



Charlotte Soccer Academy 2020 Preseason Guidelines and Information

On behalf of everyone at Charlotte Soccer Academy, we are very excited about our upcoming Preseason. We know this past spring has been frustrating for us all with COVID 19, but we hope your child is excited about finally getting back on the field for the start the year.

The following information is a friendly reminder on some important information related to our programming and additional health and safety information for parents and family members to put your minds at rest as we enter the Preseason Camp week and the opening training sessions of the season.

Our organization put together a Back to Play Plan when we opened up for team training on June 1st. The CSA Preseason Camp week will continue to follow these guidelines. As the state guidelines are adjusted, we will continue to keep our procedures updated to ensure the health and safety of our campers and staff.

Reminders:

- When arriving each day, please ensure your child is healthy and doesn't exhibit any symptoms of illness. If they are under the weather, please do not bring them to the camp.
- Phase 2 is still in effect in North Carolina through to August 7th and face masks are required in all public places but not a necessity while exercising. Please have your child arrive in a face mask before each session and they will be expected to leave camp with their face masks on.
- Staff will hand sanitize each player prior to the start of sessions and during every water break through the session each day.
- All players are encouraged to have their own hand gel, preferably the kind that attaches to the outside of their soccer bag, and each will be encouraged to use it frequently during water breaks.
- Players are responsible to bring their own water bottle/cooler with them with their names clearly labelled and are not to share any water with their fellow teammates.
- During the water breaks, players will continue to practice social distancing by having designated spots around their training area.

- The camp week will be predominantly technical based skills with limited contact. However, some sessions may incorporate some short-sided games/competitions throughout the week playing up to 4 v 4 or 5 v 5 game like activities. *If you, as a parent, are uncomfortable with any of this type of activity, do not hesitate to let the coaching staff know prior to the first session and we will ensure your child does not participate in any of these games.*
- Any time a competitive activity will be introduced, players will be given a training bib (pinnie) at the start of each session. Bibs will be turned in at the end of each day and will be washed at the end of each day during the week. *If you do not want your child to use the training bib, please ensure your child wears a light-colored shirt and have them bring a darker shirt with them each day.*
- Players will be told to refrain from any unnecessary touching with teammates including high-5's, hugs, handshakes, fist bumps.
- It is the parent's responsibility to take the temperature of their child before coming to each training session.
- Any parent that wishes to stay at the fields during training sessions are required to wear masks if they are not in their vehicle.
- Please wash your children's training apparel after each activity.
- Before and after training sessions, please sanitize equipment such as shin guards, boots and ball.
- Do not look to engage any staff coach at the field. Any communication with a Charlotte Soccer Academy staff member is to be through phone call or email.
- Notify the club if your child does become ill.

Many of these recommended protocols are common sense. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities. If you have any questions, don't hesitate to reach out to your respective Director of Coaching.