



Oklahoma Celtic COVID-19 Return to play guidelines

All players need to bring a white and black shirt for all tryouts and sessions through the month of June. Please do not enter the complex until 10 minutes prior to your session. Upon arrival you will go to your assigned field, set your bag and water 6ft away from other players equipment. Head to one of the coaches and they will direct you to the area of the field you will begin in. All staff, players, and parents need to read and follow the below guidelines.

Social Distancing

- **Social Distancing:** All players, coaches, staff, and spectators should practice social distancing of 6 ft. wherever possible, especially in common areas. Of course, this won't always apply to players while engaging in the sports activity.
- **Spacing of Player Equipment:** Player equipment should be spaced accordingly to prevent close contact. This must begin immediately when arriving for training or games. Place bags and water bottles 6 ft. away from each other,
- **No Handshakes/Celebrations:** Obviously with social distancing practices, players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- **Distancing on fields for tryouts and training: Players and Staff:** We will abide by a rule of no more than 45 players per field, no more than 23 players per half of a field. This creates allowance for up to 5 staff per field.
- **Distancing of fields: Parents:** We'd like to encourage where possible to "DROP OFF" players and remain in cars. We do understand that during "open sessions" this can be a significant decision-making process, and we understand parents who wish to be near the field to look after their child during this time. If the parent is not needed for any decision-making process, we appreciate parents staying in cars and away from the field.
- **Distancing in drills: 2-yard markers.** For any passing patterns, warm-up routines, or drills that require a "staging" area between and before reps, please use an additional set of markers to create a 2-YARD Marker between rep initiation and rep waiting.
- **Distancing socially: Eliminate:** Team Huddles to begin or end sessions.
- **Rest Rooms:** Rest rooms should limit occupancy to three people at a time.
- **Meetings:** There will be no large group meetings with players or parents. Players will be instructed what to do and get right into sessions.
- **Limiting Spectator Attendance:** Limit to two spectators per player. Parents please consider waiting in your car after dropping your player off. If you need to be a part of the Open Session and team formation process on behalf of your child this is understood.

Precautions and Cleanliness

- **Temperature Check:** Players and spectators should take their own temperature before leaving the house and they should stay at home with any reading of 100 Fahrenheit or higher according to CDC definitions of reportable illnesses for contagious disease.



- **First five minutes – Vigilance:** Coaches please be attentive during the first five minutes of your session. If you notice any symptoms of infection please ask the player to return to their car and then let player know you'll follow up with them that night.
COVID19 SYMPTOMS: shortness of breath, fever, dry cough, fatigue, aches/pains, Diarrhea
- **Personal Protective Equipment (PPE):** PPE such as face-masks and gloves are recommended, but not required.
- **Limit Team Shared Equipment:** The use of team shared equipment should be limited whenever possible and should be sanitized after each use.
- **Cleanliness on training ground: Training bibs-no sharing** Players will not use training bibs. Players need to bring both a white and a black t-shirt. If a coach needs to use some bibs, they may not be shared and cannot be used again until washed. At session end place bib in a bag you know is labeled "used". Do not reissue that bib in a subsequent session. Wash bibs that night. Repeat.
- **Cleanliness on training ground: Soccer ball & goalkeeper** Since soccer players do not handle the ball this will not be an issue, except for GK training. In GK Training a new ball should be cycled every 30 minutes or the soccer balls being used will need to be washed or disinfected. The GK trainers will advise players to NOT "spit on gloves" keepers can bring spray bottles to help gloves retain their. "stickiness". For Field Player training sessions, please use "kick-ins" for all restarts instead of throw-ins.
- **Player Sharing – Water & Gear** Players are not allowed to share their water bottles, or sports drinks. This is strictly prohibited. Parents are expected to remind players. Coaches are expected to be attentive to this. Team advocates (parent managers, treasurers, assistant staff and admin staff) are encouraged to permeate the team setting with reminders about NOT SHARING water bottles.
- **Hygiene/Hand Washing/Touching Face/Laundering:** Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. Facilities and sports organizations should provide hand washing and hand sanitizer stations and should schedule mandatory use at breaks. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.
- **Healthy Practices:** All players and coaches should practice healthy habits including adequate hydration to keep mucous membranes moist, consume a varied, vitamin-rich diet with sufficient vegetables and fruits, and get adequate sleep.
- **Cleaning/Disinfecting:** staff should use disposable disinfectant wipes on all training areas, equipment, common areas, door handles, water fountains and bathrooms, etc. on a regular basis.
- **Self-quarantine:** Players, coaches, parents, or spectators with any symptoms should not attend any training sessions or competitions.



What to Do if There is a Positive COVID-19 Test on Your Team

1. The player should be sent home and quarantined according to the Oklahoma Department of Health guidelines
2. Notify the Oklahoma Health Department and Club Leadership
3. Retrace, as best as possible, contact with other teammates and coaches and manage as per Oklahoma Department of Health
4. Modifying practice and lifting schedules can greatly reduce the risk of more student-athletes being quarantined if a player becomes infected with COVID-19
5. Clearance by team or personal physician required prior to return to team activities

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