



Callaway Soccer understands that as we return to the soccer fields, considerations must be given to the changes needed to protect our soccer families. We recognize the impact of COVID-19 and we are doing our part as a league to follow state and local public health guidelines for return-to-play activities. We want to safely and gradually resume training while reducing infection risk in this ongoing pandemic.

Callaway Soccer is depending on our parents, players and coaches to help us adhere to the following protocols to ensure the safest possible environment for everyone. These recommendations are based on U.S. Soccer's Return-To-Play guidelines, the CDC's "Considerations for Youth Sports", ENCL's "Recommendations for Returning to Play in a Training Environment" and the Florida Health COVID-19 Response Toolkit. For more detailed information, visit [www.ussoccer.com/playon](http://www.ussoccer.com/playon) or [usclubsoccer.org/coronavirus](http://usclubsoccer.org/coronavirus).

### **BEFORE TRAINING**

- Ensure you have clean equipment for training, possibly including a facemask. Have your facemask (and any PPE) ready to wear to and from training, and when not active at training. Callaway Soccer does not require a mask to be worn on the fields but it is recommended by US Club Soccer for anyone at the fields when not actively participating in soccer. PPE equipment use is an individual decision, so we leave it up to our parents/players/coaches to determine for themselves.
- Pack at least two clean water bottles for training – and put your name on each.
- Get dressed in your training gear at home in order to arrive ready to play.
- Wash your hands before training. Use soap and water for a minimum of 20 seconds.
- Conduct a temperature check. If your temperature is 100.4 degrees F or above, do not go to soccer. Consult your family physician and notify your Team.
- Remember that participating in training is your choice. Do not pressure yourself or others, if you or they do not feel comfortable returning to play.

### **DURING TRAINING**

- Follow the safety protocols for training arrivals, including arriving at the appropriate time to minimize your personal wait time. Follow field assignments and when your session/game is completed please exit the area.
- Be sure to socially distance. Stay at least six-feet apart from others, including your teammates during training exercises.
- If you choose to use a facemask, ensure to wear it when you are not active at training. You do not need to wear it when you are physically exerting yourself during training or games, as it may obscure vision, increase respiratory challenges, or increase other injury risks.
- Know your fitness readiness. To avoid injury, don't go "too hard, too soon" when you first return to play.
- Do not touch others. This includes high-fives, hugs, team huddles, or through training exercises. Do not share water bottles.

## **DURING TRAINING (continued)**

- Follow good hygiene practices:
  - Avoid touching your face, eyes/mouth/nose, as much as possible.
  - Cover your mouth and nose with your bent elbow or tissue (not hands) when you cough or sneeze. Wash your hands afterward.
  - Try to avoid spitting and coughing.
  - Avoid physical contact with other individuals.
  - Maintain a safe distance (6 feet) between you and others when possible.
  - Stay home if you feel sick.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals. During Training Sessions, ideally, attendees will remain in cars. During games, individuals may gather on the parent side of the field ONLY (no goal line or coaches side) observing social distancing and must not sit within 6 feet of the touch lines.
- Players should bring their own equipment (ball, hand sanitizer, water bottle, etc.) so that nothing is shared. During Training Sessions, players should not touch another individual's soccer ball with their hands, only feet. Goalkeepers should train as Field Players until Phase 3.

## **AFTER TRAINING**

- Depart immediately after training.
- Shower immediately at home following training/games and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.

## **COACHES**

- Set expectations with your players and parents by learning and communicate your club's health and safety guidelines, including arrival protocols, processes for the beginning and end of activities, and all hygiene recommendations.
- Plan your training around social distancing. Set up cones six-feet apart at the side of the field, to assign players individual prep and water-break stations for training. All training activities should enable players to stay at least six-feet apart.
- Set up your field and training in advance to smoothly transition between activities and eliminate the need for players to touch equipment. Ensure all equipment is properly cleaned before/after training and plan to use minimal equipment to limit transmission of virus.
- Ensure social distancing guidelines are followed during water breaks, which are recommended at least once every 15 minutes depending on training activities.
- Avoid throw-ins and headers during Phase I and ensure field players do not touch the soccer balls with their hands.
- Hold team talks during practice in an open space, and with all participants maintaining social distancing and wearing PPE.
- Disinfect all equipment after each session with anti-bacterial of at least 60% ethanol or 70% isopropanol. Wear PPE (gloves and facemask) while handling equipment and wash your hands after completion.

# 6 Steps for Safe & Effective Disinfectant Use



## Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



## Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

## Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



## Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

## Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



## Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.



U.S. SOCCER  
**PLAY ON**



# **WHEN NOT TO PLAY ON**

Stay home and consult a doctor if you don't feel well or have any symptoms below.

COVID-19 exposure in past 14 days

Sore throat

Shortness of breath/difficulty breathing

Fever at or above 100.4° F

Chills

Headache

Sinus congestion

Rash

Persistent cough

Joint aches and soreness

Vomiting or diarrhea

**Keep your  
team safe.**



# HEALTHY HYGIENE CHEAT SHEET

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Avoid spitting and coughing.
- Wear a face cover when not physically active at training.
- Do not share equipment at training, including water bottles, towels, and bibs.

For more information, visit  
[USSOCCER.COM/PLAYON](https://ussoccer.com/playon)



# HYDRATION

- Participants should clearly label their water bottles with their own name.
- Participants should not touch anyone else's bottle and only drink from their own.
- Single-use bottles should be discarded of immediately on site.
- Water breaks should adhere to social distancing guidelines.
- Fluid breaks are recommended at least once every 15 minutes, but will largely be dictated by the duration/intensity of the session.
- All organizations, clubs, teams, coaches and players should follow the heat policy outlined by [Recognize to Recover here](#).

For more information, visit  
[USSOCCER.COM/PLAYON](https://ussoccer.com/playon)