

# PLACER UNITED

PARENTS AND PLAYERS

GUIDELINES FOR RETURNING TO PLAY

IF YOU'RE NOT COMFORTABLE RETURNING TO PLAY

PLEASE DON'T

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PLEASE DON'T**

## **RETURN TO PLAY RESPONSIBILITIES**

### **CLUB**

- CREATE AND EXECUTE RETURN TO PLAY PLAN
- EDUCATE ALL STAFF ON RETURN TO PLAY POLICIES AND GUIDELINES
- PROVIDE ADEQUATE FIELD SPACE TO ENSURE SOCIAL DISTANCING
- PROVIDE ALL STAFF WITH FACE MASKS
- PROVIDE SANITIZING STATIONS FOR EACH FIELD
- CLEAN AND SANITIZE BATHROOMS AFTER EACH SESSION

### **COACH**

- FOLLOW ALL CLUB GUIDELINES AND POLICIES
- WEAR FACE MASK AT ALL TIMES
- COMMUNICATE WITH ALL PLAYERS TO ENSURE THEY ARE COMFORTABLE WITH RETURNING
- COACH IS THE ONLY ONE TO LAY OUT AND PICK UP ALL EQUIPMENT
- ENSURE EACH PLAYER IS OBSERVING SOCIAL DISTANCING AND SANITIZING PROTOCOLS
- DO NOT ALLOW SPITTING
- ENCOURAGE EVERYONE TO COVER COUGHS AND SNEEZES WITH A TISSUE OR INSIDE OF ELBOW.

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## RETURN TO PLAY RESPONSIBILITIES

### PARENTS

- ONLY RETURN IF YOU AND PLAYER ARE COMFORTABLE DOING SO
- TAKE PLAYER'S TEMPERATURE BEFORE EACH TRAINING SESSION
- IF YOU OR YOUR PLAYER DON'T FEEL WELL, STAY HOME
- NOTIFY CLUB AND COACH IF YOUR PLAYER OR OTHER FAMILY MEMBERS ARE ILL
- WASH AND SANITIZE ALL EQUIPMENT AND UNIFORM ITEMS BEFORE AND AFTER EACH SESSION
- ENSURE PLAYER ALWAYS HAS THEIR OWN PERSONAL SANITIZER
- ADVISE YOUR PLAYER NOT TO ENGAGE IN ANY PHYSICAL CONTACT WITH OTHER PLAYERS
- DROP OFF AND PICK UP ONLY - VIEWING AREAS WILL NOT BE OPEN

### PLAYERS

- ONLY RETURN IF YOU ARE COMFORTABLE DOING SO
- DO NOT ATTEND IF YOU ARE NOT FEELING WELL
- INFORM COACH IF YOU DO NOT FEEL WELL DURING ANY AND ALL TRAINING SESSIONS
- BRING YOUR OWN DRINK (WATER FOUNTAINS WILL NOT BE OPEN)
- BRING YOUR OWN PERSONAL SANITIZER
- BRING YOUR OWN BALL AND EQUIPMENT
- AVOID TOUCHING ITEMS OTHER THAN YOUR OWN GEAR
- DO NOT SPIT ON SURFACES. WHEN COUGHING OR SNEEZING, DO SO INTO A TISSUE OR INSIDE OF ELBOW.
- **DO NOT SHARE OR DRINK FROM OTHER CONTAINERS**
- RESPECT AND ADHERE TO SOCIAL DISTANCE REQUESTS
- DO NOT SHAKE HANDS OR ENGAGE IN ANY CONTACT DURING TRAININGS UNTIL CLUB AND COACH HAS COMMUNICATED OTHERWISE



# COVID-19 | CORONAVIRUS

## Protocols & Requirements



**Coaches required to wear masks**  
Participants can wear masks while they play

Participants encouraged to wear mask before and after activity



**Sanitize / wash hands before and after activity**  
Sanitize / wash hands after using the bathroom



**Each participant must bring their own soccer ball and equipment and wear their own gear, which is washed before each day of activity**



**Only coaches are allowed to set up field equipment**  
Participants cannot share equipment or gear with any other participant



