

Massapequa Soccer Club Return to Play Strategy

Roles and Responsibilities for Returning to Play

- 1) Club
 - a) Distribute and post return to play protocols
 - b) Be sensitive and accommodating to parents that may be uncomfortable with a return to play
 - c) Train and Educate all staff on return to play protocols
 - d) Provide adequate field space for social distancing
 - e) Ensure appropriate waste receptacles at all fields
 - f) Provide adequate sanitizing and wash stations
- 2) Coach
 - a) Follow all return to play protocols
 - b) Inquire how athletes are feeling – If they are not feeling well, send them home
 - c) Ensure all athletes have their own equipment
 - i) Ex: Soccer Ball, water, shin guards etc.
 - d) Coach is the only person to place/pickup/touch cones, discs and training equipment
 - e) Ensure that drills and exercises provide adequate social distancing
 - f) Ensure that any pinnies are disinfected after each use
 - g) Respect players/parents by accommodating those that may not yet be comfortable with returning
- 3) Parent
 - a) If you are not comfortable with returning to play, DON'T. Parents are the only one who will make the decision when your child returns to play
 - b) Check the child's temperature before coming to any training session
 - c) Ensure that your child's clothing is washed after each training session
 - d) Ensure that all equipment is sanitized before and after each session
 - e) Notify Club/Coach immediately if your child becomes ill for any reason
 - f) Supply your child with individual Sanitizer
 - g) Adhere to social distancing requirement; stay in car
 - h) Ensure that your child has plenty of water
- 4) Player
 - a) If you are not comfortable with returning to play, DON'T
 - b) Adhere to all return to play protocols
 - c) Wash hands thoroughly before and after training
 - d) Wash and Sanitize training equipment after every training
 - e) Do not share water, food, equipment
 - f) Respect and Practice social distancing
 - g) Place equipment, bags, etc. At least 6 ft apart
 - h) No high 5's, handshakes, knuckles or group celebrations

Phase 1 of Returning to Play:

- No Contact
- Focuses on return to activity with individual training – any group drills players must be 6 ft apart
- Groups not to exceed 30 participants per field
- No Sharing of Water or Equipment
- Players and coaches remain 6 ft apart at all times
- Practice times should be set to maximize social distancing
- Temperatures will be taken of each player upon arrival, they must also confirm that they are not sick and have not come in contact with anyone who has been sick
- Parents must stay in their vehicle
- Players must wear masks when arriving and only remove them after being cleared to play
- Session Plans Communicated ahead of time from coaching staff to parents/players
- No sharing of water

Phase 2 of Returning to Play:

- Physical Contact Minimized
- Small group training introduced; should not exceed 4v4
- Groups not to exceed 30 participants per field
- No sharing of water
- Practice times should be set to maximize social distancing
- Temperatures will be taken of each player upon arrival, they must also confirm that they are not sick and have not come in contact with anyone who has been sick
- Parents must stay in their vehicle
- Players must wear masks when arriving and only remove them after being cleared to play
- Session Plans Communicated ahead of time from coaching staff to parents/players
- No sharing of water

Phase 3 of Returning to Play:

- Introduction of controlled scrimmages/practice games
- Physical contact to be minimized
- No limitations on number of participants in sessions
- No limitations on participants per field
- Parents must stay in their vehicle
- Players must wear masks when arriving and only remove them after being cleared to play
- Session Plans Communicated ahead of time from coaching staff to parents/players
- No sharing of water

Phase 4:

- Full return to play

- Games
- Tournaments
- Still follow recommended social distancing guidelines at league games and events
- No sharing of water
- Follow CDC guidelines regarding masks

As the evolution through each of the four phases occurs, the following should always be adhered to:

- If you are sick or feel sick, stay at home
- At risk individuals, youth or adult, Stay Home
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must have their own ball and equipment
- No one is to share water, towels or any equipment. This includes but not limited to:
 - Balls, no activities should include pickup up, or making contact with one’s hand, with a ball. (Phase 1 and 2)
 - Shoes, socks, or shin guards
 - Jersey/uniform
 - Pinnies – must be washed after each use
- Only coaches to put down and pick up cones, discs, other equipment
- No centralized hydration/refreshment stations
- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- Sanitation Stations will remain available
 - Hand Sanitizer
 - Disinfectant wipes will be used to wipe down all equipment
- Respect for each individual’s choices must be the top priority. If a participant wishes to wear a face mask this will be allowed and accommodations made if needed.