



# SPORTING ARKANSAS

## RETURN-TO-PLAY GUIDELINES



Sporting Arkansas Soccer Club has developed Return-to-Play Guidelines that will be implemented for training sessions starting June 3<sup>rd</sup>. These guidelines will require a cooperative relationship between the club, coach, parent and player.

The club and coach must create a safe environment, and the parent must make the decision for their child to return to play. If, as a parent, you are not comfortable in your child's return to play, then you should not do so. Training is optional at this time, and the club will not make any judgment on a personal decision not to train. If you are a new player coming for tryouts or evaluations and are not yet comfortable, please contact us and we will try to make alternant arrangements for you.

Finally, players must be responsible to adhere to and respect the social distancing requirements and guidelines that we have established.

**If you are not comfortable with returning...DON'T**



# CLUB GUIDELINES



Distribute and post Return-to-Play protocols.



Be sensitive and accommodating to parents that may be uncomfortable with returning to play.



Train and educate all staff of Return-to-Play protocols.



Provide adequate field space for social distancing.



# COACH GUIDELINES



Follow all Return-to-Play protocols.



Coach is the only one to place/pick-up/touch cones, discs, or training equipment.



Inquire how athletes are feeling. If they are not feeling well, send them home.



Ensure all drill/exercises provide for adequate social distancing.



Ensure all athletes have their individual equipment (*ball, water, shin guards, etc.*).



Respect players, parents and families by accommodating those that may not yet be comfortable with returning.



Wear a mask at all times



# PARENT GUIDELINES



Ensure the COVID waiver and screening agreement are signed and on file



After 6/8 register for the training/ tryout via signup genius



If you are not comfortable with returning to play, then do not. Stay home.



Notify club if your child becomes ill for any reason.



Check child's temperature before coming to any training session.



Supply your child with individual sanitizer.



Ensure child's clothing is washed after every training session.



Adhere to social distancing requirements.



Ensure all equipment (*cleats, ball, shin guards, etc.*) are sanitized before and after every training.



Ensure your child has plenty of water.



# PLAYER GUIDELINES



If you are not comfortable with returning to play, then do not. Stay home.



Respect and practice social distancing.



Wash hands thoroughly before and after training.



Place equipment, bags, etc. in designated spots at least 6 feet apart.



Ensure all equipment (*cleats, ball, shin guards, etc.*) are sanitized before and after every training.



**NO** high 5's, handshakes, knuckles, or group celebrations.



**DO NOT** share water, food or equipment.



Over 10 years old, wear a mask when not involved in athletic activities



# PRE-TRAINING SESSION

- All players must have a signed COVID-19 waiver as well as the COVID-19 screening question agreement signed and on file prior to being on the playing field.
  - New players can find these documents in the tryout registration.
  - Returning players will have these documents sent to them by their team managers.
- Parents - if any of the following is true – have your player stay home:
  - Have had a fever of 100.4°F or greater in the last two days
  - Have a cough, difficulty breathing, sore throat, or loss of taste or smell
  - Had contact with a person known to be infected with COVID-19 within the previous 14 days
- If you are sick or feel sick, then stay home.
- If you are an at-risk individual, then stay home.
- Players must wait in their vehicle until 10 minutes prior to their session, then may exit the car and head to their field.
- Players at the fields WILL BE REQUIRED to abide by the social distancing guidelines at all times.
- Parents and sibling will be required to stay in their cars at all times



# ON-SITE LOGISTICS

- **Coaches, Staff and Volunteers**

- All staff and coaches will :
  - Have temperature screening
  - Asked the screening questions
  - All coaches and staff must have a mask on at all times
  - Provided hand sanitizer prior to entry
  - Abide by all social distancing regulations

## **General**

- All people over 10 years old will need to have a mask on when not doing athletic activity.
- Social distancing must always be in practice on or off field of play.
- There will sanitizing options available. This will include:
  - Hand sanitizer
  - Disinfectant to wipe down all gear
- Only staff, coaches and players will be allowed in playing area.
- All food and gum products are not allowed at the facility until further notice.
- All portable toilets will be closed at this time.
- Players will have an assigned “station” to place their individual equipment and to return to during breaks.
- Players must only go to their designated area for water breaks & stay inside their allotted space.





# TRAINING

- During the tryout period June 8 – June 27 (6/8-6/27), players will need to sign up for each session using the signup genius link to ensure we have proper space for the players.
- Focused on return to activity with individual training, no group drills.
- Practice will resume with strict social distancing in force, coaches may ONLY do skills training or shadow play, with limited ability to pass balls, while always maintaining the safe distance required by the CDC.
- No physical contact. This includes:
  - Drills that involve players or coaches within 6 feet of each other
  - No high 5's, No knuckles, no handshakes
- Players must bring their own ball
  - Players must not touch or swap with anyone else's ball.
  - Players must not touch the balls with their hands at any time.
- Please have your player bring enough water for the duration of the practice.
  - Absolutely NO SHARING of any water/drinks is allowed.
- When practice has finished, players will pick up only their belongings and maintain the required social distancing until they are in their vehicle.
- Areas marked out by cones or equipment will be sanitized after each session.
- Sessions will be to 45 minutes to 1-hour length practices to start.
- Practice times will be set 15 minutes apart to maximize social distancing.
- Staff will oversee the release of players from the training session.
- Gear will be sanitized on a regular basis.
- Players are not permitted to touch equipment, including cones.
  - Coaches will manage all equipment during and after practice.



The above guidelines represent the actual procedures for our staff and player to be prepared so we will be ready to return to play on June 3rd (6/3). The situation has caused us to be fluid with our policies and guidelines and we will continue to do so with updated rules, policies and guidelines as they become available. The rules will be adapted to the best guidance and information we have at that time. We always consider our members, coaches and guest safety to be the first priority. If you have any questions, please feel free to reach out to:

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