



**Parkland Soccer Club**  
**“On the Field” Return To Play Plan**  
**Updated on July 26, 2020**

This document serves as the Parkland Soccer Club ON FIELD operational Return To Play plan and is based on State and National Soccer Governing bodies (FYSA and US CLUB) guidelines and recommendations towards return to play. This plan further takes other factors into consideration above and beyond FYSA’s recommendations.

Implementing this “On the Field” Return to Play plan will require a coordinated effort between our club, coaches, parents, players, FYSA and the City of Parkland.

**Parkland Soccer Club remains dedicated to the commitment that the health & safety of the soccer community is our primary concern.**

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**PLAYERS – RETURN TO PLAY PROTOCOLS**

- If you are not comfortable with returning to play at this time, you are not required to return. There is no penalty for delaying return to play. All players are welcome to return when they are comfortable. These protocols are in place to outline the manner in which we are making the opportunity available to utilize at YOUR discretion.
- Wash your hands thoroughly for 20-30 seconds before and after every training session.
- If you are coughing or sneezing do not participate.
- Players who have been in direct contact with a positive COVID-19 patient or have personally tested positive should stay home for 14 days prior to returning to the fields.
- Bring and use hand sanitizer throughout training sessions.
- Bring plenty of water and your own soccer ball to each session. Ensure they are clearly labeled.
- Wash and sanitize all equipment with CDC approved products and methods before and after every session.
- Refrain from touching and sharing water, food, or equipment with other players to the greatest extent possible.
- Maintain recommended social distance before, during and after sessions.
- Place equipment in designated areas 6’ away from other players.
- No high-fives, handshakes, knuckles, or other group celebrations/greetings will be permitted.
- Gloves and masks not required but are allowed and recommended.

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**COACHING STAFF – RETURN TO PLAY PROTOCOLS**

- The first priority will be to ensure the health and safety of all players. All players will be asked if they are experiencing any symptoms prior to participation.

- Social distancing measures will be implemented. Coaching staff will create stations by placing cones 6' (or more) apart for players to create individual areas for player equipment (bag/water/ball) .
  - Training sessions will be staggered/spaced out to limit interactions with other teams or groups.
  - Access to and handling of equipment will be limited. Coaching staff will set up and breakdown cones. Pinnies will not be utilized at this time.
  - After each session all shared equipment will be disinfected using CDC approved products and methods.
  - Coaching staff will maintain recommended social distance from players and other coaching staff.
  - Drills and planned sessions will be modified as needed to maintain the appropriate recommended social distancing measures.
  - Gloves are recommended.
  - Masks are mandatory.
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## **PARENTS – RETURN TO PLAY PROTOCOLS**

- If you are not comfortable with returning to play at this time, you are not required to return. There is no penalty for delaying return to play. All players are welcome to return when they are comfortable. These protocols are in place to outline the manner in which we are making the opportunity available to utilize at YOUR discretion.
  - Please check your child's temperature before coming to any training session and ensure that they feel well and are not presenting with any symptoms.
  - We recommend washing all clothing after every training session.
  - We recommend sanitizing all equipment with CDC approved products and methods before and after every session.
  - Notify coach and club immediately if your child becomes ill.
  - Ensure that your child has individual hand sanitizer, plenty of water, and their own soccer ball clearly labeled. The Club is unable to provide communal water stations at this time.
  - It is recommended that parents wear masks and gloves.
  - Maintain recommended social distance from players, parents and coaching staff.
  - Limit in person communication requests. When possible, communication should be done through email or telephone at this time.
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## **On Field Guidelines**

- Players will wear a mask only if spaced less than 10 feet; as well as to and from practice.
- The groups will attend for one hour and then they will leave the fields as soon as session is done. The next group of players will arrive at their designated time once the previous group is gone.
- Players DO NOT need to arrive 15 minutes early. They will remain in their car until it is time for them to train. **This will be signaled with an air horn or whistle.**
- Every player, during this phase, will have up to three sessions per week and the PSC reserves the right to adjust if/when necessary to maintain the safety of our players.

- All soccer activities will be staggered/spaced out to limit interactions between other athletes (Minimum 15 minutes).
- Athletes and coaches will use their own equipment and properly sanitize all equipment after every training session. **Players will bring his/her soccer ball, water bottle, shin guards and two training jerseys (one white and the other either navy or black).**
- Players bringing their equipment in bags must place bag 6 feet from other player's bags/equipment.
- Clean your hands before and after the training session.
- Players and Coaches will be advised to not share or touch other participant's equipment.
- Coaching will occur onsite, but coaches must maintain social distancing from all athletes. Coaches and/or club staff are only ones to touch equipment such as cones.
- No vests will be used in training. No car-pooling or limited car-pooling.
- All coaches and club staff will wear a mask during any field sessions.
- No spitting on the field.
- Spectators (non-players and coaches) will not be permitted on the field of play and will wear a mask. Spectators will be advised to wait outside of the field area (either in their car, parking lot or sidewalk), utilizing social distancing 6 feet rules.

# Roles & Responsibilities

## Club



- Distribute and post Return to Play Protocols.
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play.
- Train and educate all staff on Return to Play Protocols.
- Provide adequate field space for social distancing.
- Ensure appropriate waste receptacles at fields.

## Coach



- Follow all Return to Play Protocols.
- Inquire how athletes are feeling. If they are not feeling well, send them home.
- Ensure all athletes have their individual equipment (ball, water, shin guards, etc.).
- Coach is the only person to place/pickup/touch cones, discs, or training equipment.
- Ensure drills/exercises provide for adequate social distancing.
- Ensure that training vests/pinnies are disinfected after each use.
- Respect players, parents, and families by accommodating those that may not yet be comfortable with returning.
- Gloves and masks are recommended for coaches.

## 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 training.
- Wash & sanitize training equipment after every training.
- Do not share water, food, or equipment.
- Respect and practice social distancing.
- Place equipment, bags, etc. at least 6 feet apart.
- No high fives, handshakes, knuckles, or group celebrations.
- Gloves and masks are allowed for players but are not required

## 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 returns to play.
- Check child's temperature before coming to any training session.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment are sanitized before and after every training.
- Notify 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.
- Gloves and masks are recommended for parents.

# COVID-19 Prevention Recommendations from the CDC

COVID  
CORONAVIRUS  
DISEASE  
19

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



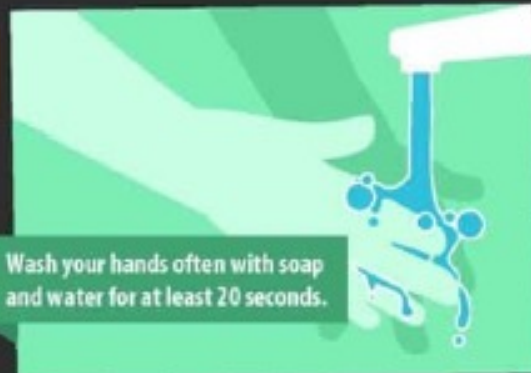
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)