

## **FCAYS TRAINING/GAME DAY PLAN AND RETURN TO PLAY GUIDELINES**

Everyone must take additional steps to help ensure members have a safe training and playing environment. These additional steps are outlined here and incorporate recommendations from the CDC, USOPC, US Youth Soccer, and US Soccer.

CDC Guidelines offer four areas for action in youth sports: Promote Behaviors To Reduce Spread, Creating a Healthy Environment, Utilizing Healthy Operations, and Preparing For Illness.

FCAYS will do/provide the following in preparing for the return of play in the Spring 2021 season:

- Distribute these Guidelines to all coaches, players and families
- Provide adequate field space for social distancing
- Provide hand sanitizing stations and waste receptacles at all FCAYS fields
- Be sensitive and accommodating to any players and parents uncomfortable with returning to play at this time.

### **BEHAVIORS TO REDUCE THE SPREAD OF COVID-19**

- **Club/Coach Responsibilities:**
  - Provide hand sanitizer stations at all fields
  - Message club members with reminders about good hygiene.
- **Player/Family Responsibilities**
  - Do not participate if anyone in your family is experiencing symptoms or is ill.
  - Wash hands with soap and water before and after practice and games.
  - Have personal hand sanitizer at all times and use during breaks and immediately after play/practice.
  - Wear masks at all times – players, coaches and referees shall wear masks during practices and games while on the field of play and on sidelines – spectators shall wear masks at all times
  - Promptly leave after matches.
  - Bring your own water bottle – do not share.
  - Avoid carpooling.
  - Shower immediately upon returning home

### **CREATING A HEALTHY ENVIRONMENT**

- **Club/Coach responsibilities**
  - Provide hand sanitizer stations at all fields
  - Hand sanitizer station at every bench (or removal of all benches)
  - Strict adherence to schedule of games and practices
  - Cleaning of restrooms regularly

- Organize stations at practice and games for each player to have his or her gear that is 6 feet from others' gear.
- Eliminate post-game handshakes.
- Pre-game and half-time huddles shall observe social distancing.
- Eliminate post-game snacks.
- **Player/Family Responsibilities**
  - Strict adherence to schedule of start and end of practices and games
  - Pre-game and half-time huddles shall observe social distancing.
  - Eliminate post-game snacks.
  - Avoid carpooling.
  - Maintain social distancing while attending games.

## **UTILIZING HEALTHY OPERATIONS**

- **Club/Coach Responsibilities**
  - Follow all state and local health guidelines.
  - Use staggered times for use of training fields and for games.
  - Publish to all families copies of these Guidelines and obtain an acknowledgement/waiver for each player.
  - Make accommodations for any player family who chooses not to participate at this time.
  - Prior to any game or practice coach shall assess all assistant coaches and players by screening as follows:
    - “Has player been in contact with a person with COVID-19”
    - “Has player had a cough, fever or loss of taste or smell
  - All coaches, representatives and referees shall wear masks at all times.
  - Coaches shall be prepared to report attendance at practices and games to assist with tracking by public health personnel if needed.
  - Coaches only shall handle equipment – cones, etc. without enlisting the assistance of players.
  - Refrain from using community pennies until further notice.
- **Player/Family Responsibilities**
  - Follow all state and local health guidelines.

## **PREPARE FOR ILLNESS**

- **Club/Coach Responsibilities**
  - Have a communication plan in place to notify families if FCAYS becomes aware of a player, representative, family member or referee develops COVID-19 while at the same time maintaining confidentiality regarding health status.
  - Implicate FCAYS’s plan in the event a player does test positive for COVID-19 including the temporary closure of fields if necessary.
  - Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
  - Be prepared to shut down operations.