase 2 Moderate to Low risk categories, by the Reopen CT document dated June 6<sup>th</sup>, 2020, practices to resume effective June 17<sup>th</sup> 2020.

# SCP Return to Training Protocols

SCP staff and coaches will follow and enforce this training protocol to endeavor to provide a safe and healthy environment for all coaches, players, and families. The club will publish a return to game protocol at a later date. All members of the club (coaches, players, parents) are encouraged to follow Federal, State, local mandates, and CDC guidelines during all aspects of everyday life, not only during soccer related activities.

Per Federal, State, and local mandates:

- Any player who has been diagnosed to COVID 19 must be symptom free for 2 weeks and require a doctor's note before returning to play.
- Any player who has knowingly been exposed to COVID 19 must be symptom free for 2 weeks and have consulted with a Medical professional.
- The player must receive a parent administered health check, prior to arriving to training, to confirm they have not experienced COVID-19 CDC-defined symptoms and to monitor their own symptoms, including cough, shortness of breath, or any two of the following symptoms:
  - Fever (temperature check)
  - Headache
  - New loss of taste or smell
  - Chills (repeated shaking with chills)
  - Muscle Pain
  - Sore Throat

Adhere to all posted signage at the training facility.

## Training Times

Training times will be staggered so as teams do not cross paths. Each field will be limited to two teams maximum training simultaneously.

<u>Weekday</u>	<u>Weekend</u>
<ul style="list-style-type: none"><li>• First training slot 5:30pm to 7:00pm</li><li>• Second training slot 7:20pm to 8:50pm</li></ul>	Additional training time may be available. Training protocols will be enforced.

## Entry and Exit

- Players will remain in the car until 5 minutes prior to scheduled training start time. Players should arrive fully prepared to train (i.e. cleats and shin guards prior to entering.)
- Players should have their training bag to bring to the field with all necessary items contained within the bag.

- All coaches, players, parents, and spectators entering the facility must sanitize hands upon leaving vehicle or prior to entering the facility.
- All coaches, players, parents, and spectators will enter and exit the fields at the CT Sportsplex designated entry and exit points at the field #1 upper parking lot.
  - During entry and exit players must wear masks and avoid touching surfaces.
- Coaches and managers will ensure that training sessions end at the designated time.
- Once dismissed coaches, players, and parents must exit the field at the CT Sportsplex designated exit go directly to their vehicle. **NO CONGREGATING WILL BE ALLOWED ON THE FIELDS.** We must clear the fields to allow the next training session participants to enter.
- Once you have secured your child at your vehicle promptly exit the parking lot.

### **Parents/Spectators on Fields**

Parents and spectators are allowed to observe the training sessions from the sidelines, but must adhere to federal, state, and local mandates for social distancing. The mandates include but not limited to:

- Performing a self-check to confirm they do not show symptoms of COVID-19 before entering the training facility.
- Wear a mask.
- Remain socially distant 6 feet apart and at least 6 feet off field.

### **During Practice**

Coaches will maintain dated attendance sheets for each training session for contact tracing purposes.

Coaches will stress to players the importance of maintaining social distances and create training sessions to ensure that players remain socially distant during the entirety of the session, following all Federal, State, Local mandates, CDC guidelines and USYS/CJSA guidelines.

- Players are not required to wear face masks during soccer activities. Players, with no underlying breathing conditions, are allowed to wear a mask during training. However the mask must be one that goes around the ears. Players will not be allowed to wear masks that go around the neck due to possible risk of injury.
- Players' training bags shall be lined up in area, designated by the coach, with 6' spacing between teammates' bags.
- Players will not handle any training equipment, this includes goals and cones.
- Players will provide their own ball and water bottles.
- Players will not huddle at any point during the training. Sportsmanship will continue in a touchless manner – no handshakes/slaps/fist bumps allowed.
- Players will not share water/Gatorade/snacks.
- Players should have hand sanitizer or hand sanitizing wipes in their bag to sanitize themselves after the exiting the training facility.
- Coaches will clean and disinfect all training equipment after every training session it is used.

We encourage proper personal hygiene for players. This includes showering after training sessions and laundering the training kits between training sessions.

**#SCPstrong**

**#SCPsafe**