

# **EAGLE EXPRESS SOCCER CLUB**

## **RETURN TO PLAY GUIDELINES**



### **COACH, PLAYER AND PARENT RESPONSIBILITIES**

### **2020**



# EAGLE EXPRESS SOCCER CLUB

## COACH, PLAYER AND PARENT RESPONSIBILITIES

2020

### PLAYER RESPONSIBILITIES

- Ensure you are healthy before all training sessions, scrimmages and games
  - If experiencing COVID-19 symptoms (sore throat, shortness of breath, difficulty breathing, fever greater than 100.4F, chills, headache, sinus congestion, cough, joint aches and soreness, vomiting or diarrhea, rash), don't attend
  - If you have come in direct and sustained contact with someone who has tested positive for COVID-19, self-quarantine for 14 days
  - If you are awaiting a test result, don't attend until you get the results
  - If you test positive for COVID-19, self-quarantine for at least 10 days until you are symptom free and fever-free for at least 24 hours
  - Notify your coach immediately if you receive a positive test result
- Wash hands thoroughly before and after training, scrimmages and games.
- Bring and use hand sanitizer at every training, scrimmage and game.
- Bring your own equipment and water/drinks to each training. If you wear a mouthguard, do not take it out during practice. Wash the mouthguard and your hands thoroughly after each practice.
- Wear mask before and immediately after all trainings, scrimmages and games and while on the bench during games.
- Do not touch or share anyone else's equipment, water, snack, or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment/clothing before and after every training.
- No group celebrations, no high 5's, hugs, handshakes, etc.



WASH HANDS  
FREQUENTLY



WEAR A MASK



AVOID CONTACT  
WITH SICK PEOPLE



DON'T TOUCH EYES,  
NOSE OR MOUTH



STAY HOME IF SICK



DISINFECT  
FREQUENTLY



# EAGLE EXPRESS SOCCER CLUB

## COACH, PLAYER AND PARENT RESPONSIBILITIES

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### COACH/MANAGER RESPONSIBILITIES OVERALL HEALTH

Ensure you are healthy before all training sessions, scrimmages and games

- If experiencing COVID-19 symptoms (sore throat, shortness of breath, difficulty breathing, fever greater than 100.4F, chills, headache, sinus congestion, cough, joint aches and soreness, vomiting or diarrhea, rash), don't attend
- If you have come in direct and sustained contact with someone who has tested positive for COVID-19, self-quarantine for 14 days
- If you are awaiting a test result, don't attend until you get the results
- If you test positive for COVID-19, self-quarantine for at least 10 days until you are symptom free and fever-free for at least 24 hours
- We will cover all sessions for you

Ensure all players complete the health screening questionnaire – verbally in the short term and through the app in the future – before all training sessions, scrimmages and games

- Players only allowed to participate once completed
- If a player appears sick or displays COVID-19 symptoms, send them home
- Players should not participate if they are awaiting a test result



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### COACH/MANAGER RESPONSIBILITIES TRAINING

- Ensure all athletes have their individual equipment (ball, water, bag, etc.)
- Coach is the only person to handle cones, goals, etc.
- Encourage all training outdoors and ensure social distancing per state or local health guidelines.
- The use of scrimmage vest or bibs is not recommended at this time. Or, if you use, don't switch throughout the session. Wash vests/bibs after each session is used
- Bring and use sanitizer throughout the session
- Wear a face mask, when not actively coaching including upon arrival and departure and maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.



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### COACH/MANAGER RESPONSIBILITIES GAMES

- Encourage social distancing and wearing masks when players are on the bench
- Maintain a list of all facility users for contact tracing
- Wear a face mask, when not actively coaching including upon arrival and departure and maintain social distance requirements from players based on state and local health requirements.
- Have parents wear masks and social distance when at games.
- Warm ups should not be conducted until previous teams have left the field and equipment and benches have been sanitized.
- Participants should avoid intentionally touching each other before or after the match including hugs, hand shakes, high fives, huddles, etc.
- Wear PPEs during pre- and post-game and half-time huddles



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### PARENT RESPONSIBILITIES

- Ensure your child is healthy before all training sessions, scrimmages and games
  - Complete the COVID screening questions prior to all events; take your players temperature prior to all events
  - If experiencing COVID-19 symptoms (sore throat, shortness of breath, difficulty breathing, fever greater than 100.4F, chills, headache, sinus congestion, cough, joint aches and soreness, vomiting or diarrhea, rash), please keep him/her home
  - If your player comes in direct and sustained contact with someone who has tested positive for COVID-19, self-quarantine for 14 days
  - If you are awaiting a test result, your player should NOT attend training until you get the results
  - If your player tests positive for COVID-19, self-quarantine for at least 10 days until you are symptom free and fever-free for at least 24 hours
  - Alert your coach immediately upon receiving a positive test result
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training. Wear mask if outside your car.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards, etc. are sanitized before and after every training.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training
- Allow for space between each other on the sidelines during games
- Please wear a mask when watching sessions and games



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