



COVID-19: RETURN TO PLAY GUIDELINES

OBJECTIVE:

Eagle F.C. wants to ensure a safe environment for all who participate, and the following information will assist administrators, coaches, managers, treasurers, volunteers, and parents/players in making decisions that will likely decrease the opportunity for infection from COVID-19.

Your health/safety is our top priority, and we want to assure everyone that if an administrator, coach, manager, treasurer, volunteer, or parent/player is reluctant to return, they should not feel pressured or obligated to participate until they are ready to engage in a group setting fully.

The information below follows local, state, and federal (CDC) guidelines; however, please understand that what is mentioned here does not eclipse or displace health standards or guidelines that have been established by the very same local, state, and federal agencies.

Changes to the COVID-19 landscape are likely, so check out our website (COVID-19 Tab) often for new information and the latest updates.



GENERAL:

- ✓ Be Smart: If you are sick, stay home. This case in point applies to everyone: players, coaches, and parents. If you have been ill, stay home for fourteen (14) days after recovery.
- ✓ Screening: Screen all participants before practice by asking if they have been sick in the last fourteen (14) days or in direct contact with a person who is ill. Send home immediately if the answer is "yes."
- ✓ Sanitize: Have hand sanitizer available and encourage hand washing before and after all activities.
- ✓ Group Play: All activities must be limited to the max number allowed in the current phase.
- ✓ Physical Play: Facilitate soccer activities that eliminate physical contact. All drills and small-sided games should have as little physical contact as possible. Tackling, shielding, etc. should not be included in small-sided games or exercises.



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- ✓ No High-Fives, Handshakes, Huddles, or Hugs: As much as we want to connect physically, this is not a safe practice for anybody right now. Avoid physical contact with teammates, coaches, and others.
- ✓ Masks: Coaches and spectators should wear a mask before, during, and after practice. Players should wear a mask when not actively practicing (e.g., before and after training sessions).
- ✓ Drop-Off/Pickup: If possible, parents should remain in the car for drop-off and pickup. All spectators must practice social/physical distancing (e.g., staying at least six [6] feet apart).
- ✓ Water bottles: To minimize accidental sharing of water, players must keep their water bottles in their bags when not in use—no sharing of water bottles whatsoever.
- ✓ Have Fun, Stay Positive: Everyone is looking at each other to remain calm, supportive, and compassionate during this time.



CLUB:

- ✓ Distribute and post COVID-19 protocols to our members.
- ✓ Be understanding and patient with parents/players who may be apprehensive about returning to active participation. If a coach, parent, or player is uncomfortable with returning to play, they should not feel compelled to return until ready to do so.
- ✓ Small group sessions need to maintain the same group of players. This process helps with contact tracing and limits exposure.
- ✓ Have a written action plan in place in case of a positive test. If a person is diagnosed with COVID-19, the entire group must return to self-isolation until symptom-free for fourteen (14) days.
- ✓ Distribute a written action plan to administrators, coaches, managers, treasurers, volunteers, and parents/players, electronically or otherwise.
- ✓ Inform and instruct administrators, coaches, managers, treasurers, and volunteers on COVID-19 protocols.
- ✓ Have an action plan to include a communication chain for team personnel, including coaches, assistant coaches, managers, treasurers, and volunteers, as well as triggers for executing the action plan.



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- ✓ Be prepared to shut down and stop operations. Develop plans for the temporary closure of indoor facilities and cancel outdoor activities or camps to properly disinfect and ensure administrators, coaches, managers, treasurers, volunteers, or parents/players do not become infected.
- ✓ Provide adequate field space for at least six (6) feet of social/physical distancing per player and coaching staff.
- ✓ Have an effective communication plan in place, identify strategies for working with Cumberland County Health and Human Services to recognize potentially infected or exposed individuals to advance contact tracing and expedient notification, while maintaining confidentiality.



STAFF/COACHES:

- ✓ Follow COVID-19 protocols.
- ✓ Be understanding and patient with parents/players who may be apprehensive about returning to active participation. If a coach, parent, or player is uncomfortable with returning to play, they should not feel compelled to return until ready to do so.
- ✓ Ensure the health and safety of players. Inquire how the athletes are feeling, send them home if they act or discuss feeling ill.
- ✓ Follow all established federal, state, and local guidelines and protocols.
- ✓ Ensure all athletes have their equipment (ball, shin guards, water bottles, bags, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
- ✓ The coach is the only person to handle (e.g., touch, place, move, pickup) cones, discs, or any other equipment utilized in training sessions.
- ✓ All training, for now, must be outdoors, and coaches must strictly enforce social distancing per the current phase guidelines (e.g., at least six [6] feet apart).
- ✓ Coaches must always wear a face mask per current phase protocol and social distance from players when required.
- ✓ Disinfect/sanitize all equipment (e.g., practice vests, cones, balls) after each session.
- ✓ Practice vests shall not be shared during training sessions.
- ✓ Coaches and players shall adhere to social/physical distancing (e.g., at least six [6] feet apart at all times. Provide enough space/distance when conducting drills and exercises.



