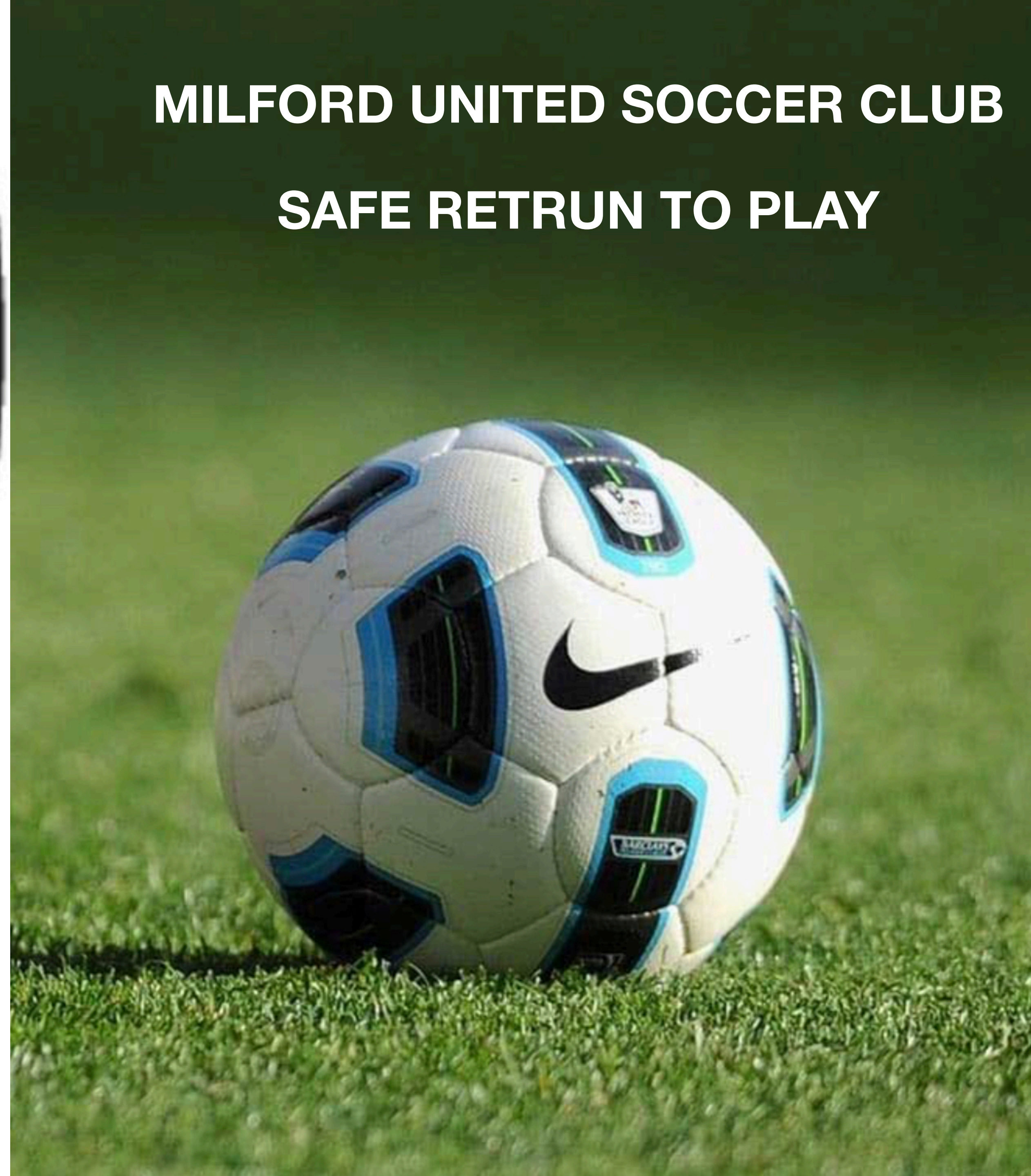




MILFORD UNITED SOCCER CLUB

SAFE RETRUN TO PLAY



INTRODUCTION

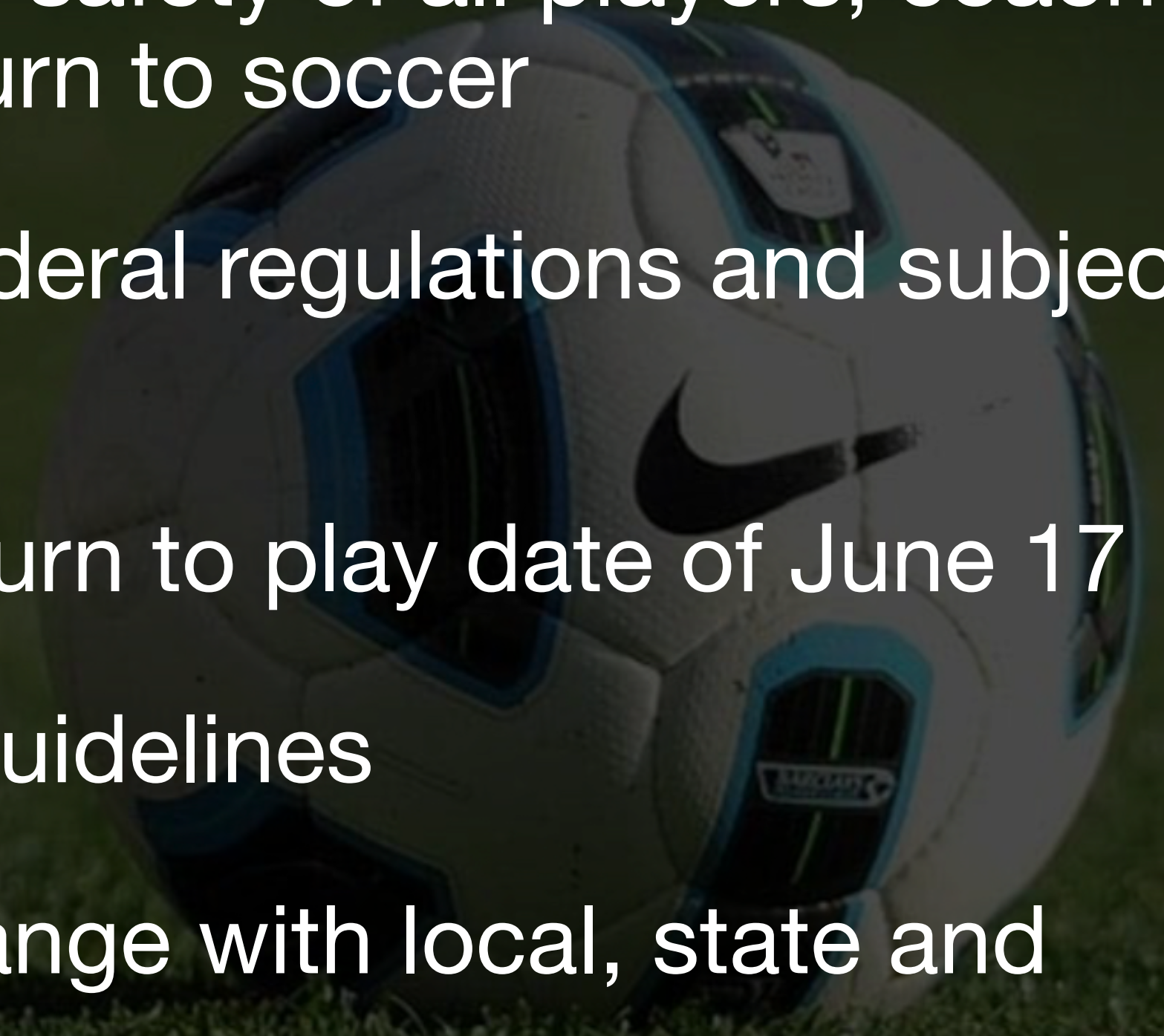
The aim of this protocol is to ensure the health and safety of all players, coaches, essential personnel and volunteers during their return to soccer

This protocol will be in line with local, state and federal regulations and subject to updates and changes

MUSC has decided to start after the scheduled return to play date of June 17

All training and games will adhere to government guidelines

This protocol is a live document and subject to change with local, state and government updates



