



# **CARDIFF MUSTANGS RETURN TO PLAY**

## **Parent Information**

- Read, sign and adhere to parent information, waivers & checklist

## **City and Club Coordination**

- All measures of the State of California COVID-19 INDUSTRY GUIDANCE: Camps, Clinics or Practices must be in place as indicated by posting completed copies of the San Diego County's Safe Reopening Plan and this protocol at the entrance to the Camps, Clinics or Practices
- A copy of this plan will be provided to all staff, parents and guardians. A copy of this plan must be posted at each facility entrance
- Frequently clean and disinfect any regularly touched surfaces, such as equipment, doorknobs, tables, chairs, and restrooms per CDC guidelines
- Organization shall identify how they will provide for disinfection of the facility and regular cleaning of high-touch surfaces
- Frequently disinfect any items that come into contact with participants per CDC guidelines.
- Hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices
- Restrooms: The facility will post hand washing flyers from CDC on doors and in bathrooms that include symptoms of COVID-19
- Where appropriate, prop open doors to the facility and restrooms.
- All food service access, vending machines, or snack areas will be closed
- Self-serve water dispensers will be temporarily closed
- Facility staff will monitor participant compliance of this safety plan while they are on the property
- Implementing the CS Return-to-Play Guidelines will require a cooperative relationship between the
  - Leagues/Club,
  - Coach
  - Team Officials and Administrators
  - Player (including Parent/Guardians)
  - Referees



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## **Arrival Guidelines For Club Staff**

- All coaches to go through check-in station
- All coaches & club staff will conduct a daily temperature check for low grade fever (>100.4°F) before training
- Coaches will wear masks & gloves for arrival & set up
- Hand sanitiser, on location, to be used by all coaches
- Equipment sanitised
- League/Club Administrators and Coaches must always wear masks while training unless actively involved in the Training Drill and/or coaching and/or within the six (6) feet distance restrictions
- Limit the number of participants in the facility (training area) such that social distancing always allows for participants and employees to maintain a minimum of six (6) feet of distance from one another
- There will be markers in six-foot increments for staff and players to maintain safe social distances to enter or exit the facility

## **Arrival Guidelines For Club Members**

- Arrive during your designated drop off window (15 minutes). Please see field maps for designated areas and please do not be late where possible
- Please see field maps for designated areas, designation of lanes or direction to enter and exit for drop off and pick up
- Player exits car with water, soccer equipment and mask on
- Coach will direct Child to designated spot in queue - 6 feet apart
- Coaches will ask Health screening questions & confirm ability to play
- The player will use hand sanitizer and be directed by club staff to designated areas
- Participants within a Training Group may not arrive on the field (training area) until the previous Training Group has completely departed
- Place bags on sideline - 6 feet apart
- On coach's instruction, player to put their mask into backpack & go to designated team area



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## **Training & Player Guidelines**

- Players do not have to wear masks while training
- Players divided into a 'stable cohort, such as a class'. These groups should be consistent and rostered as such
- Emphasis on injury prevention, strength & conditioning & isolated technical
- Passing allowed provided that the ball is not touched by the player other than by their feet and the players
- Provide a minimum separation between Training Groups of at least six (6) feet
- Each player must bring water as drinking fountains will not be available
- All players must respect each other's space / social distance / no spitting
- Participants will be required to sanitize immediately after drills / restroom break / practice are completed
- Trash cans should be touchless. Club staff will remove lids if present
- Players will be required to dispose of their own trash into garbage cans
- Limited number of players in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times

## **Not Permitted**

- No sharing of belongings between players, such as water bottles, cell phones, cleats, socks, shin guards, any soccer equipment
- No physical contact is permitted such as: hugs, high-fives, etc
- No headers
- No throw ins
- No scrimmages
- No competition or tournaments
- At no time will the stable youth groups be allowed to intermingle or move between groups
- No parents on practice field area, players, coaches & club staff only

## **Players - From Field to Pick Up Area**

- Practice will end at the exact time stated for your team – Arrive during your designated drop off window (15 minutes). Please see field maps for designated areas and please do not be late where possible
- On coach's instruction, collect bags on sideline & put mask on - 6 feet apart
- From sideline to designated spot in queue to pick up area - 6 feet apart



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## **SIGNS & SYMPTOMS PROTOCOLS**

- Symptoms: Cough - Shortness of breath or difficulty breathing - Chills  
Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
- DO NOT GO TO training facilities or fields with any of the CDC and/or CDPH COVID-19 symptoms
- Remotely communicate your health status to your coaches, Executive Director, Secretary or medical staff within 24 hours of your training session
- Parents (and not the minor player) should communicate with the League/Club or coach, in accordance with the SafeSport Framework and the U.S. Center for SafeSport policies and guidance
- Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine
- Any individual at practice will be sent home if they have any of the new or worsening signs or symptoms of possible COVID-19
- Individuals with new or worsening signs or symptoms listed above cannot return until: In the case of an individual who was diagnosed with COVID-19, all three of the following criteria are met: at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared; or in the case of a participant who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three-step criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to camps, clinics or practices before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis
- For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to the League/Club in order to return to full participation in sport & activity