

Phased Return to Games *revised 06/03/2020

GENERAL EXPECTATIONS:

- Players will be required to bring their own water, snacks and equipment to all training sessions and to sanitize them after each training session.
- **Player families will be instructed it is mandatory to take child's temperature prior to leaving for training every day.** Any player with a temperature higher than 100.3 degrees Fahrenheit should not be brought to camp, training or games and should not return until they have gone three days without
- No one is allowed to attend camp, training and games if NOT feeling well, has a fever higher than 100.3, or is currently under a quarantine. If exhibiting any symptoms of Covid-19, including mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC, players should not be permitted to practice.
 - Athletes, coaches or staff who screen positive must stay at home and should contact their healthcare provider for medical advice and guidance on returning to work/sport.
 - Coaches and staff should ask participants as they arrive if they feel ill in any way and did they have their temperature taken prior to arrival
- All coaches and staff will be instructed to maintain social distancing throughout the camp, training or game from players and other staff.
 - Coaches are instructed to always wear a mask when addressing the team within 6 feet.
- Players and coaches should bring their own sanitizer to training and will be expected to utilize it throughout. Players cannot share sanitizer.
- Players will be instructed to lineup their gear with 6' spacing from other teammates around the edge of the field to ensure during water breaks that proper spacing is being adhered to.
- Zero tolerance contact policy (coach/player or player/player). Players and coaches must avoid "high fives", handshakes and minimize touching
- Make best attempts to maintain social distancing when arriving and leaving training sessions.
 - Players should not arrive at the field until the prior camp, training or game is completed, players have gathered up their equipment and begun leaving the field.
- All athletes, coaches and staff [should follow public health guidelines](#) for reducing risk of infection.
- If you have attended a training session and have a positive screen related to COVID-19 symptoms, please contact the club COVID-19 safety officer for tracing and prompt communication to those potentially exposed parties.
- Attendance record of all players, staff and coaches attending the session must be recorded for camps, trainings and games.

Small Group Training and Camps – Phase 1

- Dedicated to individual skill development. Local CDC guidelines regarding social distancing will be followed to ensure that players maintain adequate distance between others during this time.
- Parents will be asked to stay in the parking lot, to maintain social distancing, are encouraged to wear masks and might be asked to stay in their cars. Parents cannot observe training from the fields and sidewalks.
- The expectation is to break the field into quadrants and have 10 or less players and a coach in quarter of the field. This could be expanded to 15 players and a coach in a half to help create a proper rest to play ratio.
- Sessions will be 45-50 minutes in length
- Approved topics:
 - Ball mastery & individual skills

- Passing and receiving
- Fitness and functional training
- Players must stay with their group throughout the entire session.
- All equipment that is utilized in camps, training and game sessions (cones, poles, hurdles, dummies, small goals) will be sanitized after session and should only be handled by the coaches and staff
- Players should be discouraged from touching the soccer balls, **this includes goalkeepers**, who should be training their foot skills unless drills can be specifically designed so they are not sharing their ball at any point.
- Players are encouraged to wear a mask to the fields and when leaving the fields, but not during active training.
- Reasoning is with the potential to return these players have been away from training for 8 weeks currently. Their fitness levels will not be where it is necessary for them to perform at a high level safely and will need to be worked back into proper fitness. By focusing on technical skill training we can limit contact, maintain safe social distances, and help our membership get back to some regularity.

Team Training and Team Camps – Phase 2 – beginning June 6th for teams that have been into Phase 1

- Dedicated to individual skill development and team development. Local CDC guidelines regarding social distancing will be followed to ensure that players maintain adequate distance between when possible.
- Sessions will be designed to engage no more than a full team and coach not to exceed 25 players. The expectation is to break the field into quadrants and have no more than 10 total players and coaches in quarter or 25 total players and coaches in a half at any given time on full size 11v11 fields.
- Sessions will be 60-90 minutes in length
- Approved topics:
 - Ball mastery & individual skills
 - Passing and receiving
 - Fitness and functional training
 - Shooting and crossing drills
 - Combination play
 - Possession games
- Players must stay with their group and coach throughout the entire session.
- All equipment that is utilized in training sessions (cones, pennies (may only be used one time before cleaning), poles, hurdles, dummies, small goals) will be sanitized after every camp, training or game.
- Players are encouraged to wear a mask to the fields and when leaving the fields, but not during active training.

Initial Return to Play – Phase 3

- Games should be staggered to permit adequate time between for the current teams to leave and the arriving teams to warmup without interaction
 - All players should wait in their vehicles until the current teams game is over, players have gathered up their equipment and have begun leaving the facility.
- Coaches should sanitize any benches and equipment that could be used by the next teams
- Coaches should release teams immediately after the games. “Coach talks” can be reserved for virtual group meetings or a later training session.
- Spectators
 - Option 1
 - May be in groups of 10 or less if from the same household,
 - Must maintain a distance of 6 feet from anyone outside of the family,
 - Must sign in to aid in tracing and prompt communication,

- No spectator is allowed to attend games if NOT feeling well, has a fever higher than 100.3, is currently under a quarantine, or is exhibiting any symptoms of Covid-19, including mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Option 2
 - Parents will be asked to stay in the parking lot, to maintain social distancing, wear masks and might be asked to stay in their cars. Parents cannot observe games from the fields and sidewalks.
 - Officials must record their attendance at the game for tracing and prompt communication
 - Players who are not in the game should maintain 6 feet of distance from each other.
 - Games
 - 11v11 – field dimensions – (approx. 360 ft by 225 ft - *81,000 sq ft)
 - 11 players per team on the field
 - 4-8 players on the sideline per team
 - 1-2 coaches
 - 3 referees
 - 1 ATC
 - Never more than 22 players on the field or 25 total participants on a half of a field
 - 9v9 – field dimensions – (approx. 180 ft by 225 ft - *40,500 sq ft)
 - 9 players per team on the field
 - 3-5 players on the sideline per team
 - 1-2 coaches
 - 1 referee
 - Never more than 18 players on the field or 17 total participants on a half of a field
 - 7v7 – field dimensions – (approx. 180 ft by 112.5 ft - *20,250 sq ft)
 - 7 players per team on the field
 - 3-5 players on the sideline per team
 - 1-2 coaches
 - Never more than 14 players on the field or 14 total participants on a half of the field
 - Small sided – field dimensions – (approx. 90 by 60 - *5400 sq ft)
 - Max of 8 players on the field
 - 2-3 players on the sideline per team
 - 1-2 coaches
 - Never more than 8 players on the field or 9 total participants on a half of the field
- *a basketball court is approximately 4700 sq ft for reference.

Return to “Normal” – Phase 4

- To be determined

As is with the state of this current pandemic and COVID-19 constant evolving situation, we will adhere to local/state/national CDC guidelines and all things above can be subject to change or addendum at a later date. This document reflects recommended practices and serves as a general informational resource for Real Colorado members and should not be considered as medical or expert advice. Recommendations are designed to promote hygienic practices to better protect participants in any activity. Clubs may implement or rely on the information at their own risk. Real Colorado emphasizes that it is incumbent of all club staff and members to consult the most up-to-date recommendations of federal, state, and local public health officials on a regular basis.

Consult your own qualified health providers or other advisors about any specific issues or circumstances you might have