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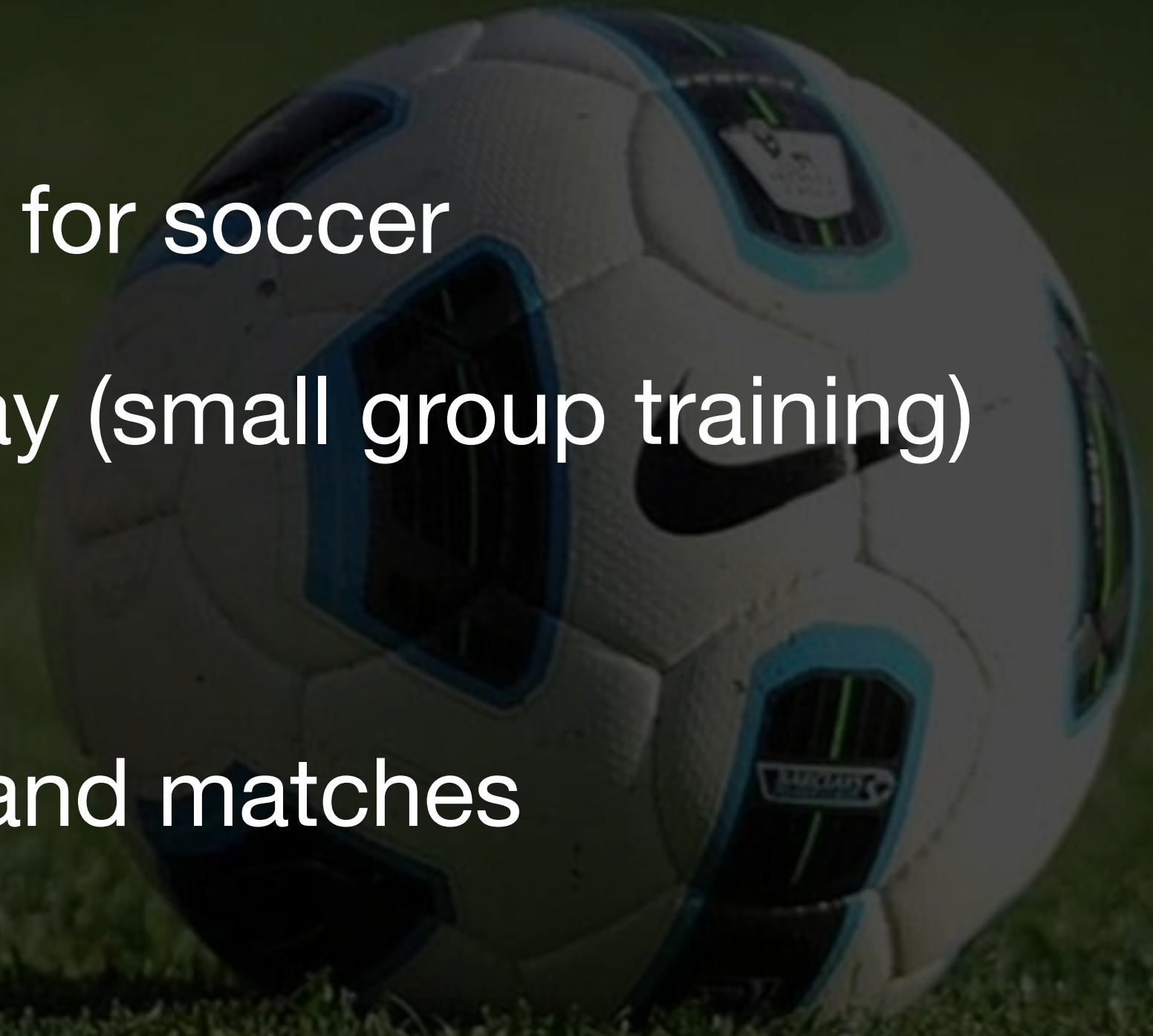
Key Dates

June 17th - Approved return to play date for soccer

June 22nd - MUSC selected return to play (small group training)

