

THIS DOCUMENT IS DESIGNED TO BE A STARTING POINT AND FRAMEWORK FOR OUR BFC STAFF, COACHES AND PARENTS TO USE AS GUIDELINES AS EACH PLAYER CONTINUES TO DISCUSS THEIR OWN RETURN TO PLAY. WE ARE ALL STILL LIMITED BY THE PREMIERS ORDER IN THE RESPECTIVE PHASE.

Bascome Football Company (“BFC”) is dedicated to protecting the health and safety of our players, parents, coaches and staff. The purpose of this document is to provide athletes, parents, coaches, and our football clubs with information they can use to assist them with developing their return to training programs in the context of COVID-19.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, BFC makes no representation and assumes no responsibility for the completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

COMMUNITY SAFE

- 1.** The following should be applied for the **Return to Play phase with BFC clubs and programs**
 - a.** Players in any group training are only allowed if you have had no signs or symptoms of Covid-19, no signs/symptoms that may have been Covid-19, have not been exposed to someone who has had signs or symptoms of Covid-19 for a minimum period of 8 days before participation
 - b.** If you are sick or feel sick, **STAY HOME**
 - c.** At risk individuals, youth or adult, **STAY HOME** (if you are unsure if you are considered at risk, please consult your medical provider directly)
 - d.** If capability exists temperature of participants, including coaches should be taken. Any one with a temperature of 100 or more should be sent home and not allowed to participate for a minimum of 8 days
 - e.** The players will be given assigned “stations” for each of them to place their equipment, and that they should return to during breaks.
 - f.** Each player will utilize their own equipment i.e. bring own football (Phase 1 and 2 only) and water bottle

- g.** No one is to share water, towels, or any personal equipment. This includes, but not limited to:
- *Shin guards, tape, hairbands*
 - *Jersey/uniform*
 - *Pinnies or bibs of any kind*

Please note each player will have an assigned pinnie/bib to take home and care for. This includes footballs (phase 1 and 2)

- h.** No centralized hydration or refreshment stations will be set up for any players
- i.** No spectators at practice/events during phase I – IV. Spectators at events during phase V should be limited and must maintain maximum social distancing (should not include at risk populations)
- j.** Sanitizing options are available
- *Hand sanitizer*
 - *Disinfectant wipes to be used to wipe down all equipment*
 - *All players should bring sanitizer to each session*
- k.** Each individual choice will be the top priority. If a participant wishes to wear a face mask this will be allowed, and accommodations made if needed
- i.** Recommended to encourage staff to wear face masks whenever possible

PHASE II (INDIVIDUAL TRAINING GROUP SIZES OF 10 OR LESS)

FOCUSED ON RETURN TO ACTIVITY WITH INDIVIDUAL TRAINING (ONE PLAYER, ONE BALL) WITHIN SMALL GROUPS

- 1.** A maximum of two coaches/staff allowed per half field during practices (head, assistant and GK coaches included)
 - *No more than 8 players to be present at a scheduled time (group size of 10 or less)*
- 2.** No physical contact should occur
- 3.** Groups on a half field should not exceed 10 people
- 4.** No sharing of water or equipment including footballs
 - *Only the coach may handle cones*
- 5.** Each player and coach should sanitize all gear between each training



6. Participants are to remain a minimum of 6 feet apart ON and OFF the field.
 - *Designated areas for each attendee's gear should be clearly marked off the field*
7. Practice times should be set to maximize social distancing to include 'turnover' time between different teams
8. No spectators are allowed

PHASE III (INDIVIDUAL TRAINING GROUP SIZE TBA)

FOCUSED ON RETURN TO ACTIVITY WITH INDIVIDUAL TRAINING (MULTIPLE PLAYERS, ONE BALL, NO CONTACT) WITHIN LARGE GROUPS

1. A maximum of two coaches/staff allowed per half field during practices (head, assistant and GK coaches included). Depending on training group size allowed, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams).
 - *No more than TBA players to be present at a scheduled time (group size of TBA or less)*
2. No physical contact should occur
3. Groups on a half field should not exceed TBA people
4. No sharing of water or equipment. Footballs are excluded
 - *All footballs should be sanitized before next practice/scrimmage/game*
 - *If possible, footballs should be sanitized at halftime and whenever convenient during training*
 - *Only the coach may handle cones*
 - *Footballs may be shared but should not be touched with the hands*
5. Each player and coach should sanitize all gear between each training
6. Participants are to remain 6 feet apart when off the field
 - *Designated areas for each attendee's gear should be clearly marked off the field*
7. Practice times should be set to maximize social distancing to include 'turnover' time between different teams
8. No spectators are allowed

