



Dunedin Stirling Soccer Club
981 Jerry Lake Court
Dunedin, FL 34698

Returning to Training

The recommendations listed for returning to play in a training environment are provided for our coaches, players, parents and club to assist in resuming soccer training and game play while reducing infectious risk in the ongoing COVID-19 pandemic.

In an effort to be as responsible as possible, in our return to soccer, these recommendations and guidelines are provided after attending conference calls, discussions, researching and consultation with US Youth Soccer, FYSA, US Club, US Soccer, Federal and State agencies. These recommendations do not supersede or replace any applicable local, state, regional or federal health guidelines or requirements, which should be adhered to by all participants at our club.

General Recommendations:

Hygiene practices

These practices should be reinforced within our soccer organization and community to mitigate transmission of any communicable diseases.

➤ Clean your hands often

1. Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.

➤ Avoid close contact

1. Maintain a distance of 6 feet between you and others.
2. Limit contact with others as much as possible (shaking hands, for example).
3. Remember that some people without symptoms may be able to spread virus.
4. Avoid close contact with people who are sick.
5. Stay home if you feel sick and contact your health provider.

➤ Cover your mouth and nose

1. Cover your mouth and nose (with arm or elbow, not hand) when coughing or sneezing and wash hands afterwards.
2. When in public settings and social distancing is difficult to maintain, you should wear a cloth face covering.
3. The cloth face covering is not a substitute for social distancing.



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Roles and Responsibilities

Club

- Distribute and post Return to Training and return to Play Protocols.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play.
- Train and Educate staff on all Return to Soccer Protocols.
- Provide adequate field space for social distancing
- Do not show up to the fields if you or anyone in your household is sick and wait until you know you are clear of the virus.

Coach

- Follow all return to play protocols
- Inquire how athletes are feeling. If they are not feeling well, send them home and notify the club.
- Ensure all athletes have their individual equipment (ball, water, shin guards, pinnies. etc.). All bags must be placed 6 feet apart.
- Coach is the only person to place/pickup/ touch cones, discs, or training equipment.
- Ensure drills/exercises provide for adequate social distancing.
- Ensure that all training equipment are disinfected before and after use.
- Respect players, parents, and families by accommodating those that may not be comfortable with returning.
- Do not show up to the fields if you or anyone in your household is sick and wait until you know you are clear of the virus.

Player

- If you are not comfortable with returning to play, DON'T
- Adhere to all return to play protocols.
- Wash hands thoroughly before and after every training session.
- Wash & sanitize training equipment after every training session.



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- Do not share food, water, or equipment.
- Respect and practice social distancing.
- Place equipment, bags, etc. at least 6 feet apart.
- No high fives, handshakes, knuckles, or group celebrations.
- Do not show up to the fields if you or anyone in your household is sick and wait until you know you are clear of the virus before returning to play. Missing any amount of practice due to being sick takes priority over potentially infecting other players.

Parent

- If you are not comfortable with returning to play, DON'T. You are the only one who will make the decision when your child will play.
- Ensure your child's temperature is taken at the fields before releasing them to the coach.
- Ensure child's clothing is washed after every training session.
- Ensure all player equipment is sanitized before and after every training session/game.
- Notify the club/coach immediately if your child becomes ill for any reason.
- Supply your child with individual sanitizer and plenty of water.
- Adhere to social distancing guidelines.
- Do not show up to the fields if you or anyone in your household is sick and wait until you know you are clear of the virus before returning to play. Missing any amount of practice due to being sick takes priority over potentially infecting other players.

Daily training procedures and expectations

- All parents of players must answer 3 - COVID-19 questions regarding their child to return to training on day 1.
- All players must get a temperature check every day prior to going to their training session.
- Parents are not allowed to be on the fields during any sessions.



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- All players must bring the following items each day to training. (failure to bring all items may result in the child being dismissed from practice that day or may be required to sit out of portions of the training session).
 - Soccer bag
 - Ball
 - Cleats
 - Shin guards
 - Water
 - Pinnie (the club will be providing each player 1 Pinnie for them to keep and use at all team activities).
 - Hand sanitizer
- All players once on the field will need to place their soccer bag 6 ft from other players soccer bags.
- There will be 1 entrance and exit for each field for the players to use.
- Once uniforms have arrived all players will be expected to wear the proper attire.
- If a player is to leave the field for any reason during their session players must use sanitizer before entering the field again. Sanitizer pumps will be available for this purpose.
- After training there is no congregating on the fields or in the parking lot. Players must exit the fields and return to their parent to leave the Jerry Lake complex.

****In the event fields have to be cleared due to inclement weather ALL players are required to go sit in their parent's car until either we are all cleared to return to the fields or we are all dismissed for the remainder of the training session****

We highly recommend a contingency plan with one other family in the event you are not able to remain at the fields. We will NOT allow the kids to gather under the concession stand, in the bathroom or clubhouse as in past years due to proximity issues.

As we get closer to game day additional information will be provided on how we handle game day procedures for all parties involved (Clubs, referees, coaches, players, parents and others)



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Consequences

It is important that we all collectively follow and enforce the requirements and expectations as listed in our return to training policy. In the event that any individual or group is not following the required procedures as listed above there will be steps taken to reinforce the proper actions. These are general and can include up to immediate dismissal from team/club.

- 1st offense verbal warning
- 2nd offense written warning
- 3rd offense suspended
- 4th offense removed from club

Due to COVID-19 we will ask our families to bring the following items to the field that will not be shared by anyone else:

- Pinnies: Each player will receive one Pinnie for the season. It will be the players responsibility to wash and bring the Pinnie to practice every day. Failure to do so will result in your player not being able to participate in scrimmages or other practice activities.
 - **1st time offense:** Player who forgot to bring their Pinnie to practice will be offered to collect a second Pinnie from the office (as long as supplies are available). The player will be charged \$5 for the additional Pinnie.
 - **2nd time offense:** Player who forgot to bring their Pinnie to practice and has previously purchase a replacement pinnae will not be able to purchase another one. The player will be asked to sit out during scrimmage and other practice activities that require a Pinnie.
- Soccer ball: Please check with your coach on the size soccer ball required/needed for your age group.
- Water: Please make sure your players bring labeled water bottles to the field so that there will be no accidental confusion. If your player is bringing a store bought water bottle, please make sure you write their name on the bottle.
- Skin guards
- Face mask (if desired)

If any players and/or families prefer to wear a mask they are welcome to do so at their own discretion.