July 6th - Team training

July 11 - Locally organized scrimmages and matches



Preparing venues

No changing facilities can be used

Sanitary facilities available for all coaches and players

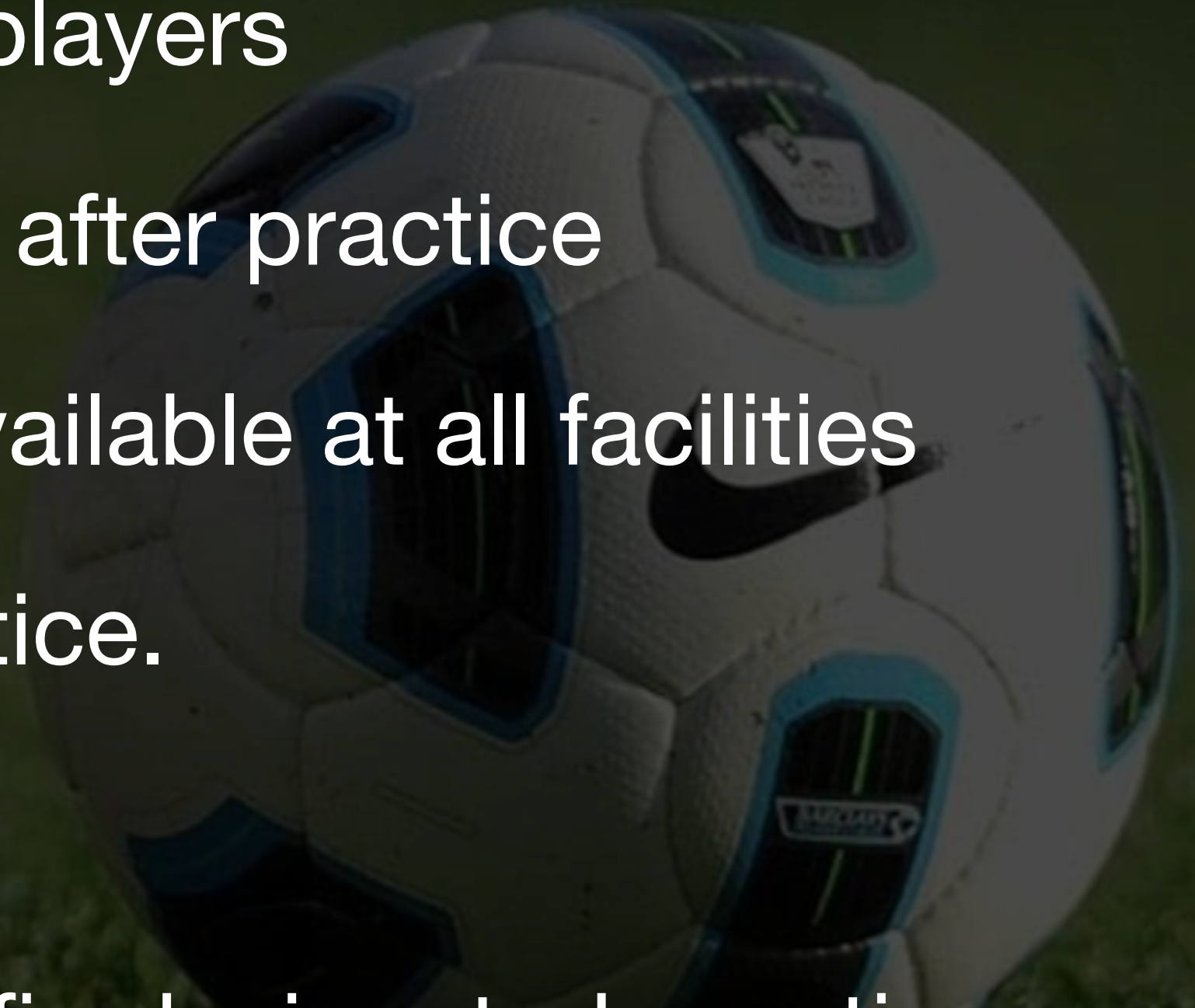
Sanitize facilities rigorously cleaned before and after practice

Hand sanitizer and cleaning products readily available at all facilities

Training equipment sanitized before every practice.

Players and coaches use own hand sanitizer

Signage to guide players and coaches to specific designated practice areas



Training Groups

Soccer Clubs permitted to train as of June 17

MUSC return to play on June 22

Training areas clearly marked out for small group clinics

Training sessions reduced to one hour

15 minute gap between training sessions to avoid crossover between players arriving and departing

Only essential personnel allowed access to fields.

The maximum number of number form June 22 to July 5 are

1 coach to 12 players



Coach Responsibilities

- Ensure health and safety of all players
- Before each activity coach to arrange stations at benches so that players belongings are kept 6 feet apart
- Before each activity coach to ask players how they are feeling and if experiencing any signs or symptoms of Covid 19
- If symptoms are present, athlete should be instructed to go home and contact healthcare provider
- All state and local health protocols followed to ensure social distancing at all times
- Only coach can handle training equipment
- Coach to wear face mask when not actively coaching
- Maintain social distance requirements for players
- No pinnies are allowed
- Coaches will maintain 6' distance with all players when at all possible
- Coaches will keep a log of all players that attend each session
- Coaches will train the same athletes. No players will be allowed to train with different teams within the club to limit contact.



Parent Responsibilities

Ensure your child is healthy

Check child's temperature daily

Ask if they are experiencing any Covid symptoms

No carpooling

Parents not permitted near the field and should stay within close proximity to their car, preferably inside.