PHASE IV (TEAM TRAINING GROUP SIZE 75)

FOCUSED ON TEAM TRAINING WITH CONTROLLED SCRIMMAGES AND SOME PHYSICAL CONTACT ALLOWED

1. A maximum of coaches/staff allowed per half field during practices (head, assistant and GK coaches included) is 3 based on group sizes. Depending on training group size allowed, a volunteer parent is recommended to assist with maintaining these guidelines (especially with younger teams).

Only two coaches and a manager allowed for practice games per team per half field

2. Physical contact that is necessary for training may occur, whenever possible it should be limited
 - *This includes limiting close group discussions, no 'high fives', no embracing etc.*
3. No sharing of water or equipment. Footballs are excluded
 - *All footballs should be sanitized before next practice/scrimmage/game*
 - *If possible, footballs should be sanitized at halftime and whenever convenient during training*
 - *Only the coach may handle cones*
4. Participants are to remain 6 feet apart when off the field
 - *Designated areas for each attendee's gear should be clearly marked off the field*
5. **No Spectators including parents, allowed at field or on the training properties**

PHASE V (TRAINING AND GROUP SIZE UNRESTRICTED)

FULL RETURN TO PLAY

1. No training restrictions
2. Physical contact should be minimized whenever possible
 - *No physical contact should occur outside of what is necessary for training / games*
 - *This includes limiting close group discussions, no 'high fives', no embracing etc.*
3. Participants are to remain 6 feet apart when off the field
 - *Designated areas for each attendee's gear should be clearly marked off the field*



4. No sharing of water or equipment. Footballs are excluded
 - *All footballs should be sanitized before next practice/scrimmage/game*
 - *If possible, footballs should be sanitized at halftime and whenever convenient during training*
 - *Only the coach may handle cones*
5. Spectators are allowed but with proper social distancing and no contact with players or teams. At risk individuals should still take precautions

ADDITIONAL RESPONSIBILITIES

EACH OF OUR CLUB RESPONSIBILITIES:

- Create and distribute protocols to members.
- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to play at this time.
- Have an action plan in place, in case of notification of a positive test result.
- Train and educate all staff on protocols and requirements
- Be prepared to shut down and stop operations.
- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use subject to availability.

COACH RESPONSIBILITIES:

- Ensure the health and safety of the participants.
- Inquire how the players are feeling. Send home anyone you believe acts or looks ill.
- Follow all BFC health protocols and guidelines.
- Ensure all players have their own individual equipment (ball, water, bag etc.)
- Ensure 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 indoor/outdoors and compliant with social distancing per government guidelines.
- Always wear a face mask, even when not actively coaching.



- Coaches should maintain social distance requirements from players in accordance with Government requirements.
- Footballs and cones are required to be sanitized after each training session i.e. 5pm, 6pm and 7pm.
- Coaches have the discretion to ask a player to leave the session if they breach the rules in place. Continuous violations by a player will result in suspension from further training sessions while COVID-19 restrictions are in place.
- Have fun, stay positive – players and parents are looking to you for leadership.

PARENT RESPONSIBILITIES:

- **Complete the New season COVID-19 Questionnaire and submit within 24 hours of first session**
- Ensure your child is healthy, and check your child's temperature before activities with other
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on state and government requirements
- Drop off within 5 minutes of session starting and pick up promptly
- To confirm no spectators at practice/events during phase I -IV. Spectators at events during phase V should be limited and must maintain maximum social distancing (should not include at risk populations)
- Ensure child's clothing is washed after every training.
- Ensure all equipment (boots, ball, shin guards etc.) are sanitized before and after every training.
- Notify club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.

PLAYERS 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 including football, 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.
- If a player breaches rules during a training session the coach has the discretion to ask the player to leave the session. Continuous violations by a player will result in suspension from further training sessions while COVID-19 restrictions are in place.

FOR ANY QUESTIONS OR CONCERNS PLEASE EMAIL: BASCOMEOFFICE@GMAIL.COM