**Notify Placer United Soccer Club immediately of any signs of illness or if the participant or anyone in the household has had a positive COVID-19 test**

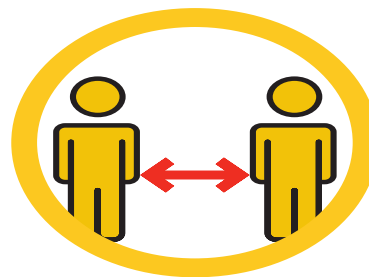
**Withhold the participant if the participant or anyone in the household has knowingly come into contact with someone diagnosed with COVID-19**

**Coaches will ask players if they have experienced any signs or symptoms of illness at each activity session**



**Have and use personal hand sanitizer**

**Sanitize / wash hands for at least 20 seconds**



**Physically distance 10 feet during activity**  
**Physically distance 6 feet outside of activity**  
**Set bag and equipment away from others**  
**No group celebrations or person to person contact (e.g. hugs and handshakes) are permitted**

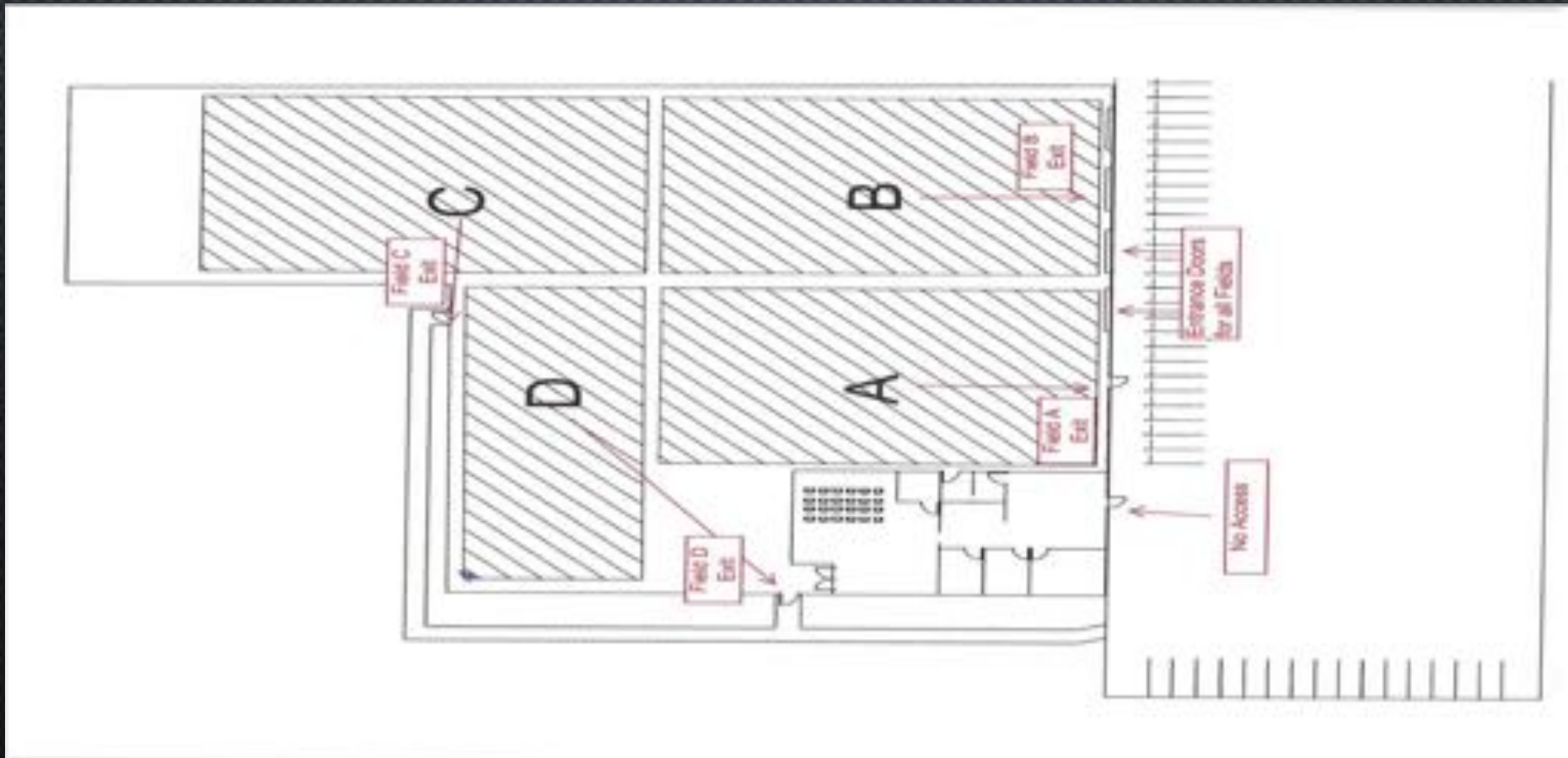


**Limit participants in the car to just those in your household / family**  
**Players must physically distance as they arrive at and depart from the training field**

**#PLACERPROUD**

# ENTER Indoor Facility

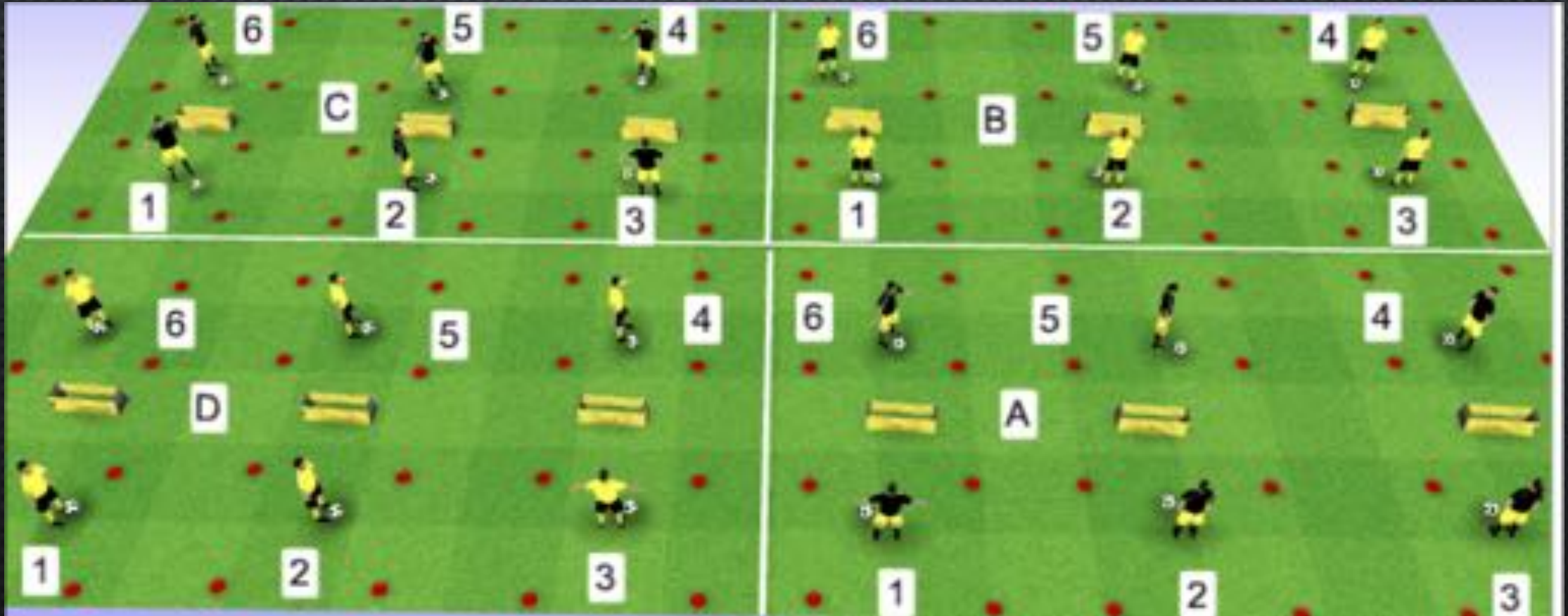
2 ENTRANCE ONLY ROLL UP DOORS\_4 EXIT ONLY  
DOORS