If a parent needs to be outside they should have a mask

Wash child's clothing after every practice

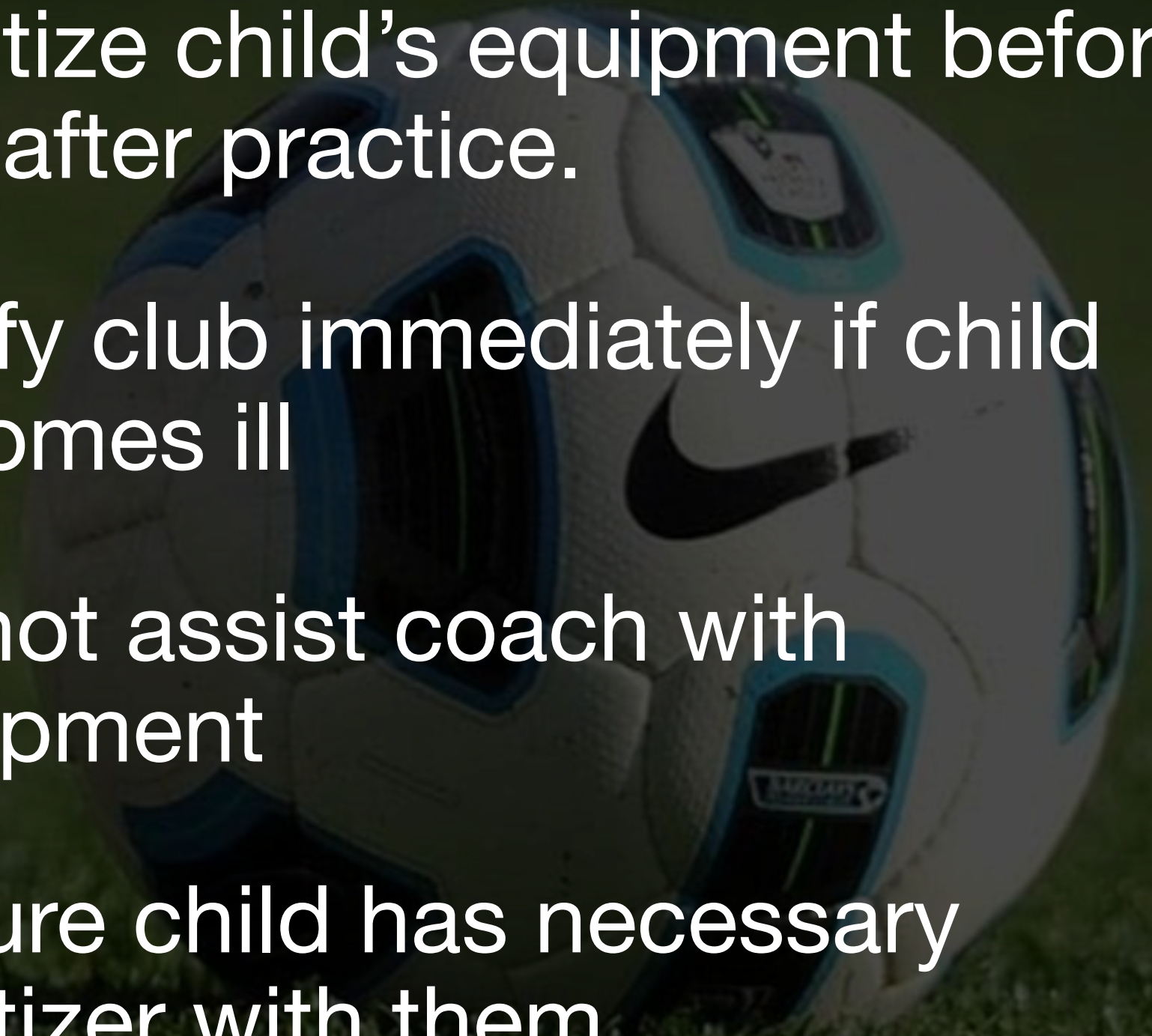
Sanitize child's equipment before and after practice.

