



GUIDELINES FOR A SAFE RETURN TO PLAY

GFR will enter Phase 4 on **July 27th**

PHASE 4: FULL TEAM TRAINING

Training facilities are open and there may be restrictions on the size of group gatherings and activities. This phase should last at least 2 weeks prior to any formal competition, even if current guidelines would otherwise accommodate competition at an earlier time.

- Balls should be disinfected before and after use and can be used handled by goalkeepers and by players for throw-ins. Training vests (pinnies) can be shared between team members but should be washed after each use.
- Scrimmages are allowed. During Phase 4, occasional casual contact (which normally takes place during scrimmages) is permitted. Otherwise, players and coaches should continue social distancing and avoid handshakes, fist bumps, high-fives, etc.

PHASE 5: RETURN TO LOCAL COMPETITION

Training facilities are open and there maybe some restrictions on the size of group gatherings and activities. Recommendations for returning to competition will be addressed separately in a later communication, and additional guidelines will be subsequently provided for planning for travel competitions.

PREVENTIVE MEASURES FOR ALL PHASES

During this phased approach, GFR expects that ALL basic PREVENTIVE MEASURES are applied and observed consistently and continuously:

- Prior to attending any training session, each player should check his/her own temperature at home, and refrain from participation if he or she has a fever greater than 100 degrees F.
- Any player with obvious signs of illness should be removed from training (or prohibited from training) and should seek guidance from a physician before attempting to return to training.
- During Phase 4, occasional casual contact (that which normally takes place during soccer competition) is permitted. Otherwise, players and coaches should continue social distancing and avoid handshakes, fist bumps, high-fives, etc.
- There is no sharing of water or equipment. Each player is to bring a ball, water, hand sanitizer, alternate color jersey, and towel (if needed). Hands should be sanitized just

before the start of the session and then again after the session. Players should avoid touching benches, others' bags, etc. During Phase 4, balls may be handled by the goalkeeper and by players for throw-ins. Balls should be sanitized after each training session.

- Any equipment such as cones, portable goals, etc should only be handled by the coach.
- Players should, as much as possible, avoid using public lavatories.
- Parents and spectators should remain away from the field (preferably in their cars) and should wear masks and maintain a distance of at least 6 feet from others if/when outside of cars.

For additional information, please refer to the CDC's [Considerations for Youth Sports](#).