



**GREATER GRAND FORKS SOCCER CLUB**

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## **GGFSC Return to Play Plan**

### Phase Overview

First and foremost, we will continue to abide by all guidelines and restrictions set forth by the government and local park district. These phases are designed to ease our way back into soccer, allowing children to resume some activities outdoors in a safe manner. We will determine which phase is appropriate based on guidance from governmental authorities.

Phase 1: this phase allows for outdoor, 10-person training sessions, with specific protocols in place to reduce the spread of COVID-19.

Phase 2: This phase allows for the resumption of full team training sessions, with specific protocols in place to reduce the spread of COVID-19.

Phase 3: This phase allows for the resumption of friendly/scrimmage matches, with specific player and spectator protocols.

Phase 4: This phase allows for resumption of youth soccer as we knew it prior to COVID-19. This includes tournaments.

These Phases are fluid and will always follow government restrictions and guidelines as well as governing body guidance. The Phases are not linear as both the federal and state governments have indicated that varied levels of mitigation restrictions may be imposed to slow the transmission of the virus.

We welcome input from the medical authorities and are currently seeking their advice.



## **Detailed Phase Plan**

### Trainings

Objective: Allow children to safely resume training activities outdoors with their teammates.

### Phase 1 (Socially Distanced/Modified Training Environment)

- If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.

### *Social Distancing*

- Trainings will consist of no more than 10 people at the training (9 players and 1 coach or trainer, 8 players and 2 coaches or trainers).
- Trainings will have proper social distancing for each player and coach at all times.
- Trainings limited to non-contact activities i.e. individual skills, fitness, etc.
- No physical contact including huddles, handshakes, and high-fives.
- Only 1 training session per training space (which may be limited to ½ a field).

### *People*

- Only players rostered on the specific team may train together. No scrimmages or guest players at team training sessions.
- Parents and spectators must follow government social distancing guidelines, i.e. parents to remain in vehicle.



## *Equipment*

- Equipment should be disinfected before and after training sessions by athlete/parents. Where possible, communal equipment (cones, etc) should only be handled by the coach.
- “Pinnies” shall be individually distributed to each player, used by that player for the season, and washed in between each team contact. If removed, they need to be placed in the athlete’s own bag or with other personal gear.
- Balls should not be handled with their hands, by any player, with the exception of the goalkeeper with gloves on.
- Player’s water and personal equipment should not be shared, and should be placed at least 6 feet apart to ensure breaks are also properly distanced. Teams using adjacent practice spaces should not store equipment near that of another team
- Hand sanitizer should be used by each player before, during, and after trainings, supplied by the player.
- Masks are required for coaches and/or trainers at the fields as long as they are still recommended by federal and state authorities.

## *Training Schedule*

- Teams entering fields for training sessions should wait until all players from previous practice have left.
- Stagger training sessions, 15 minutes apart, to allow ample time or in/out flow of traffic.

## Phase 2 (Full Training Environment)

- All rules of Phase 1 apply except where changes have been made below.
- Full roster (and up to 2 coaches or trainers) may be present on the same field during training sessions, but only one team per field shall occupy that field.

## Phase 3 (Matches/Games Begin)



Matches would not resume until Phase 3 of this Return to Play Plan. This phase builds on the previous two phases and would allow matches between clubs to begin. The safety precautions indicated below will mitigate risks.

While we are hopeful that match play is able to resume momentarily, we acknowledge that match play may not be feasible in the immediate term. Therefore, the details below are “high-level” as safety guidelines are ever-changing and evolving.

That said, resumption of match play will fill a much needed social and physical need in the lives of players and families alike.

### *Safety Policies and Precautions*

- If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, have been in close contact with someone who has tested positive for COVID-19, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements).
- If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.
- During this phase, GGFSC will incorporate the above precautionary measures to manage the game day environment. This includes, but is not limited to:
  - Any other applicable measures to promote a safe and healthy environment.
  - Equipment and sanitization protocols;
  - Scheduling of matches with in/out flow of traffic in mind;
  - Spectator social distancing protocols;

### Phase 4 (Tournaments/Resumption of Normal Soccer Activities)

Similar to Phase 3 above, and as the COVID-19 situation evolves, we will provide specific guidance related to the ability to host tournaments, which are larger gatherings in nature.

Once we are able to reach this phase, Phase 3 & Phase 4 will likely be similar in nature. When we reach Phase 4, we will resume soccer activities as we did prior to COVID-19.

### Individual Responsibilities



### Coach Responsibilities:

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure the coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance. .
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask, even when not actively coaching.
- Coaches should maintain social distance requirements from players (while teaching drills or huddling) based on state and local health requirements,
- Have fun, stay positive – players and parents are looking to you for leadership.
- The use of community/team scrimmage vest, or pinnies, is not recommended at this time.

### Parent Responsibilities:

- Ensure your child is healthy, and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in your car or adhere to social distance recommendations, based on state and local health requirements
- When at training, wear a mask if outside your car.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason or if they or anyone with whom they are in close contact is diagnosed with COVID-19.
- Be sure your child has necessary sanitizing products with them at every training.
- Do not assist your coach with equipment before or after training.

### Player Responsibilities:

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.



- Bring, and use, hand sanitizer with you at every training.
- Wear mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.

### Enforcement of responsibilities

GGFSC will put in place an auditing plan to ensure that coaches, parents, and players follow all of the guidelines and responsibilities outlined above. GGFSC reserves the right to remove a player from participation in its programs should the player or his or her parent(s) not follow these guidelines. GGFSC coaches will have the right to send home from practice or game any player who is not abiding by these guidelines. Likewise, GGFSC may suspend any coach not abiding by these guidelines.

GGFSC understands that while not all members may agree with these guidelines, the club expects all participants to adhere to and respect them. By registering for any of the club's programs, players and parents effectively agree to respect this Return to Play Plan and any additional guidelines announced by the club.

### Communication

We will establish and communicate to our members a mitigation plan that addresses the primary components of the guidelines above, using agreed upon and aligned consistent language and protocols from the resources available through the established federal and state authorities.

We also understand that individual families within our organizations may have circumstances or views that compel them to refrain from participation and as leaders



within our organizations, we understand this. No member should be penalized or otherwise pressured should they choose to not participate under these guidelines.