



## Arlington Soccer Rec Coach Return to Play 2020 Protocol – Detailed

Thank you, coaches, for signing up this year. We appreciate it! This fall is going to present some new challenges. Health and safety will be of utmost importance as we get players back on the field.

We all need to work together. This document highlights the basic rules and resources available to coaches to help you navigate these issues and follow the Arlington Soccer Rec Return to Play guidelines.

### **COACH PROTOCOL SUMMARY**

There are **four basic points** of the [Return to Play Protocol](#):

- 1) Anyone who is sick or has been in close contact with anyone who is sick must stay home.
- 2) Everyone must remain physically distanced.
- 3) Players can only touch their own ball and gear.
- 4) Rules must be applied consistently.

### **The Basic Four - Detailed**

We have been working over the summer to structure how a safe, physically distanced practice can work effectively. These four basic points summarize the most important findings based on recommendation from the CDC, Virginia Youth Soccer, the Virginia Governor's office and others.

- 1) Anyone who is sick or has been in close contact with anyone who is sick must stay home.
  - The definitions of being sick or in close contact are found on the [COVID-19 Illness or Exposure Information checklist page](#).
- 2) Everyone must remain physically distanced.
  - All players will need to remain physically distanced.
  - Physically distanced means at least 10' apart.
  - When players enter and exit the field and during water breaks, they should remain physically distanced. We recognize this is a change but it is important.

- Physically distanced means at least ten feet apart at all times: arriving, sitting on the sidelines, placing their gear, hydrating, resting, talking, etc., all at least 10' apart.
  - At Arlington Soccer events, all players must be physically distanced from each other.
  - The rule applies to twins, to members of families that 'co-quarantine' and/or carpool together. Everyone.
  - This includes coaches and helpers on the field, except with their own children.
- 3) Players can only touch their own ball and gear.
- Each player's ball and water-bottle must remain at least 10' apart from everyone else's possessions.
  - No one can touch the belongings of anyone else.
  - Players should use hand sanitizer regularly and avoid touching their face.
  - There can be no heading of balls other than the player's own.
  - There can be no goalies or goalie practice except with the goalie using only their own ball kicked (never thrown) to them by another person.
  - There can be no throw-ins or throw-in practice.
  - If/as the goalie and throw-in rules change over time, we will update you.
- 4) Rules must be applied consistently.
- Please ask questions to stay on top of things.
  - Rec soccer staff and Neighborhood Club Managers are here to answer your questions and provide support and clarification.
  - Please work with your team families to keep them up to date and to help us communicate expectations. It will mean more coming from you than from us!

As a coach you will have **four levels of support**:

- 1) Rec soccer staff, including the Rec Director.
- 2) Your Neighborhood Club Manager.
- 3) Your Team Manager.
- 4) Your team families.

### **Four Levels of Support - Detailed**

- 1) Rec soccer staff, including the Rec Director and others
  - We will email you weekly coach lesson plans like in the past, usually on the Friday of the previous week. These will include UPDATES on the Return to Play guidelines. Please read them!
- 2) Your [Neighborhood Club Manager](#)

- Your club manager can help if you have issues, questions or concerns about the Return to Play protocols

### 3) Your Team Manager

- Each team should have a Team Manager. Your Team Manager can be an assistant coach or parent or anyone else. They should please register to Team Manage if they are not already registered as a coach.
- The Team Manager will track who is at each team event.
- They will also help remind players to remain physically distanced on and off the field.
- We will have further specific instructions for the Team Managers that will also be shared with you coaches for your information.

### 4) Your team families

- Will check players before each practice and game.
- Parents will check for fever, cough, shortness of breath, chills, sore throat, or muscle ache.
- Parents will also check to see that the player complies with the [COVID-19 Illness or Exposure](#) Information page.
- Players who exhibit ANY symptoms or exposure cannot attend Arlington Soccer events.

## SESSION CHECKLIST

We will provide detailed guidance on how to run a session in a different document and via on-line trainings.

There are six areas of best practice:

- Communications before practice
- Preparations for practice
- Field set-up
- As players enter the field
- During training
- After training

## COMMUNICATIONS

- **With Rec soccer staff:** We will email you weekly coach lesson plans as in the past. These will include UPDATES on the Return to Play guidelines. Please read these.
- **With your club manager:** Notify your club manager of any issues, questions or concerns. If you have questions, please ask for clarification.

- **With your team families:** Please be clear about expectations. Please be sure to be consistent with Rec Soccer requirements and please help reinforce the Return to Play protocols.

#### **BEFORE EACH SESSION**

- Have families check their players using the [COVID-19 Illness or Exposure Information checklist](#).
- Assemble and sanitize your gear. This will include: mask, sanitizer, cones, ball.
- No pinnies should be used.
- Check for Arlington Soccer communications to see what may have changed under the Return to Play protocols.

#### **FIELD SET UP**

- We will send technical guidelines appropriate for each age group.
- Parents and players should not help you set up. Only you should touch your cones and other gear.
- Players should not come to the field before the field is set up.

#### **AS PLAYERS ENTER THE FIELD**

- Players should enter the field physically distanced and wearing masks.
- Players should take their gear to a predetermined spot at least 10' distanced from anyone else's gear. It will be easier if this is always the same spot. Once on the grid and physically isolated, players can remove masks if they choose.
- Confirm with the Team Manager that they have taken attendance. This will be essential for contact tracing in case someone is ill.
- If someone appears ill, ask the Team Manager to speak with their parent or guardian and send them home immediately.

#### **DURING TRAINING**

- Players should wear masks arriving to and leaving the field, but can remove them during exercise (or they can wear their mask the whole time).
- Coaches must wear a mask whenever within 10' of another person.
- Maintain physical distance throughout the session, for you and players.
- Remember the Basic Four:
  - Anyone who appears sick should be sent home immediately.
  - Everyone must be at least 10' apart at all times.
  - Players should only touch their own gear.
  - Be consistent with the rules.
- Non-coaches/non-team managers should remain "outside the fence" – not just off the field, but physically separated from it.
- **EXCEPTION:** On teams 2nd grade and under, parents' assistance will be governed by the coach's preferences/requests. We are also open to parents assisting players with special needs.

- “Hour-long” practice sessions will last only 45 minutes in order to allow time for one group of players to exit and the next coach to set up before their players arrive at the field.

#### **AFTER TRAINING**

- Please end after 45 minutes out of respect for those who need to practice after you.
- Dismiss the players one by one and physically distanced by at least 10’.
- If there are multiple teams on the same field, try to coordinate with the others coaches so that teams/players do not interact or approach each other.
- Clean up quickly so that the coach who comes next can have time to set up without coming into proximity with you.
- Don’t let players help clean up.

### **THANK YOU!**

Again, thank you for coaching! It seems like a lot at first but I promise that it rapidly becomes a good habit, like putting on your seatbelt or turning off a light when leaving a room. Or putting on a face-mask. Depending on how old you are, all those actions once seemed odd; now they are becoming second nature.

Rec will start off with players completely physically isolated. Once players and coaches have acquired good habits, we will gradually expand permitted behaviors with the goal of eventually having scrimmages and games as conditions permit and as allowed by the state, Virginia Youth Soccer, the county and Arlington Soccer.

Working together as a team, we can make this work.