



Arlington Soccer Club

Fall Season
Virtual Coaches Meeting
September 17th, 2020



Speakers



Mike Girioni

President



Dean Carman

Treasurer & Covid Safety
Officer



Paige Forster

Director of Coaching



Travis Baggett, MD

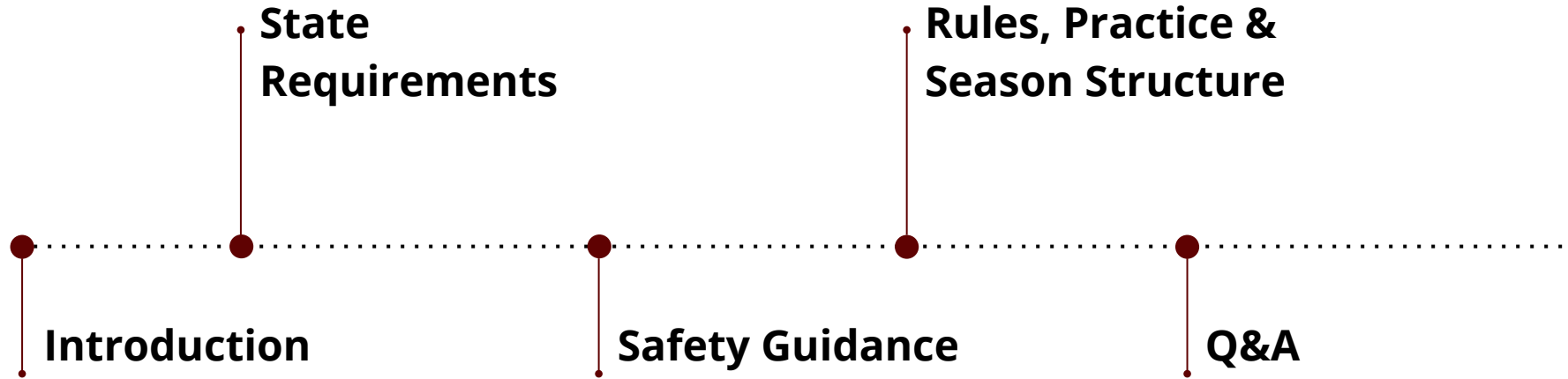
Winter Program Director &
Medical Advisor

Introduction

1. Thank you for volunteering!
2. Evolution of a modified fall season
3. Priorities
4. Goals
5. Mitigate risks
6. Annual registration reminder

<https://secure.sportsaffinity.com/reg/Public/registration/login.aspx?domain=ma-cori.affinitysoccer.com&language=english&sessionguid=>

Meeting Overview





Overview of Massachusetts Safety Standards for Youth Sports

September 17, 2020

Travis Baggett

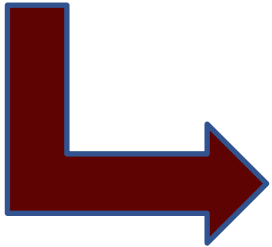


Guidance and directives related to the reopening of outdoor recreational activities and businesses in the Commonwealth. →

Executive Office of Energy and Environmental Affairs (EEA)



<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-1/download>




https://www.mayouthsoccer.org/assets/61/6/Return_to_Soccer_Activities_Phase_3_Step_1_-_Sep_4.pdf

		Level of play			
		Level 1: Distanced training	Level 2: Competitive training	Level 3: Competitive games	Level 4: Tournaments
Risk of sport	Lower				
	Moderate				
	Higher				

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		Level of play			
		Level 1: Distanced training	Level 2: Competitive training	Level 3: Competitive games	Level 4: Tournaments
Risk of sport	Lower	✓	✓	✓	✓
	Moderate 	✓	✓	✓	✗
	Higher	✓	✓	✓	✗



Modifications for level 2/3 play

- *Eliminate Deliberate Contact*: Deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, tackling, body checking, blocking.
- *Minimize Intermittent Contact*: Game situations that result in intermittent close physical or face-to-face contact must be modified or eliminated, including restarts, throw-ins, scrums for the ball or similar activities.
 - These activities may be allowed if face masks are used during contact
- MYSA has issued detailed soccer-specific rule modifications
 - Director of Coaching (Paige Forster) will review in a moment

Level of play



Level 1:
Distanced
training

Level 2:
Competitive
training

Level 3:
Competitive
games

Level 4:
Tournaments

Risk of sport

Lower



Moderate



Higher



Why no games?

