



Cascade FC Jr. Academy Health & Safety Protocol

PLAYERS:

TRAINING:

- If feeling unwell, please remain at home.
- Wear a mask, covering nose and mouth, **at all times** during practice. This includes arrival, during training, and departure.
- Have bag packed with personal water bottle, hand sanitizer, extra clothing, and personal soccer ball.
- Arrive on field no earlier than 10 min prior to training time.
- Have hands sprayed with hand sanitizer by your coach or use your own on arrival and departure.
- Ensure you know your training group, its location on the field.
- Wait on outside of training space until coach invites you on training field.
- Bring your own ball to training (size 4), label it as your own.
- Wash and sanitize all equipment before and after every training session.
- No group celebrations, high-fives, or fists bumps.

GAMES:

- No player that is sick or has signs or symptoms suggestive of COVID-19 should attend.
- Masks should be worn at all times; to the field, during warm-up, during games, and while exiting facility. This includes while on the bench, and during halftime.
- Please arrive no earlier than 10 minutes prior to game time.
- Enter and wait on track until other teams have exited and you are invited on by coach.
- Use hand sanitizer before and after the game. Coaches carry hospital-grade hand sanitizer.
- No handshakes or fist bumps during or after the games

PARENTS/SPECTATORS:

TRAINING:

- Ensure their player is healthy prior to each practice session by asking player and checking their temperature daily.
- Always maintain social distancing and wear a mask if outside your car.
- Ensure child's clothing is washed and all equipment, cleats, ball, shin guards, etc. are sanitized after every training session.
- Label your child's equipment (ball, water bottle, etc) to guard against cross-contamination.
- Do not assist coaches with equipment before or after training.
- Ensure your child has hand sanitizer with them at every training.
- Have your player fully prepared to play (shin guards on, cleats on, mask on, bag packed, ball, etc.) prior to leaving car.

- Ensure player knows their training group, its location on the field, and the entrance and exit points for their field.

GAMES:

- Drop player off no earlier than 10 minutes prior to kickoff.
- Wear mask, covering nose and mouth, at all soccer facilities.
- No parent or player that is sick or has signs or symptoms suggestive of COVID-19 should attend.
- Spectators should not touch any game day equipment, including balls, cones, goals, etc.

COACHES:

TRAINING:

- Stay home if: sick or have signs/symptoms suggestive of COVID-19, a positive test, or suspect exposure of another with positive test.
- Always wear a face mask and maintain physical distance requirements from players (>6 feet) based on state and local health requirements.
- Use hand sanitizer prior before start of practice.
- Prioritize the health and safety of players over training targets.
- Inquire how the athletes are feeling at start of each training session and send them home if they act or discuss feeling ill.
- Follow all established federal, state, and local protocols.
- Wash and sanitize your own equipment at the end of every training day.

GAMES:

- Always wear a face mask, maintain physical distance requirements from players (>6 feet) based on state and local health requirements.
- Use hand sanitizer before and after interacting with your team.
- No coach that is sick or has signs or symptoms suggestive of COVID-19 should attend.
- No handshakes or fist bumps during or after the game.