



Indoor RETURN TO PLAY

Phase I – Beginning December 7th: In keeping with the State of Maine protocols as published, group indoor skills/conditioning activities, socially distanced with all participants masked, based on State and Local Health requirements.

Criteria for participation in group 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 session.
- Upon arrival to session, 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 coverings, etc.)
- 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, i.e. mask, for session.**
- Coaching can occur onsite, but coaches must be masked and maintain social distancing from all participants.

Soccer Maine Phase I Introduction of Principles and Responsibilities

Club Responsibilities:

- Create and distribute protocols to its members and coaches.
- Have an effective communication plan in place to notify 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 sessions too quickly.
- Have an action plan in place in case of a positive test.
- 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. Regarding hand sanitizer, this would be only used if a player or other individual does not bring their own. We strongly urge that you have each player provide his/her own hand sanitizer.
- 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.

Coach Responsibilities:

- Ensure the health and safety of the Athletes.
- Inquire how the athletes are feeling, send them home should you believed 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.
- Ensure social distancing per state or local health guidelines.
- Wear appropriate personal protective equipment as mandated by the State and Soccer Maine, i.e. face mask.
- Have fun, stay positive, 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 session.
- Limited or no carpooling.
- Stay in car for session.
- 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 Soccer Maine ODP immediately if your child becomes ill for any reason. This is a requirement.
- 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 session.
- Bring and wear a face mask for every session.
- 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>