

Arlington Soccer Club

Fall 2020 Coaches Toolkit

Updated 9/20/2020

Arlington Soccer Club (ASC) is dedicated to protecting the health of all people in and outside our community. To assist our players, coaches, and parents with returning to play in the Fall 2020 season, ASC has put together the following guidelines for our members. Most of this guidance was created by Mass Youth Soccer (MYSA) and edited it to make it Arlington specific. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and/or Massachusetts Department of Public Health (DPH) guidelines. If there is a change, we will issue an update to this guidance.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only.



Coaching a Training Session:

Step 1: Player Contact - Every Practice:

- ☐ Send an email regarding the date, time, and location of the practice session.
- ☐ Understand that there may be intervals where parents/guardians stop sending their child to soccer due to health concerns. This is ok.
- ☐ Request that each player bring a dark and light shirt to eliminate the need of shared scrimmage vests.
- ☐ Create a list of expected attendees to keep track of attendance. (Use of Apps such as Team Snap or TeamApp is encouraged to assist with Contact Tracing if required).

Step 2: Prior to arrival at the practice location:

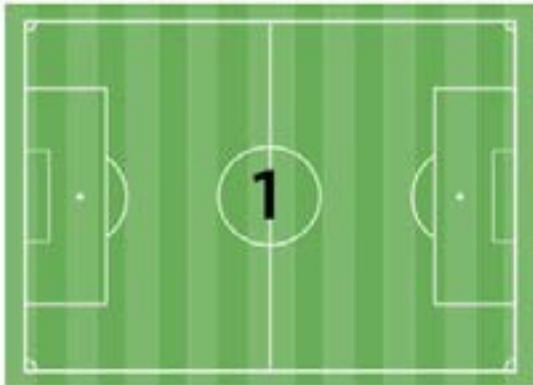
- ☐ Bring your sanitizer that was issued by ASC.
- ☐ Players are required to wear face coverings per the most recent EEA Guidelines. Players must properly wear their face covering at all times when on the sidelines and in any huddles except when 6 or more feet from another player for a "mask break" to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the session must be delayed, postponed or cancelled.
- ☐ Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn when a player steps onto the playing field. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ☐ Select, read and understand the age appropriate Training Session Plan that you are going to use. As always, they will be issued by ASC.
- ☐ Take inventory, clean and disinfect all equipment to be used.

Step 3: Upon arrival at the practice location:

- ☐ If possible, set up the field to deliver the practice session. (Start with the end in mind.)
- ☐ As Players arrive, inquire how they are feeling, send them home if you believe they're acting or look ill.
- ☐ Assign each player to a designated "waiting area".
- ☐ Create a designated "Player Equipment Area".
- ☐ Remind the players regarding - no handshakes, fist or elbow bumps or any other physical contact.

Practice Field Layout

Full Size Field – 11 v 11



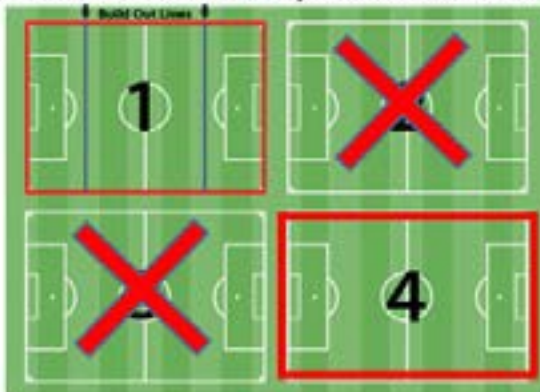
Small Sided Field – 9 v 9

Minimum 20 feet between fields
Each field must maintain guideline limits



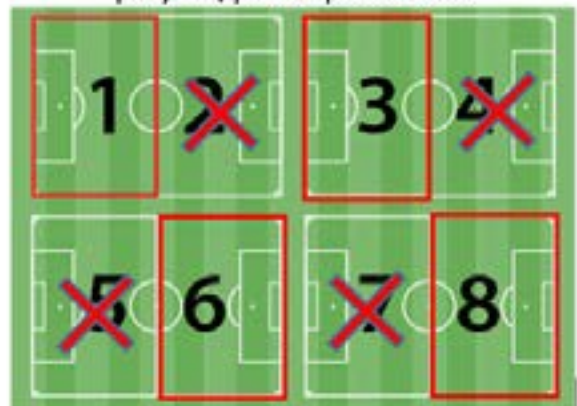
Development Field – 7 v 7

Minimum 14 feet between near corners
Each field must maintain guideline limits
Option: Place 1 Dev. field inside boundary of 1
Small sided field for 2 parallel Dev. Fields.



