

THUNDER SOCCER CLUB



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RETURN TO PLAY GUIDELINE

BASED ON GUIDELINES FROM THE CDC AND MD STATE IN CONJUNCTION WITH MSYSA PHASES PROGRESS WITH MRTR STAGES

FOR ALL STAGES:

- If you are sick or feel sick, STAY HOME
- At risk individuals, youth or adult, STAY HOME
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must utilize their own equipment to include a soccer ball
- In ALL phases, no one is to share water, towels, or any personal equipment. This includes, but not limited to:
 - Shin guards, tape, hairband
 - Jersey/Uniform
 - Pinnies or bibs of any kind
- No spectators at practice/events during phase: I – III; Spectators at events during phase IV-V should be limited and must maintain maximum social distancing
- Recommend having sanitizing options available.
- Respect for each individual’s choices must be the top priority.
- If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed



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PHASE II

- A maximum of two coaches/staff allowed per half field during practices.
- No more than 8 players to be present at a scheduled time
- No physical contact should occur
- Groups on a half field should not exceed 10 people
- Each player and coach should sanitize all of his/her own gear between each training
- Participants are to remain 6 feet apart off of the field
- Designated areas for each attendee's gear should be clearly marked off the field
- Participants are to remain a minimum of 10 feet apart
- No spectators are allowed

PHASE III

- A maximum of two coaches/staff allowed per half field during practices (head, assistant and GK coaches included)
- No more than TBA players to be present at a scheduled time (group size of TBA or less)
- No physical contact should occur
- Groups on a half field should not exceed TBA
- No sharing of water or equipment including soccer balls
 - Each player and coach should sanitize all gear between each training
 - Only the coach may handle the cones
 - Soccer balls may be shared but should not be touched with the hands
- Designated areas for each attendee's gear should be clearly marked off the field
 - While CDC and other authorities recommended 6 feet for social distancing purposes, due to the nature of physical activity and sports, our recommendation is to increase the distance for soccer to 10 feet
- Practice times should be set to maximize social distancing to include 'turnover' time between different teams
- No spectators are allowed

PHASE IV

- A maximum of coaches/staff allowed per half field during practices (head, assistant and GK coaches included) is TBA based on group sizes
- Only two coaches and a manager allowed for scrimmage / practice games per team per half field
- Physical contact that is necessary for training may occur, whenever possible it should be limited
 - This includes limiting close group discussions, no 'high fives', no embracing etc.
- No sharing of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient during training
 - Only the coach may handle cones
- Each player and coach should sanitize all gear between each training
- Participants are to remain 6 feet apart off of the field
- Designated areas for each attendee's gear should be clearly marked
- Spectators are allowed but with proper social distancing and no contact with players or teams

PHASE V

- Full Return to Play
- No training restrictions
- Physical contact should be minimized whenever possible
 - No physical contact should occur outside of what is necessary for trainings/games
 - This includes limiting close group discussions, no 'high fives', no embracing etc.
- Participants are to remain 6 feet apart off of the field
 - Designated areas for each attendee's gear should be clearly marked
- No sharing of water or equipment. Soccer balls are excluded
 - All soccer balls should be sanitized before next practice/scrimmage/game
 - If possible, soccer balls should be sanitized at halftime and whenever convenient during training
 - Only the coach may handle cones
- Spectators are allowed but with proper social distancing and no contact with players or teams.
- At risk individuals should still take precautions



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RESPONSIBILITIES

COACH:

- **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**
- **Ensure all athletes have their individual equipment (ball, water, bag etc.)**
- **Coach is the only person to handle cones, disks etc**
- **All training outdoors and ensure social distancing per state or local health guidelines**
- **Always wear a face mask, when not actively coaching, maintain social distance requirements from players based on state and local health requirements**
- **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:

- **Ensure child is healthy, check your child's temperature daily**
- **Limited or no carpooling**
- **Stay in car or adhere to social distance requirements, based on state and local health requirements, when at training wear mask if outside your car**
- **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**
- **Do not assist coach with equipment before or after training**
- **Be sure your child has necessary sanitizer with them at every training**

PLAYER:

- **Take temperature daily**
- **Wash hands thoroughly before and after training**
- **Bring and use, hand sanitizer with you to every training**
- **Wear mask before and immediately after all 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**

