

SWM Kickers Phase 2 Return to Play Protocol and Guidelines for Training

Practice Approach during Phase 2

1. Pre-Practice: Coach and Players Temperature checks at home. If one has a temperature of at least 100.4°F (38°C) or have other COVID 19 symptoms you need to not participate in training activity. Assess the risk of out of area travel to states or cities with high incidence rate of COVID-19 for yourself or players. If parent or coach assesses the risk of exposure as high, then player should not train with the team for 7 to 14 days.

2. Preparation:

- a) Disinfect your soccer gear if needed before practice
- b) Recommendation to wear face mask before and after training session
- c) Player personal prep/break stations. Each player will have designated area 6-feet apart to the side of the training field to place their soccer gear.
- d) Attendance will be taken for possible Contact Tracing. Have players remove face mask to start training

3. Practice Session:

- a) All training sessions during Phase 2, should be done in compliance with social distancing guidelines and can be with the entire team with one coach. Coaches will typically wear mask when having team talks.
- b) Players should be set up in individual spaces, large enough for players to be respectful of social distancing.
- c) Participants should not touch each other before, during or after training.

4. Equipment Management Team Equipment

- a) If the coach is providing soccer balls for training. The coach should ensure that the balls are sanitized prior to training.
- b) If the player brings their own ball they should sanitizes the ball before and after training. Players are not required to have an individual designated ball for training. The use of shared balls between players is allowed in foot drills with avoidance of the use of hands.
- c) Goalkeepers can only handle ball with gloves. Gloves should be sanitized after practice.
- d) No use of shared scrimmage vests.

7. Practice Conclusion:

- a) Coach requests each Player to clean their hands with their personal bottles of hand sanitizer and put back their personal face masks before departure.
- b) Coach reports immediately to Pattie Warren if a player is ill at practice or is kept home for being ill.

8. Bathroom Considerations: Lincoln Charter Township is providing at Rockey Weed soccer complex 5 Porta-Pots with hand sanitizer and will open the building Restrooms for this summer. The restrooms will be cleaned once a day. .

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Responsibilities during Return to Training in Phase 2

Below are suggested criteria for participation in permitted small group training sessions

Parent Responsibilities

- Ensure your child is healthy, and check your child's temperature before activities with others. If your child has experienced any feelings of being ill, or any COVID-19 symptoms, do not send your child to practice. Notify the coach and Pattie Warren swmkickers.registrar@gmail.com
- Communicate to the Coach out of area travel. Assess the risk of out of area travel to states or cities with high incidence rate of COVID-19 for your player. If you or the coach assesses the risk of exposure as high, then player should not train with the team for 7 to 14 days.
- Ensure Communicable Disease Waiver is signed by player and parent/guardian before participating in training. Players will not be allowed to train if form is not turned into coach/manager prior to 2nd training session (no exceptions). Player will be told to wait near parking lot until parent/guardian returns.
- Explain to your player the plans for social distancing practice approach in Phase 1
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to social distance requirements, based on current state and local health requirements. SWM wants to limit the fields to player and coaches
- Consider washing player's clothes after training.
- Ensure all equipment (cleats, ball, etc.) are sanitized before and after training session.
- Notify Pattie Warren swmkickers.registrar@gmail.com if anyone with COVID 19 comes in contact with your child.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at training.

Player Responsibilities

- Take your temperature before soccer activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at training. Players should bring water bottle(s), soccer ball, and training gear. There is no sharing of personal training gear.
- Wear a mask before and after all training sessions. This protects others in the event that you are unknowingly carrying the virus.
- Do not touch or share anyone else's equipment, water, food or bags (soccer ball can be shared but only touch with your hands your soccer ball).
- Practice social distancing, place soccer bags and equipment at least 6 feet apart.
- Practice social distancing, when training by being at least 6 feet apart from other players.
- Players should not touch each other before, during or after training