

## **AYSO Region 106**

### **Regional Clinic/COVID-19 Guidelines**

The intent of our Fall 2020 program is to provide a safe and healthy environment for your players to participate with soccer related activities. The program, at the start and possibly through the end of the “season,” is intended to work with the players on their ball control skills and working on their physical conditioning, challenging them to improve their soccer abilities. Every effort of this program will be designed to ensure proper social distancing and ensuring the health and wellbeing of our players and volunteers. Regional Staff will be enforcing these guidelines, which have been set by AYSO Office and by our Region.

The camp will be run with one coach and a group of 10 players. Region 106 also recommends a team parent, who will be the point of contact for each group. The times for each of these will vary by division, and could last for 1 hour (for Playground, 6U and 8U) to an hour and a half (for 10U and up.)

Until further notice, there will be NO scrimmages or games involving contact.

#### **Region Responsibilities:**

- Before each camp, Region 106 will cordon off the practice area.
- Face masks will be required by all Regional Staff who are within the park/practice area.
- Oversee operations at the check in tent.
- Limit entry into the practice area to only players and coaches (Playground and 6U will be an exception and will have a designated area for one parent.)
- Update parents/Region upon any positive case result.
- Provide guidance to coaches on proper coaching exercises/drills that follow social distancing protocols.
- Work with the City, Park and County Health services when necessary.

#### **Coach Responsibilities:**

- Coaches should maintain physical distancing requirements from players and family members.
- Wearing a face mask is required for the duration of the practice.
- Utilize technique in isolation exercises, grid work, fitness and spatial awareness to limit physical contact between players
- Ensure all players have and handle their own labeled equipment (backpacks, water bottles, pennies, etc)
- Ensure no equipment is shared
- No physical greeting of players (high fives, fist bumps, hugs, etc)
- Wash and/or sanitize before, during and after practice

- Coach is the only person to handle coaching equipment (cones, hurdles, ladders, etc) Players shall NOT assist in field setup or teardown.

### **Parent Responsibilities:**

- Ensure your child is healthy. Test child's temperature before departing for soccer practice (if above 100.4, do not attend).
- Drop off and pick up players with special care given to the presence of children coming to and from the activity and receive verbal acknowledgement from the coach each time.
- Please wait in your car and/or adhere to social distance requirements, based on state and local health requirements and as requested by your coach or AYSO officials.
- Limit the use of carpools or van pools, and limit passengers to household members.
- Face masks will be required when on the park grounds and within the practice area.
- Wash your child's clothing after every training/activity (recommendation).
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.
- Clearly label your child's water bottle and personal items.
- Ensure your child has hand sanitizing products with them at every session.
- Notify your team immediately if your child or family member becomes ill for any reason.
- Do not assist coach with equipment before or after training.
- Check Region and Coach communication regularly.

### **Player Responsibilities**

- Inform parent if feeling unwell.
- Wash hands before and after training.
- Responsible for cleaning all required equipment after each training sessions (ball, cleats, shin guards, etc.).
- Bring and use your own labeled hand sanitizer at every session.
- Do not touch or share anyone else's equipment.
- Mask is required prior to and during check in, and when you leave the practice area and park. Masks are recommended during strenuous activities, but will not required.
- Practice physical distancing, place bags and equipment in designated areas will be at least 6 feet apart.
- No sharing drinks or use of water fountains at facility (players should mark their own water bottles).
- No physical greetings with their teammates (verbal acknowledgement is expected, we are physical distancing not social).