



COACH

- Understand that there may be intervals where parents/guardians stop sending their child to soccer, due to health concerns.
- For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that secure with loops around a player's ears are acceptable, so as not to cause injury if accidentally tugged or pulled on. No head or neck face coverings (gaiters) will be permitted during contact play. No face coverings with air valves, or mesh masks will be allowed.
- Ensure the health and safety of all athletes.
- Ensure athletes 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.
- Take accurate and consistent attendance (to assist with Contact Tracing if required)
- No handshakes, fist or elbow bumps, or any other physical contact.
- Practice and encourage proper hygiene. 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). Launder clothing after training session.
- Follow all state and local health protocols.
- Coaches are 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.
- Ask players to bring their own personal practice vest (a.k.a. pinnie) or a dark and light shirt to eliminate the need of shared scrimmage vests.
- 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. Only CDC recommended face coverings will be allowed, unless otherwise specified by league or facility.
- STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.



PARENTS

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
 - If your child has any symptoms, even mild ones, do not send them to practice or a game. Public health urges you to stay home and isolate until:
 - You have had no fever for at least 72 hours (without the use of medicine) AND
 - Other symptoms (cough, shortness of breath) have improved AND
 - At least 7 days have passed since your symptoms first appeared.
 - Anyone in your household or that you have had close contact with (within six feet for approximately 15 minutes over a 24 hour period) should self-quarantine based on current CDC guidelines, The Commonwealth of MA and direction from your local Board of Health
 - Notify the club immediately if your child has become sick.
 - Notify Arlington Soccer Club immediately if your child has been identified as a close contact by a school or public health authority.
- Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.
- Ensure that your child has a water bottle, equipment (ball and GK gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team is recommended. In the event that transportation of a non-family member becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.
- Be sure your child has necessary sanitizer with them at every session.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- A face covering will be required per the most recent EEA guidelines while actively playing and while on the sidelines. A face covering should be worn during arrival and departure from the field. Only a face covering that loops around a player's ears will be considered acceptable. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Facial Coverings must be worn by all participants during active play.



PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene. 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.
- Have your own hand sanitizer with you.
- Facial Coverings must be worn by all participants during active play. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Only a face covering which attaches around the ears will be allowed, so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings will be permitted during contact play. No masks with air valves or mesh masks will be allowed.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player and wear a mask as much as possible. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training.
- No group celebrations, hugs, handshakes, fist bumps, etc.

DISCLAIMER

Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

ADDITIONAL RESOURCES

[Reopening Massachusetts](#)

[CDC Considerations for Youth Sports](#)

[CDC Guide to Mass Gatherings](#)

[CDC List of people in high risk categories](#)

[COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices](#)

[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](#)

[COVID Safety Officer Enrollment Form](#)

CONTACT

Dean Carman

COVID Safety Officer

dean.carman@verizon.net

617-842-8050