



## **AMERICANS SOCCER CLUB RETURN TO PLAY POLICY**

***(effective June 22, 2020)***

New Jersey's full suspension of youth soccer due to the COVID-19 pandemic will end on 6/22/2020. Americans Soccer Club will follow the phased approach provided below. Americans Soccer Club is providing these recommendations in alignment with the direction from the State of New Jersey, NJ Youth Soccer, US Club Soccer and local health departments. Accordingly, the recommendation/guidelines are being implemented over four phases. **Beginning 6/22/2020, we enter Phase 3.**

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### **Phase 1: State health authorities require shelter in place, stay at home order.**

- Individual training sessions can be held in participant home/residence using their own equipment.
- Coaching occurs virtually. No coaches or other athletes should be present during individual training.

### **Phase 2: Public health authorities lift shelter in place requirements but continue to prohibit group activities.**

- Individual training sessions can be held in participant home/residence or outside (maintaining social distancing) using their own equipment.
- Coaching occurs virtually. No coaches or other athletes physically present during training.

**Phase 3: Public health authorities allow contact sports, which includes soccer, with limiting activities exclusively to no-contact drills, practices, and simulations of game situations as of June 22nd.**

- No Contact
- Individual training only – NO contact drills/scrimmages
- Participants will bring their own water bottles/no sharing of water bottles
- Players must bring their own labeled soccer ball
- No use of Pinnies or sharing of practice clothing
- Only the trainer may touch any equipment used (i.e., cones, goals)
- All participants must remain 6 feet apart
- Social distancing should always be implemented for all players
- Spectators will be discouraged

Please ensure soccer balls are properly inflated and the correct size. U7/8 (Size 3), U9-12 (Size 4), U13 and older (Size 5).

**Phase 4: Public health authorities allow contact sports, which includes soccer, to resume traditional practices and competitions (expected to begin as of July 6th)**

- No training or competition restrictions
- No sharing of water or equipment (exception for soccer balls)
- Physical contact should be minimized whenever possible
- Participants remain 6 feet apart off the field whenever possible
- Designated areas for each participant's gear should be clearly marked off the field
- Spectators permitted with proper social or physical distancing and no contact with players or teams. At risk individuals should still take precautions.

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## **Roles & Expectations:**

### **The Club/Trainer**

- Prioritize the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone who acts or looks ill.

- Exercise reasonable care to ensure all athletes have their own individual equipment (ball, water, bag etc.) and station on the sideline for their equipment (e.g. backpack).
- Maintain physical distance requirements from players and exercise reasonable care to ensure players practice appropriate physical distancing (e.g. prohibit high-5s, hugs, handshakes, fist-bumps, etc.).
- Ensure the coach is the only person to handle equipment (e.g. cones, disk etc.)
- Respect players, parents that are uncomfortable with returning to play

### **The Parent**

- Ensure your child is healthy (review the health questionnaire) and check your child's temperature before activities with others.
- Stay in the car or adhere to social distance requirements.
- Ensure washing (e.g. hands) takes place after every training.
- Ensure clothes and equipment (clothes, cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify Americans immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- If you are not comfortable with returning to play DON'T

### **The Player**

- Take your temperature before activities with others.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- If you are not comfortable with returning to play DON'T