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- ✓ Increase your communication with parents; they need to know what you are doing as a coach and club to maintain their safety.
- ✓ Have fun, stay positive – players and parents are looking to you to remain calm, supportive, and caring during this time.



PARENTS:

- ✓ Follow COVID-19 protocols.
- ✓ If the parent(s)/player(s) is/are apprehensive about returning to play, please do not feel compelled to return until ready to do so.
- ✓ Check the temperature daily of your child(ren) before attending practice.
- ✓ Ensure personal training equipment (e.g., cleats, shin guards, ball, etc.) is disinfected/sanitized before arriving at training. However, be sure to clean/sanitize all personal training equipment immediately following each practice.
- ✓ Ensure your child(ren)'s clothing is washed after every training session.
- ✓ Be sure your child(ren) has/have necessary sanitizer and cleaning supplies with them at every training.
- ✓ Notify the club immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
- ✓ Do not assist coaches with the equipment before or after training.
- ✓ Label your child(ren)'s equipment to guard against cross-contamination.
- ✓ Limit or no carpooling.
- ✓ Stay in the car or social distance when at training, wear a mask at all times if outside your vehicle. No parents within the training area/space for the time being or until further notice.
- ✓ Make sure your child(ren) brings plenty of fluids (e.g., water).



PLAYERS:

- ✓ Follow COVID-19 protocols.



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- ✓ If a player is apprehensive about returning to play, they should not feel compelled to return until ready to do so.
- ✓ Take your temperature daily.
- ✓ Wash hands thoroughly before and after training and any contact outside your home.
- ✓ Bring and use hand sanitizer with you at every training session, especially at the beginning and end of sessions.
- ✓ Limited or no carpooling.
- ✓ Wear a mask before and after all the training sessions. This effort protects others if you are unknowingly carrying the virus.
- ✓ Do not touch or share anyone else's equipment.
- ✓ Please bring your ball to training, label it as your own.
- ✓ Practice social distancing and place bags and other equipment at least six (6) feet apart from your teammates' equipment during sessions.
- ✓ Wash and sanitize all equipment (e.g., cleats, shin guards, clothing, and ball) before and after every training session.
- ✓ No use of hands or heading the ball during training sessions.
- ✓ No sharing of water and/or food whatsoever.
- ✓ No group celebrations with players closer than six (6) feet, no high fives, handshakes, fist pumps, hugs, or group cheers, etc.



BASIC EXPECTATIONS:

- ✓ Limit physical contact.
- ✓ Limit # of participants on a field (e.g., coaches, assistant coaches, and players) -- 15 on a 4v4 field, 20 on a 7v7 field, 25 on a 9v9 field, and 35 on a 11v11 field.
- ✓ Practice social/physical distancing at all times (e.g., at a minimum – keep six [6] feet apart).
- ✓ Practice vests shall never be shared/exchanged during training sessions. Practice vests must be washed after each use.
- ✓ All equipment (e.g., cleats, shin guards, balls, practice vests, cones, and clothing) shall be cleaned/sanitized after each training session.



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- ✓ Goalkeeper gloves shall never be shared. Do not spit on gloves.
- ✓ Players shall not share water and/or food whatsoever.
- ✓ Coaches shall wear masks at all times. Players shall wear masks before and after training sessions. Parents must wear masks whenever outside their vehicle or within the vicinity of the training area/space.
- ✓ Players are to bring and utilize hand sanitizer before and after training sessions. Coaches are to do the same.
- ✓ A 15-minute window will be established between training sessions – to minimize contact with others.
- ✓ Arrive 15-minutes before your scheduled training session – to minimize contact with others.



TRAINING CONDITIONS ALLOWED:

- ✓ Individual technical-functional training exercises.
- ✓ Small group exercises with no/limited contact.
- ✓ Goalkeeper training focusing on technical components.



TRAINING/MATCH CONDITIONS NOT ALLOWED:

- ✓ No large-scale games within a training environment.
- ✓ No scrimmages within a training environment.
- ✓ No friendlies, scrimmages, non-sanctioned games with outside opponents.
- ✓ No sanctioned games/tournaments.