



## RETURN TO PLAY

**Phase I – Beginning May 15th:** In keeping with the State of Maine protocols as published, small group outdoor training activities with 10 or less individuals present, based on State and Local Health requirements),

### **Criteria for participation in group training sessions (includes athletes, coaches and staff).**

- No signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- Take temperature before going to training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19 if the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
- Small group training sessions should take place outside in an area where social distancing can be maintained.
- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Use own water bottle, towel, shin guards, etc.
- No activities that require direct or indirect contact between athletes.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after training.
- Wearing appropriate personal protective equipment if in a public location setting as mandated by that particular public space, (i.e. face mask.)
- Coaching can occur onsite, but coaches must maintain social distancing from all participants.

### **Soccer Maine Phase I Introduction of Principles and Responsibilities**

#### **Club Responsibilities:**

- Create and distribute protocols to its members.
- Have an effective communication plan in place, identify strategies to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents that many be uncomfortable with returning to play too quickly.
- Have an action plan in place, in case of a positive test.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information. It is the Club's responsibility to see that all coaches, and other staff adhere to these protocols and requirements.

- Be prepared to shut down and stop operations if the State of Maine changes its guidelines to require stoppage.
- Provide adequate field space for social distancing.
- Provide hand sanitizer and waste receptacles at fields. Regarding hand sanitizer, this would be only used if a player or other individual does not bring their own.

### **Coach Responsibilities:**

- Ensure the health and safety of the Athletes.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- Follow all state and local health protocols. Links provided below.
- Ensure all athletes have their individual equipment (ball, water, bag, shin guards, etc.)
- Coach is the only person to handle cones, disk etc.
- All training outdoors and ensure social distancing per state or local health guidelines.
- Wear appropriate personal protective equipment if training in a public location setting as mandated by that particular public space, (i.e. face mask.)
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.
- The use of scrimmage vest or pinnies is not recommended at this time.

### **Parent Responsibilities:**

- Ensure child is healthy, check your child's temperature before attending a training session.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements.
- 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.
- Notify club immediately if your child becomes ill for any reason. This is a requirement.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training. This is a requirement.

### **Player Responsibilities:**

- Take temperature before attending training session, if you have a temperature of 100° or higher, do not attend training session or activity.
- Wash hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- 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 before and after every training.
- No group celebrations, no high 5's, hugs, handshakes etc.

Follow all Maine CDC guidelines: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Governor Mill's Reopening Plan: <https://www.maine.gov/covid19/restartingmaine>