- Rule modifications present substantial challenges
 - Difficult to enforce
 - If enforced strictly -> inauthentic game experience
 - If not enforced strictly -> risk increases
 - Regardless: risks outweigh potential benefits
- More inclusive of wider range of risk tolerances
- Protects volunteer coaches and vulnerable families
- Not necessary to achieve ASC's mission

Why start at Level 1 play?

- Allows safer run-in period to iron out kinks in protocols
- Allows reluctant players/families time to reacclimate to team sports
- Allows for gradual return to soccer fitness following long break
- Allows for period of observation following concurrent start of school

Facial coverings

- Activity organizers must require facial coverings to be worn while engaged in an activity wherever possible.

Exceptions:

- Mask breaks when >6 feet away from others
- Unable to wear a face covering due to a medical condition or disability
(**NOTE:** Can only be approved via process involving ASC COVID Safety Officer, Dean Carman. Do **NOT** address this on your own.)
- Coaches must wear facial covering at all times and maintain distance of 6 feet from players
- MYSA guidelines reiterate these requirements:
“The default expectation is that face coverings will be worn.”

Other requirements

Field capacity limits

- No more than 25 players – and 50 people total – are allowed on a single playing surface

Hygiene and cleaning

- Will be covered by ASC COVID Safety Officer, Dean Carman

Safety Guidance



Overview

- Safety of all community members is the clear top priority for Fall 2020.
- As a Club we recognize the need to provide guidance so that safety protocols are uniformly understood and implemented.
- The guidance we're issuing has been designed by Mass Youth Soccer (in cooperation with the state), and edited for Arlington use.
- These guidelines are the minimum. Town of Arlington Recreation and/or Dept. of Public Health are authorized to issue additional rules and regulation.

Questions, Comments, Concerns, Suggestions

- If you have any safety questions, comments, concerns or suggestions, e-mail the COVID Safety Officer:

Dean Carman

dean.carman@verizon.net

- We will have an optional weekly open zoom meeting for COVID Coordinators and Coaches to provide additional information and hear directly from you.

Safety Tools

- To facilitate safety we're issuing Arlington's guidance in PDF format:
 - Coaches Toolkit
 - COVID Coordinator Checklist
 - Coach, Parent, Player checklist
 - Parent introduction letter template
- There's a wealth of safety information on the Mass Youth Soccer website, available for the public to access:

<https://www.mayouthsoccer.org/coronavirus/>

<https://www.mayouthsoccer.org/return-to-soccer-activities/>

Parent Checklist (summary)

- Ensure their child's health, including taking temperature and holding them out if they show symptoms.
- Educate their child on social distancing requirements.
- Ensure that child has their own water bottle, equipment, shirt and mask.
- Ensure that child's clothing and equipment is cleaned and sanitized.
- Not carpooling with other parents.
- Ensure child arrives dressed and leaves immediately after practice.

Player Checklist (summary)

- Practice and encourage proper hygiene.
- Have their own hand sanitizer with them.
- Bring own equipment - water bottle, mask, shirts and equipment.
- Use face covering at all times in accordance with state and local regulations.
- Practice physical distancing when not participating in the session.
- Do not touch anyone else's mask or equipment.
- No group celebrations, hugs, handshakes, fist bumps, etc.

Coach Checklist

- Face coverings (masks) are required for all players, coaches and spectators.
 - They can be taken off intermittently for “mask breaks” following social distancing protocols.
- Face coverings must be worn from entry to exit of the facility.
- Only face coverings that loop around a player’s ears are acceptable.
- Mask waivers for health reasons must be submitted to the Town of Arlington (through the ASC COVID Safety Office).
 - If granted, a face shield could be required.

Coach Checklist

- Understand that there may be intervals where parents/guardians stop sending their child to soccer due to health concerns.
- Ensure the health and safety of all athletes.
- Athletes should arrive dressed for practice and leave immediately after practice. No recreational play or loitering is allowed.
- Upon arrival, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
 - Do not take player's temperature or perform physical examination.

Coach Checklist

- Take accurate attendance on paper or in a spreadsheet. This is needed if contact tracing becomes required.
- No handshakes, fist or elbow bumps, or any other physical contact.
- Practice and encourage proper hygiene. ASC will be issuing sanitizer to all coaches. Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Launder clothing after training session.
- Follow all state and local health protocols.

