

**INTRODUCTION**

This guidelines for our summer clinics have been created based off a combination of mostly reopening of CT Phase 2 rules (June 17, 2020), and some of reopening of Phase 1 rules, so we can provide an active and worthwhile soccer experience while protecting the safety and health of our staff and players.

We expect all of our Coaches, Parents and Players to follow all guidelines provided in this document.

All staff will be trained to understand the guidelines and will be in charge of enforcing during the clinics.

Thank you very much for your cooperation and trust.

**GENERAL GUIDELINES**

* All Players must submit signed Waiver on first day before participation
* Besides the coaches, there will be a coaching/administrative director on site
* Two Groups of 10-12 plus a coach are allowed per Full Field (25 total people on a full field allowed)
* Small Group of players, coach and location will be the same for the whole week of training (no joining in with other groups)
* Players are to bring their own bag, ball, water, wipes/sanitizer -there will be markers 6ft apart for players equipment on the side of each field
* Masks and/or gloves are permitted but not required to be worn by the players during training. We recommend players wear a mask to and from Car to Field.
* Coaches will be wearing masks during all training time. Coaches will change mask before and after each 2-hour session
* Players and Staff cannot show up if they are sick or have a fever
* Social Distancing Protocol will be applied when necessary (bags, walking to and from field, bathroom line, trainer line) Scrimmaging is allowed –we will only scrimmage within each small group
* No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

**GROUP ACTIVITY**

15 min –Warm up

15 min –Foundation Exercises

15 min –Athletic Development

15 min –Technical Topic

20 min –Shooting Activity

30 min –Small Sided Activity or Scrimmaging

10 min –Cool Down

**DROP-OFF / PICK-UP PROCEDURES**

**DROP OFF**

* Only participants and coaches are allowed to enter the field. All parents should remain in their vehicles during drop off.
* Children should remain in vehicles until 5 minutes before their scheduled training times and then walk to field –follow map guidelines.
* Vehicles are encouraged to arrive no earlier than 10 minutes before the scheduled start time of the training session and should park in area designated by group on the map.

**PICK UP**

* Please park in area designated by group on the map and do not arrive more than10 minutes before end. Please wait in car until your child walks closer to pick up area.

NOTE: Groups of players and coach will be pre-assigned before clinics start

**RESTROOOM / HANDWASHING**

* There will be portable restrooms with sanitizer & hand washing stations assigned by groups
* Portable restrooms will be cleaned & sanitized before and after each day
* All players are expected to bring their own hand sanitizer/wipes as well

**HYDRATION**

* Please bring plenty of your own water for the 2-hour training session
* Large water bottle or jug, and one 20 oz sports drink
* There will be NO water stations set up for refill

**COACHES RESPONSIBILITY**

* Ensure the health and safety of the participants
* If you are not feeling well or have fever do not attend clinics
* Inquire how the athletes are feeling. Send anyone you believe acts or looks ill to trainer • Coaches should maintain at least 6 feet social distance at all times
* Always wear a face mask when training players
* Masks are permitted but not required to be worn by the players during training
* Ensure all athletes have their own individual equipment (ball, water, bag etc.)
* Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist players to pick up cones, etc.
* Clean and sanitize all equipment every day
* Use new set of pinnies for every session. Wash all pinnies at the end of the day
* Assist players with drop-off and pick-up protocol
* Follow & Enforce all rules and guidelines in this document
* Have fun, stay positive –players and parents are looking to you for leadership.

**PARENT RESPONSIBILITY**

* If your child is not feeling well or has a fever do not attend clinics
* Consider not carpooling or ONLY with players that are in the same training group
* Stay in car or adhere to minimum 6 feet social distance requirement and wear a mask when necessary
* No Parents, relatives, friends allowed near training areas
* Be sure your child has necessary sanitizing products with them at every training
* Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training
* Ensure child’s clothing is washed after every training
* Notify us immediately if your child becomes ill for any reason.
* Follow all rules and guidelines in this document

**PLAYER RESPONSIBILITY**

* Take your temperature daily and especially before activities with others –if feeling ill or have a fever do not attend clinics
* Wash hands thoroughly before and after training
* Bring and use hand sanitizer/wipes with you at every training
* Masks are permitted but not required to be worn by the players during training. We recommend players wear a mask to and from Car to Field
* Do not touch or share anyone else’s equipment, water, food or bags
* Practice social distancing when necessary as per this document
* Wash and sanitize all equipment before and after every training
* No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc
* Please bring plenty of water –no refill stations
* Follow all rules and guidelines in this document
* HAVE FUN**!**