



FIRST TOUCH SOCCER RETURN TO PLAY HEALTH & SAFETY GUIDELINES

Some of the information below may be program specific. If you require further clarification about any these guidelines, please contact info@firsttouchcoaching.com.

2/19/21: The California Department of Public Health provided [updated guidelines](#) for Outdoor and Indoor Youth and Recreational Adult Sports. The amended guidelines advise on a safe return to competition ie. “contact soccer”. First Touch Soccer will be adhering to CDPH’s requirements, which include but are not limited to:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH [Guidance for the Use of Face Coverings](#).
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.

Positive COVID-19 Tests Protocol:

A camper, parent or coach thinks or knows they have COVID-19, or tests positive for COVID-19, they may only return to the program when:

1. 10 days have passed since symptoms first appeared
2. 24 hours have passed with no fever without the use of fever-reducing medications
3. Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

In the event that a player tests positive for COVID-19, the entire program will be informed, the players' group & coach will be prohibited from attending for the rest of that week. Players on a one-week camp will receive a pro-rated program credit in this instance.

Close Contact Protocols:

A player, parent or coach who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria may return to the field.

1. Has COVID-19 illness within the previous 3 months **and**
2. Has recovered **and**
3. Remains without COVID-19 symptoms

Protocols by category:

Coaches:

1. *Limited coach to player ratio, dependent on local guidelines.*
2. *Coaches to wear masks at all times.*
3. *Coaches to wipe/disinfect equipment everyday before use.*
4. *Coaches to provide and initiate sanitizers frequently. Coaches to bring their own personal sanitizer and administer regularly.*
5. *Staggered drop-off and pick up times for each group.*
6. *Pre-camp introduction/briefing to include preventative measures:*
 - Washing hands regularly before and after eating; after coughing or sneezing; after being outside; and after using the restroom.
 - Avoid touching your eyes, nose, and mouth.
 - Cover coughs and sneezes.
 - Use a tissue to wipe your nose and cough/sneeze inside a tissue or your elbow

7. *Individual training curriculum, limiting physical contact. FTS circulate curriculum to staff.*
8. *No shared equipment like bibs. Players are being asked to bring their own ball, In the event that players need a ball, coaches to wipe down a ball for their use.*
9. *Colored coded field markings to clearly identify boundaries for groups. Each coach/group will be assigned a color for the week that corresponds to SMG field map. (See map) **
10. *Players to use bathrooms individually.*
11. *Coach to ensure player equipment [bags and lunch] adhere to social distancing protocols and are spaced 6 feet apart around area or in designated equipment section of coaching area.*
12. *Coaches to enforce distancing during breaks at all times.*
13. *During break players are advised to use their hand sanitizer*
14. *If players are unwell they are separated from the group until collected by parent.*
15. *Coaches demonstrating any COVID symptoms must follow the guidelines stated above*
16. *Coaches are encouraged to wash their uniform frequently.*
17. *Coaches must deliver their own end of day debriefing and post camp presentation (no mass camp presentation).*
18. *Staggered arrival & departure times (starting @ 8AM)*

Parents/guardians:

1. *All parents/guardians to wear mask at all times.*
2. *Staggered drop off and pick up times for each group, with a clearly outlined plan for all players and parents to limit interactions.*
3. *Parents will be emailed their child's grouping and drop off/pick up time prior to program commencing.*
4. *Parents to adhere to social distancing guidelines at all times when present on site.*

5. *Parents must adhere to their allocated drop-off and pick up slot.*
6. *Spectators only allowed for players aged 4-6 and must remain 6 feet apart. Other parents wanting to remain on site must remain in their vehicle.*
7. *Wash child kit before attendance.*
8. *Parents to provide with a SOCCER BALL, hand sanitizer, plus food and drink if on a program longer than three hours.*
9. *Parents are prohibited from attending if unwell and may only attend when they have met guidelines stated above.*
10. *Parents are prohibited from crossing boundaries marked with caution tape.*
11. *Parents must inform FTS of any illness to their child (or a family member) immediately at info@firsttouchcoaching.com*
12. *Parents or guardians with pre-existing health conditions or over the age of 65, advised to stay home*

Players:

1. *Players must arrive in a face covering. They are allowed to remove their face covering when they reach their designated group & coach, if they feel comfortable to do so.*
2. *Must bring their own ball. Ball must be cleaned by parent prior camp.*
3. *Must bring hand sanitizer.*
4. *No shared food or drink.*
5. *No high-fives or physical contact between players.*

For any additional questions regarding these health & safety guidelines, please contact info@firsttouchcoaching.com.