# Placer Indoor Facility

4 FIELDS IN USE (A\_B\_C\_D)

6 PLAYERS PER FIELD IN NUMBERED GRIDS

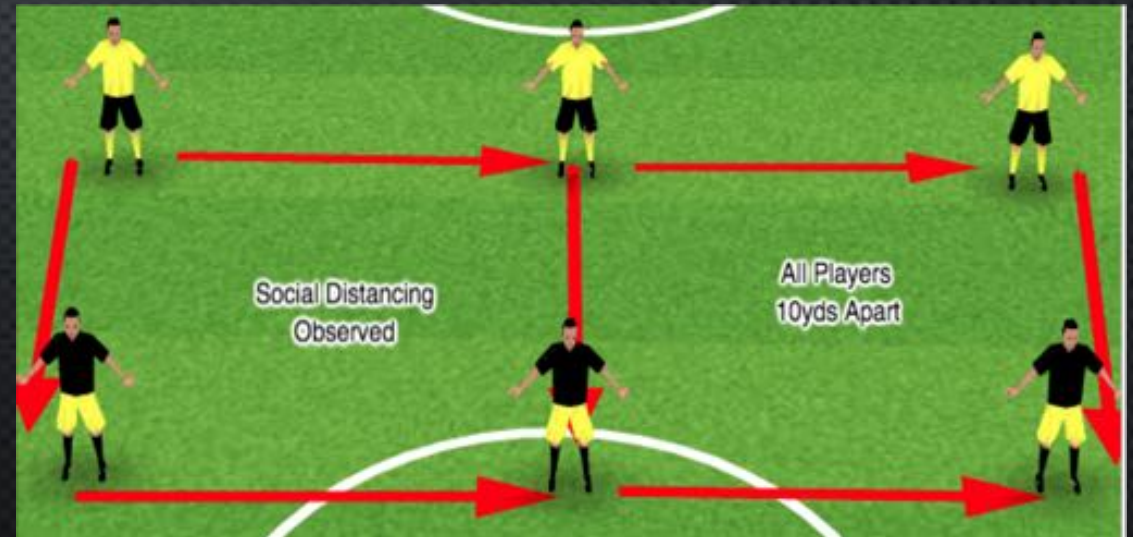


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## RETURN TO PLAY GUIDELINES

### PHASE 1

- NO CONTACT
- SMALL GROUPS ONLY 4-6 AT A TIME
- 10 X 10 INDIVIDUAL TRAINING SPACE
- FOCUS IS ON INDIVIDUAL SKILLS
- TRAINING TIMES ARE SET TO AVOID PLAYER CONTACT WHEN COMING AND GOING
- PARENTS ARE NOT ALLOWED IN FACILITY



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## RETURN TO PLAY GUIDELINES

### PHASE 2



- SMALL GROUP TRAINING
- MINIMAL CONTACT
- MAXIMUM SCRIMMAGE GAME SIZE 3V3/4V4
- TRAINING TIMES ARE SET TO AVOID PLAYER CONTACT WHEN COMING AND GOING
- PARENTS ARE NOT ALLOWED IN FACILITY

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## RETURN TO PLAY GUIDELINES

### PHASE 3

- LARGER GROUP TRAINING AND GAMES
- SCRIMMAGE GAMES ALLOWED DURING TRAININGS
- TRAINING TIMES ARE BACK TO NORMAL DURATIONS
- HANDSHAKES AND GROUP CELEBRATING IS DISCOURAGED
- PARENTS ARE DISCOURAGED FROM ENTERING TRAINING FACILITIES
- OUTSIDE COMPETITION IS ALLOWED



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## RETURN TO PLAY GUIDELINES

### PHASE 4



- FULL RETURN TO NORMAL TRAININGS AND GAMES
- ENCOURAGE PARENTS TO MAINTAIN SOCIAL DISTANCES AT ALL TRAININGS AND GAMES
- TRAVEL AND OVERNIGHT STAY IS AT PARENTS AND PLAYERS OWN DISCRETION
- HANDSHAKES AND CONTACT CELEBRATING IS DISCOURAGED