Notify club immediately if child becomes ill

Do not assist coach with equipment

Ensure child has necessary sanitizer with them

Communicate with coach via telephone or email



Player Responsibilities

Take temperature daily

Wash hands thoroughly before and after soccer

Bring and use your own hand sanitizer

Wear mask to and from soccer. Also, wear mask when appropriate during training

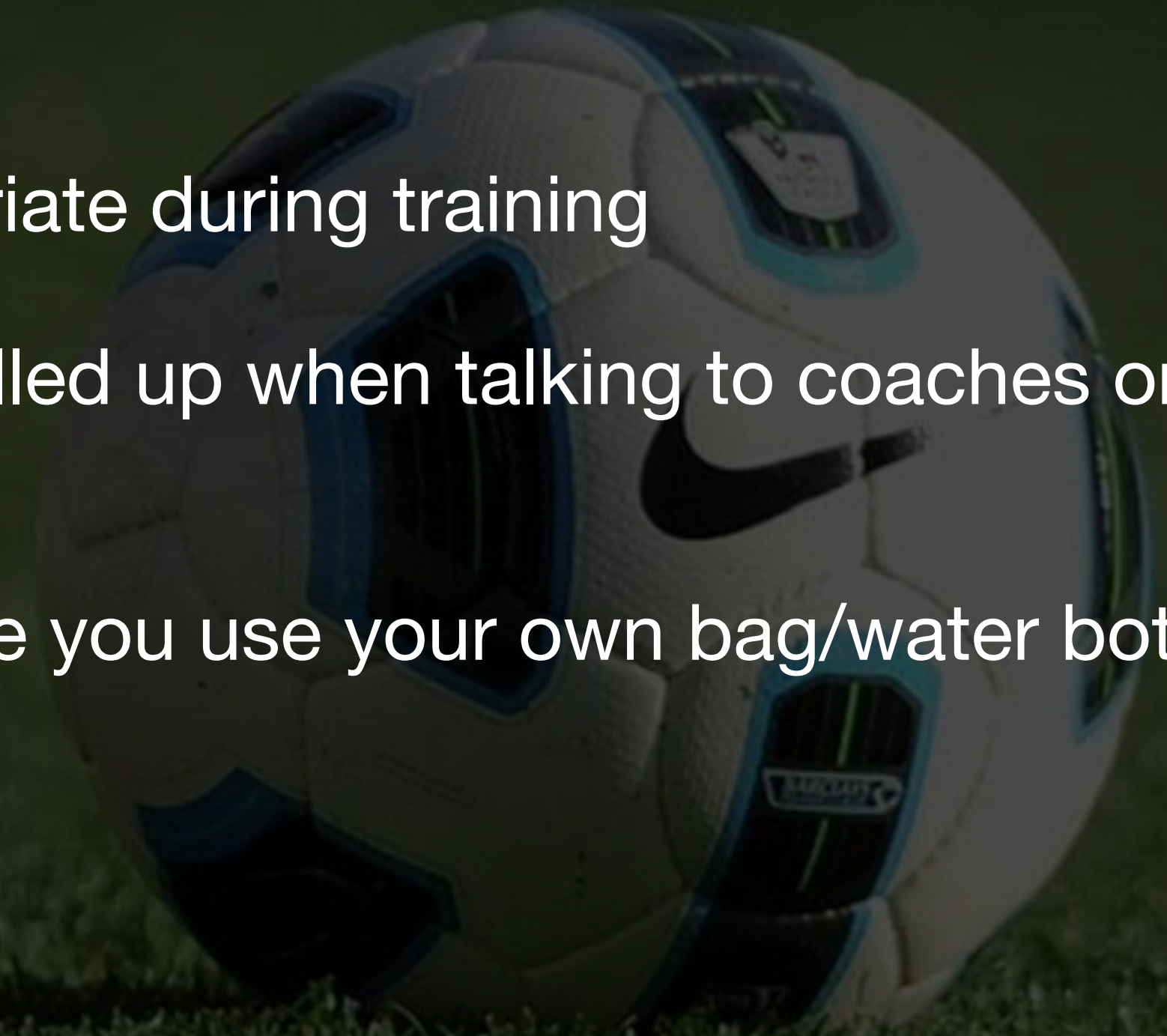
(we recommend having a mask or face covering that can be pulled up when talking to coaches or other players)

Observe the separation at stations during breaks and make sure you use your own bag/water bottle and equipment

Do not share equipment, snacks or drinks

Wash and sanitize all equipment before and after practice.

Observe social distancing. No group celebrations, high fives, handshakes or hugs



Before you train

You must stay at home if you:

Have been in contact with someone who has had Covid 19 in the last 14 DY's

Have been overseas in the last 14 days

Have flu like symptoms or are feeling unwell

You must:

Check with your doctor to see if you are in a high risk health category

Familiarize yourself with Covid19 safety protocols

Discuss with your club coach if you have any concerns

Ensure that is safe for you to return to play



Training Sessions

The club will designate training areas to increase social distancing and ensure small group practices.