Mini Field – 4 v 4

Minimum 14 feet between near corners
Each mini field is limited to 12 players/participants max





Step 4: During the practice activity:

- ☐ Throughout the practice, during breaks for water encourage proper hygiene, and cleaning hands with hand sanitizer. Use alcohol-based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- ☐ Ensure the health and safety of all athletes. Coach is to be the only one to handle cones, discs, goals etc.
- ☐ Ensure all athletes have their individual equipment. (ball, 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.
- ☐ Do not allow shared team snacks.
- ☐ Coaches wear a face covering, at all times and abide by the physical/social distance requirements from players and parents.
- ☐ STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.

Step 5: At the conclusion of the practice session:

- ☐ Monitor Players as they exit the playing area.
- ☐ Ensure Social Distancing is adhered to and that PPE is being worn.
- ☐ Ensure that each player is picked up by their parents or guardian.
- ☐ Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- ☐ Remind the players to clean and disinfect their individual equipment when they arrive home.

Step 6: Post Practice Session:

- ☐ Clean and disinfect all equipment.
- ☐ Launder all clothing worn during the practice session.
- ☐ Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19
- ☐ Reflect on the Players Performance
- ☐ Reflect on your Performance.
- ☐ Plan for the next practice session.



The Playing Surface:

- ❑ For team and group sports, no more than 25 players on a single playing surface/area/court at any one time
- ❑ No more than 50 people including players, coaches, referees, or facility/activity workers in the aggregate in, on, or surrounding any surface/playing area or start/finish lines at any one time, provided that there is adequate space for all players, coaches, referees, facility/activity workers and spectators to maintain at least six feet social distancing, recognizing that for some moderate and high risk sports intermittent and limited contact may occur for players.

Involvement of Non-Playing Participants:

- ❑ Coaches have always been responsible for the actions of their players, parents and spectators. This does not change
- ❑ Assign a team COVID Coordinator to help
- ❑ Coaches, staff, and other officials are required to wear facial coverings and maintain social distance of 6 feet at all times.
- ❑ Attendance must be kept for all activities including games
- ❑ Parents must wear facial coverings and maintain six feet of social distance at all times.

The Players:

- ❑ ASC is requiring all players wear a face covering per the most current EEA Guidelines for Organized Youth and Adult Amateur Sports. Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn when a player steps onto the playing field. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ❑ Players must properly wear their face covering at all times when on the sidelines, in any huddles, during all time-outs except when 6 or more feet from another player for a "mask break" to catch their breath, drink or eat.
- ❑ If conditions are so severe as to warrant masks too dangerous to wear, the session must be delayed, postponed or cancelled.
- ❑ A mask or face covering that wraps around the head or head and neck (i.e. gaiter) will be considered dangerous equipment. A mask that fits over the ears only will be considered safe to wear.
- ❑ Upon arrival at the field players will be assigned to a designated waiting and equipment area that ensures physical distancing is maintained when not playing.



Resources

- [Reopening Massachusetts](#)
- [Center for Disease Control - Coronavirus Disease 2019](#)
- [CDC Considerations for Youth Sports](#)
- [CDC Guide to Mass Gatherings](#)
- [EPA Recommended Disinfectants](#)
- [WHO Handwashing Video](#)
- [FIFA COVID-19 Resources](#)
- [US Soccer Play On](#)
- [US Soccer Recognize to Recover - COVID 19 and Mental Health](#)
- [US Youth Soccer Return to Activity Notice](#)
- [Aspen Institute - Coronavirus and Youth Sports](#)
- [CDC Coping with Stress](#)