



## **Return To Games Procedures - Coaches**

### **PHASING:**

The phased approach to Return-to-Play are provided here for context:

- Phase 1: “Internet-only” soccer, where players do individual sessions at home guided by their club.
- Phase 2: this phase allows for outdoor, 25-person trainings, with specific protocols in place to reduce the spread of COVID-19.
- Phase 3: This phase allows for the resumption of full team trainings (with contact) as well as scrimmages, with specific protocols in place to reduce the spread of COVID-19.
- Phase 4: This phase allows for the return of competition/league matches.

**Where we are - PHASE 4:** Now that we are in phase 4, we can have the return of competition/league matches.

### **RECOMMENDATIONS:**

General recommendations to stop the spread of infection, as outlined by Minnesota Department of Health:

- Stay at least 6 feet from other people.
- Stay home if you feel sick and contact your health care provider.
- Avoid touching your face.
- Wash your hands often, with soap and water. Wash for at least 20 seconds.
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash and wash your hands afterwards.
- MDH recommends wearing a cloth face at all times in public settings whether indoor or outdoor. The current Minnesota Executive Order must be followed, which indicates that masks are required in the outdoor setting if social distancing (> 6 feet of distance) cannot be maintained
- Clean and disinfect things that people touch a lot: counters and other surfaces; telephones, remote controls, and other devices; doorknobs, stairway railings and other objects.
- Avoid contact with other individuals (shaking hands, for example).

### **AT THE FIELD BEFORE THE MATCH:**

Any player that does not meet the criteria from the parent’s requirements they should be restricted from participation and sent home. It is not the responsibility of the referee to enforce these criteria or aspects of the club’s plan. The coaches, players and parents are responsible for assessing their criteria and restricting their participation.

### **DURING THE MATCH:**

Soccer may be conducted “as usual” with the following exceptions:

- Any team pre- and post-match handshakes should not occur.
- Handshakes or contact in substitutions should be avoided.
- Celebrations should not contain physical contact.
- Social distancing should occur between players and coaches on the sideline both during play and during any individual or group discussions during the match.



- No player, coach, or spectator should violate social distancing guidelines with a referee at any time.
- A game roster should be given to the referee. Staff cards should be shown to the referee but not collected.
- Players on the sideline/bench should remain socially distanced (6 feet minimum) at all times.
- Players do not need to be masked, but staff and players on the sideline (whom are not currently playing) should have a face covering.

### FIELD LAYOUT:

The below layout will be utilized for the fall season:



### AFTER THE MATCH:

- All attendees should maintain social distancing guidelines after the match is completed.
- Teams should not congregate, post-match debriefs should be kept to a minimum, and teams and supporters should depart the premises immediately.

### EQUIPMENT:

As per our original Return to Play Document:

- Players and referees should bring their own equipment (hand sanitizer, water bottle, towels, etc.) that should not be shared between individuals.



- Equipment should be disinfected before and after trainings and matches, equipment will be provided by the club. Where possible, communal equipment should only be handled by the coach.
- “Pinnies” shall be individually distributed to each player and used by that player for the season and washed in between each team contact.
- Balls should not be handled with their hands, by any player, with the exception of the goalkeeper with gloves on.
- Shared “hydration stations” should be eliminated to the extent possible and players and staff should bring their own water or other hydration.

### SPECTATORS

The following has been requested of the parents:

- Please be aware of the people around you
- Please be aware of the players when they are taking throw ins and corners
- Please DO NOT touch the soccer ball with your hands. If the ball goes out of bounds either leave it and let the players retrieve it or pass the ball back to a player using your feet.
- Please stay 10 feet away from the field when setting up your chairs. We will hopefully have an additional white line running parallel with the field for parents to stay behind
- It is strongly recommended that players have a minimal number of supporters on site whenever possible.
- Everyone is expected to cover their mouth when coughing or sneezing (into the nape of the elbow).
- Anyone feeling sick should leave the facility immediately, go home and if needed, seek medical guidance from a healthcare provider.
- Avoid touching their eyes, nose, and mouth with their hands whenever possible.
- Tents, tarps, or large group structures will not be permitted in the spectator areas of the sidelines.
- It is strongly recommended that people over the age of 65 and/or people with pre-existing conditions do not attend.
- MDH recommends wearing a cloth face at all times in public settings whether indoor or outdoor.
- The current Minnesota Executive Order must be followed, which indicates that masks are required in the outdoor setting if social distancing (> 6 feet of distance) cannot be maintained.

### TIMING CONSIDERATIONS

Where possible we will stagger home match start times to avoid mass congregating before or after matches. For example, if a 11U/12U match typically would be scheduled in a 1.5-hour block, we will consider using a 2-hour block. We will, as much as possible, configure field layouts consistent with the goal of avoiding mass congregation and social distancing protocols.

Once a report of a positive COVID-19 infection is reported, the club will follow the guidelines laid out on the REPORTING OF POSITIVE COVID-19 INFECTION document.