



STING SOCCER CLUB

Return to Play

Version I



INTRODUCTION

“Version I” of our return to play procedure. Important to note;

- Priority is the Health and Safety of Our Staff & Families
- Participation is at the discretion of the Individual (Coach/Player/Parent) with no mandate from the club – completely optional
- We would like to encourage that all concerned proceed with Extreme Caution and follow all guidelines provided in this document
- The return to play procedures are to be followed across the entire organization at the point at which return to play is permitted (differs by region)
- Guidelines and information in this document are subject to change with any new updates to government guidelines. We will update and release a new version should any changes be applicable.



RETURN TO PLAY PROCEDURE



For those permitted to return to play, the following procedures are to be adhered to. Procedures are divided up by;

- **Pre-Participation** – The period of time immediately prior to departing for practice
- **Arrival** – The journey to the facility and subsequent arrival / drop off at practice
- **Training** – The period of time on the field engaged in practice
- **Departure** – Exiting the facility and the journey home
- **Post-Participation** – The period of time at home after practice has concluded



PRE-PARTICIPATION – PLAYER / PARENT

- Again Not Mandatory to Participate
- Check Temperature at Home
- Review the Minimum Standard Health Protocol Checklist (see below)
- Bathroom Visit – There will be no bathrooms open at our complexes
- Sign and Submit Waiver:Version I
- Pack Hand Sanitizer

Health protocols for outdoor sports participants:

- ☐ Self-screen before playing in an outdoor sport for any of the following, new or worsening signs or symptoms of possible COVID-19:
- | | |
|--|---|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Loss of taste or smell |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Repeated shaking with chills | <input type="checkbox"/> Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit |
| <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19 |
| <input type="checkbox"/> Headache | |

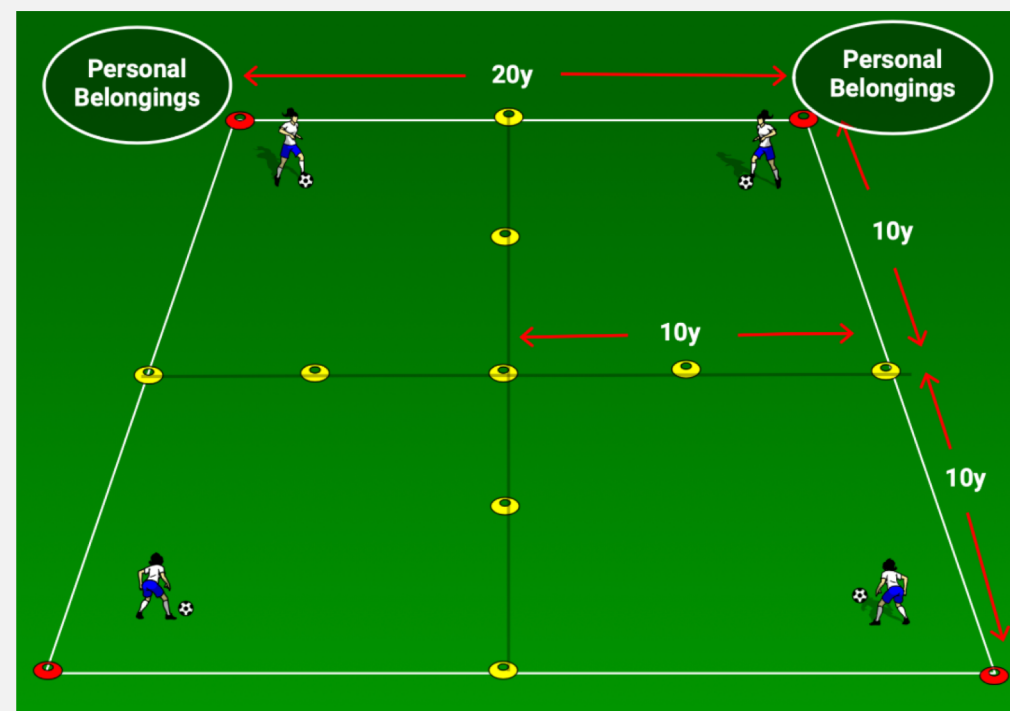
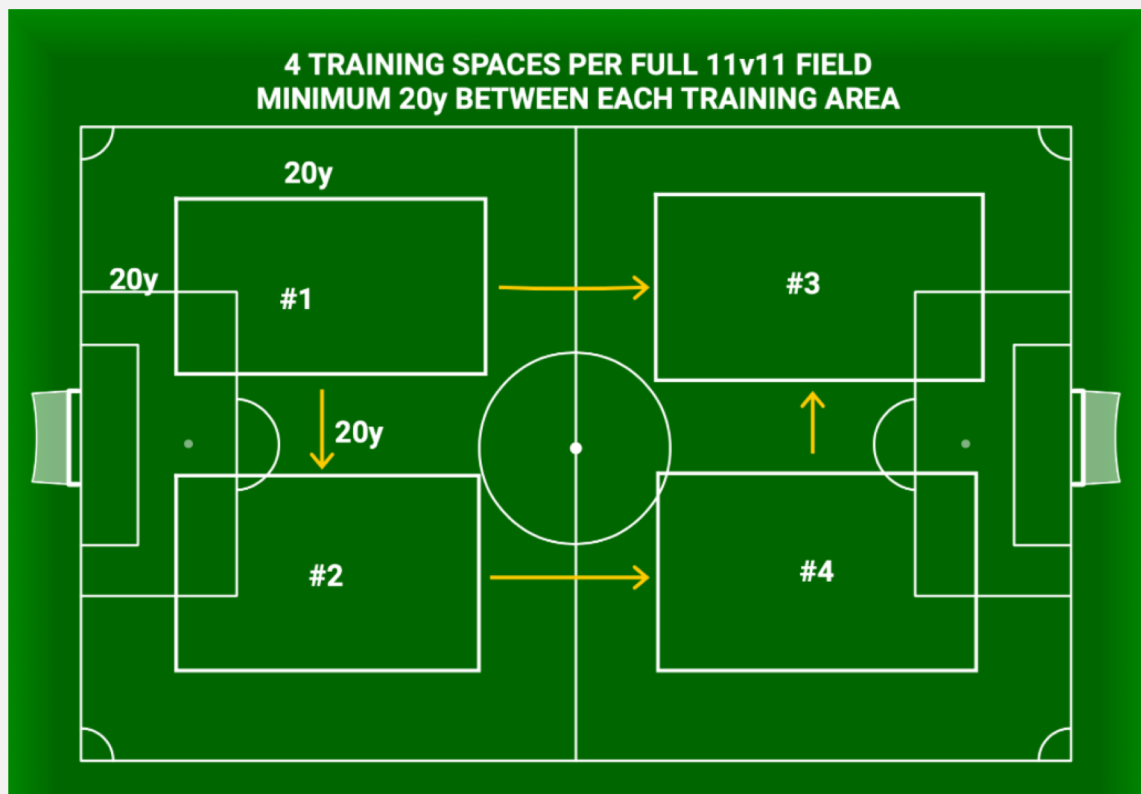


