



If you've been sick with or having symptoms of COVID-19 or have been exposed to someone who has been sick with or having symptoms of COVID-19 within the last 14 days, please STAY HOME and notify the club at admin@sterlingsoccerclub.org.

PRIOR TO TRAINING

- If you feel uncomfortable returning, do not participate. Notify the club administrator to determine alternative options
- Plan training session in accordance with state and local physical distancing guidelines
- Be sure all training gear and equipment has been properly cleaned and sanitized
- Complete your own pre-play temperature check and CDC self-checker questionnaire, and follow the appropriate reporting protocols based on the results
- Wash your hands or use hand sanitizer before arriving to the field
- Remind your team's families of their responsibilities before, during, and after the event
- Coaches are asked to wear face coverings
- If there is no club centralized location for temperature check, we will ask you to check every players' temperature. If a player has a temperature ≥ 100.4 degrees Fahrenheit, he/she cannot participate in the training or the game and will be sent home immediately. The player shall not be allowed on the premises.

DURING THE EVENT

- Coaches are asked to wear face coverings where practicable for the duration of the session
- Practice physical distancing throughout where practicable – no hugs, high fives, or fist bumps permitted
- Enter the field through the designated entrance
- Greet and direct players as they arrive to place their equipment at a safe distance
- Inform players that they can remove their face coverings for training sessions or choose to keep them on
- Provide clear direction and guidance to players and monitor their behavior (e.g. social distancing, not sharing equipment, etc.)
- Use your own equipment
- No equipment (balls, water bottles, hair ties, pinnies, gloves, etc.) may be shared during the session
- If using pinnies, make sure they are washed after every session.

AT THE CONCLUSION OF TRAINING

- Lead and direct players to leave the training area in an orderly fashion and ensure each departs with their parent
- Promptly clear your area of equipment and exit through the appropriate exit
- Use hand sanitizer after the session. Wash your hands when you get home
- Upon returning home, promptly wash your hands, clean your clothing, and disinfect your training gear prior to the next session

COACHES GUIDELINES FOR GAMES

- Wear your face mask at all times
- Place your personal items and equipment 6 feet away from others
- Verify that assistants and parent volunteers have face masks on
- Encourage face mask wearing for players who are not in the game
- Make sure players are social distancing on the sidelines
- Do not substitute multiple players all at once at the midfield - have them enter separately at different spots on the sidelines