4 areas on a full 11 v 11 field.

2 areas on a full 9 v 9 field

2 areas on a full 7 v 7 field

Access and departure from the field of play will be clearly marked and coordinated

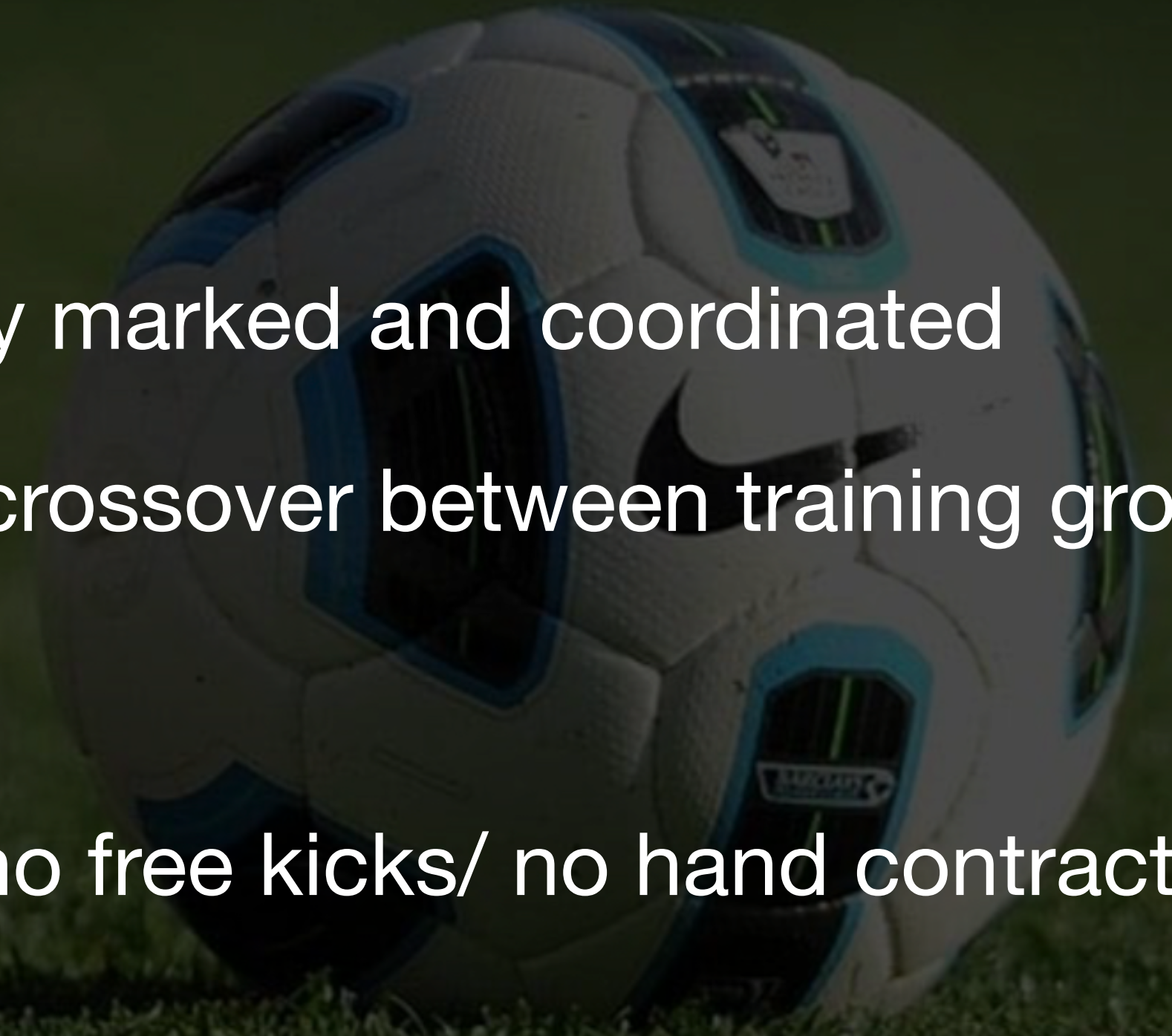
A 15 minute gap between sessions will allow for limited crossover between training groups

Contact kept to a minimum

No handling of the ball / no throw ins / no corner kicks/ no free kicks/ no hand contract / no spitting