PRE-PARTICIPATION – CLUB / COACH

- Coach to ensure Participants are familiar with Return to Play Procedure and Expectations
- Check that Signed Waiver has been submitted by all participants: Version I
- Coach to Complete and Sign Adult Waiver:Version I
- Coach to Have Mask**
- Coach to Have Hand Sanitizer
- Reserve Practice Space via Sign Up Genius ahead of Time
 - North Texas Only:
 - All other areas review field assignments with DOC
 - Practices 45 mins in duration with 15 mins interval to next start time



PRE-PARTICIPATION – FIELD ASSIGNMENTS / LAYOUT



General guideline only – specific layout / configuration with vary by location
Coaching Staff to clearly mark out 20x20y training area using cones for each group of 4 players
Coach can have up to 16 players out at one time, working between 4 training spaces



ARRIVAL

- No Car Pooling – Ride only with household members
- Park leaving single space between other vehicles
- If no parking exists then proceed to drop off your player at entrance
- Sit in car until cleared by coach to exit vehicle and proceed to training space
 - Coaches to utilize TeamSnap or Group Text to notify players to exit vehicle
- Maintain 10ft of Distance from others upon entry and walk to training space
- Parents and Siblings are not allowed to accompany players on practice field – stay in car
- Players to place own belongings (Back-Pak, Water Bottle etc.) on the outside edge of own designated training space (see previous page)
- Parents and Siblings asked to remain in their cars for duration of practice and not congregate in parking lot or on field
- Also asked to remain present at or nearby facility in case of inclement weather or injury



TRAINING



- Players must Maintain Social Distancing – 10ft of distance at all times
- If control of ball is lost must wait for appropriate moment to collect it whilst maintaining distancing
- Activities are to be **Unopposed** with ball and without ball in individual space within assigned training
 - Technical Work: e.g. Ball Mastery / Skill Work / Handling (own ball only) / Diving etc.
 - Fitness: e.g. Strength, Flexibility, Speed Work, Injury Prevention
 - Passing, Shooting are not permitted during Version I
- Equipment – Players must not share or touch (other than own) any equipment
- No goals, bibs or other additional equipment is to be utilized for training – ball and cones only
- Players confined to their individual training space whilst always maintaining appropriate distancing as they move through their 10x10y space
- Do not share water, Do not High-Five or Hug
- Coach to Maintain appropriate Distancing from all players
- Players and Coach to have Hand Sanitizer with them and use at frequent intervals
- Coach to wear mask when appropriate distancing can no longer be maintained e.g. injury



DEPARTURE



- Coach to organize training group to leave in orderly fashion whilst maintaining adequate distancing – 10ft
- Players are to exit complex immediately after practice – no socializing, 15mins until next group enters
- Leave training space one player at a time when called upon by coach
- Players to Head directly to vehicle upon exiting
- Parents and Siblings to remain in vehicles – players to exit individually



POST-PARTICIPATION

- Continue to monitor health using the Minimum Standard Health Protocol Checklist
- Parent to Report any health concerns to coaching staff immediately (after medical expert) if any symptoms arise to manage training schedules and help determine if safe to continue

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FINAL THOUGHTS

- In the instance of an injury, coach must utilize mask if social distancing cannot be maintained and contact parent to enter the field immediately. All activities must be ceased until the injury is resolved
- Zero Tolerance towards obvious neglect for application of protocol