



FC Berna – Legacy Return to Play Guidelines

For Parents/Players

We have spent a huge amount of time devising the return to play guidelines for our players, based on a strict adherence to NJ Department of Health & NJ Youth Soccer guidance. The safety of our staff and families is of the utmost importance to this, but if at any point you don't feel comfortable with your son/daughter attending our return-to-play sessions, please stay home. We will be here for you when you are ready to return.

IMPORTANT: Please ensure you sign the FC Berna – Legacy COVID-19 Waiver, using the link in your respective TeamSnap team's page, within the Sunday June 21 "Waiver Submission" event. This needs to be completed just once, but before attending your first on-field team practice in June.

Prior to Each Practice Session:

- Indicate player availability within TeamSnap for each session.
- Complete a pre-session health assessment at home using the [FC Berna COVID-19 Health Screening Questionnaire](#) before each practice session.
- If any temperature above 100.4, or if your son/daughter is feeling unwell, do not send them to practice.

Reminder: These measures should be performed before EVERY training session, on the day of training. Please try to use the bathroom prior to arriving at practice. Bathrooms will be available, but limited in capacity and usage.

On Arrival to Sessions:

- Please review the field map and park in the appropriate lot for your training zone on the field.
- Please have your son/daughter remain in the car until your designated training start time.
- Please ensure your son/daughter enters the field using the correct gate/entrance.
- Please have your son/daughter bring their own ball and water bottle, clearly labeled.
- One player per water bottle, no sharing of water.
- Players please wear a face covering when walking to and from the field.
- Players place your bag/bottle in the designated area and with at least 6 feet distance between another player's bag/bottle.

During and After Sessions:

- Players should sanitize/wash their hands before and after the session, and during as needed.
- Players should not touch any equipment with their hands.
- Maintain at least 6 feet of distance between players and player and coach at all times.
- Absolutely no spitting.
- Parents - please either remain in your car or leave the park after drop off. Please don't stand around each watching next to the field.
- No parents to be on or around the field perimeter during practice.