Coach Checklist

- Coach is to be the only one to handle cones, discs, goals, etc.
- Ensure all athletes have their individual equipment. (water bottle, GK gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- Ask players to bring their own dark and light shirt to eliminate the need of shared scrimmage vests.

Coach Checklist

- Do not allow shared team snacks. Participants and spectators should only drink from their own containers.
- Wear a face covering at all times and you must maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times.
- Clean down & sanitize ALL equipment at the end of each practice
- STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.

Stepping onto the Field

Season Start Date:
September 19th, 2020

Adaptations to Regular Play

Season Structure

- **Break Down of our 6 Week Season**
- **Field Layout**

Rule Modifications

- **MYSA Updates**
- **Scrimmages - Rule Modification**

Session Plans

- **MYSA**
- **DOC**

Season Structure

Week 1&2

Training sessions will involve **Level 1 play only**, (no-contact workouts, aerobic conditioning, individual skill work and drills.)

- Non-contact skills & drills sessions with appropriate physical distancing.



Week 3-6

Training sessions will step up to **modified Level 2 play**, (Intra-team/group games, contact drills and scrimmages)

These sessions will include **minimal contact** activities and within-team scrimmages that adhere to the MA EEA safety standards mandating elimination of deliberate contact and reduction of intermittent contact.

We will not be playing between team scrimmages or games.

Fields

- Grade 2-6 teams will each have their own field
- Grade 7 / 8 teams will share one 11v11 field (half a field each)
 - There must be 40ft (13 yards) between each playing surface
 - **Teams must not scrimmage against the team on the other side of the field**
- Parents/Guardians should drop off 5 minutes prior to practice start time and pick up at stated end time
- **No joining practices with other teams even if numbers are low**

Practice and Scrimmage Rule Changes

Mass Youth Soccer is hereby immediately implementing modifications for all sanctioned soccer games (scrimmages, friendlies, league). Suspended activities to meet necessary modification include:

- Intentional heading of a soccer ball is suspended for all ages
- Contact -Intentional body contact with a member of the opposing team member's body is to be considered a violation of Law 12, Playing in a Dangerous Manner, and will result in an Indirect Free Kick restart or other applicable foul or misconduct based on the referee's decision. **Intentional body contact will include "shoulder to shoulder" contact, backing into a player, and pulling an opponent's shirt, shorts or mask.**
- A player **is allowed to make intermittent** and/or **unintentional contact** with opposing team members if the player is **attempting to make foot to ball contact** (legal tackle) **and the contact occurs as a result of the tackle.**
- Slide tackling whenever within 6 feet of another player is suspended and is to be considered a violation of Law 12, playing in a dangerous manner. **"Going to the ground"** to save a ball from going out of **touch or to stop a long ground pass is not considered a "tackle"** and is permissible as long as no other players are within 6 feet.
- Throw-ins are suspended and to be replaced by a kick-in
- Corner kicks are suspended and to be replaced by a corner kick-in. The modifications for a corner kick-in are:
 - The ball may not be kicked directly into the opponent's penalty area
 - Opponents must remain 10 yds (8 yards for small sided) from the corner arc until the ball is in play
- For all restarts, all players must comply with 6-foot distancing from both teammates and opponents
- Dropped ball restarts are suspended and replaced by an indirect free kick for the team whom the referee (coach) deemed to be in possession when the referee (coach) stops play.

Session Plans

To support coaches during this modified season, the ASC Director of Coaching will design COVID-appropriate Level 1 and modified Level 2 session plans tailored to age and skill level and will also offer weekly virtual check-ins with coaches via Zoom.

Session Plan Structure (week 1-2)

- ★ All practice's will be 60 minutes
- ★ Week 1-2 :
 - 15 Minute Dynamic Warm up
 - 20 Minute Ball Mastery
 - 25 Minute Technical Unopposed Practice

Session Plan Structure (week 3-6)

- ★ All practice's will be 60 minutes
- ★ Week 3-6 :
 - 10 Minute Dynamic Warm up
 - 20 Minute Ball Mastery/Technical Practice
 - 30 Minute Intra-team scrimmage

Where to find them...

- ★ Arlington Soccer Clubs Coaches Portal:

<http://www.arlingtonsoccerclub.org>

Session Plan Example

Week 1 - Session 1

Massachusetts Youth Soccer - Fall Session Plans

Questions & Answers

#RETURN SMARTER #RETURN STRONGER #KEEP IT FUN