Players and coaches to practice coughing and sneezing etiquette

All meeting take place on the field and should adhere to social distancing rules



Player Welfare

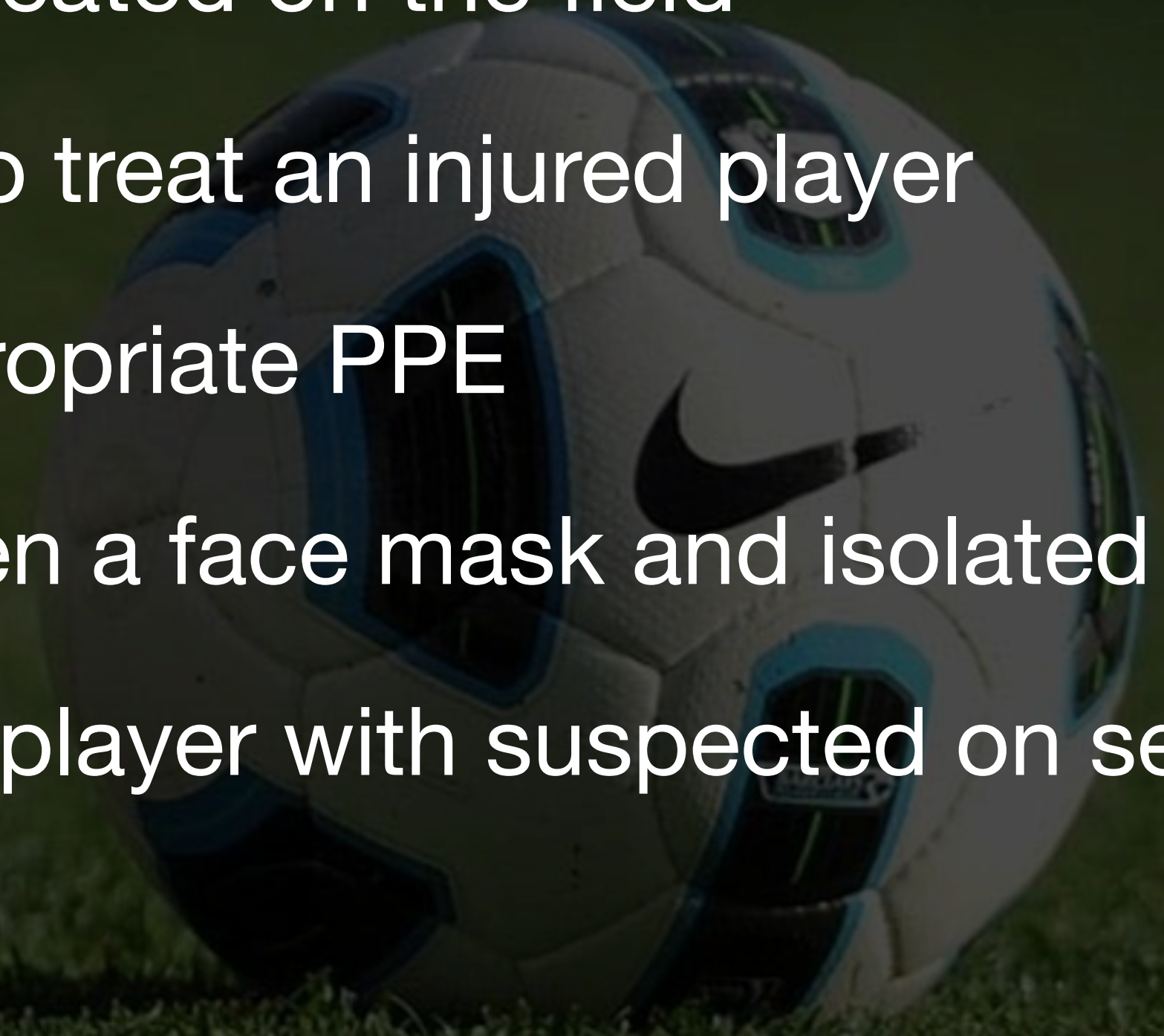
Players in need of attention where possible will be treated on the field

A designated room, where necessary can be used to treat an injured player

Athletic trainers where possible should wear all appropriate PPE

A player suspected of a Covid19 onset must be given a face mask and isolated

Immediate contact made with parent or guardian of player with suspected onset of covid19



Updating Policy

Milford United Soccer Club will regularly review, implement and risk assess the chance of Covid19 based on local, state and federal guidelines

Milford United Soccer Club will hold regular de-briefings with coaches, players and parents via online webinar platforms.





**COUGH OR SNEEZE
INTO YOUR ELBOW**





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