



Yarmouth Colts Soccer Club Return to Play Protocol

Updated on: September 8, 2020

Yarmouth Colts Soccer Club's criteria for returning to practices and games is based upon the current CDC guidelines, State of Maine's COVID-19 prevention checklist for community sports, collaboration with Yarmouth Community Services and national & local soccer clubs' best practices. We recognize guidelines are ever-evolving, and we will continue to update this protocol accordingly. As of September 13th, we will be in Stage IV of play.

Following the safety guidelines and precautions is a shared responsibility on all of our parts. Yarmouth Colts' goal is to take all the necessary precautions, and our success lies in everyone's commitment to following the outlined safety guidelines. Like other community sports and organizations, Yarmouth Colts is unable to guarantee a risk-free environment, regardless of best practices. All parents/players will need to sign a COVID-19 waiver in their GotSport accounts acknowledging that Yarmouth Colts Soccer Club (Board/volunteer coaches/team managers) will not be held responsible in the case of illness.

Yarmouth Colts needs your commitment to following the Return to Play protocol. Our Covid Safety Ambassadors are coaches, team managers and parents who are going above and beyond to help this season be a success. Please be respectful and considerate if they ask you to comply with the guidelines. If we are alerted to guidelines not being followed by coaches, players or families, Yarmouth Colts reserves the right to remove anyone from the fields, or suspend practices or games. Thank you all for your commitment, collaboration and dedication to the 2020 Fall Classic Soccer Season.

Yarmouth Colts criteria for returning to practices and games participation (includes athletes, coaches and spectators)

- Participants cannot have any signs or symptoms of COVID-19 in the past 14 days and cannot have had exposure to someone that has been ill in the past 14 days.
 - Current symptoms include temperature of 100.4 or higher, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea
- Participants must take their temperature before going to training.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If the athlete has any signs or symptoms of COVID-19, they will be sent home and instructed to contact their healthcare provider as soon as possible.
- Coaches will be supplied with appropriate infection prevention & cleaning supplies for equipment.
- Participants should use their own equipment and properly sanitize the equipment after every training session.
- Training and controlled sessions should take place outside in an area where social distancing can be maintained.
- Any parent outside of their vehicle will be counted toward the group total regardless of the distance between them and the players/coaches.
- Participants must use their own water bottle, towel, shin guards, etc. All personal items must be labeled.
- Group equipment will be regularly cleaned by the coaches with disinfectant before, during, and after training.
- Participants must wear appropriate personal protective equipment if in a public location setting that mandates PPE use (i.e. face mask).
- Coaching can occur onsite, but coaches must maintain social distancing with all participants.

Yarmouth Colts Responsibilities

- Create and distribute protocol to its members.
- Have an effective communication plan in place to notify coaches, youth and their families if the organization learns a participant, coach or spectator has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information. It is the Yarmouth Colts Soccer Club's responsibility to see that all coaches and other staff adhere to these protocols and requirements.
- Be prepared to shut down and stop operations if the State of Maine changes its guidelines to require stoppage.
- Provide adequate field space for social distancing, as well as extra time between games to allow the change over of teams & spectators.
- Remain sensitive and accommodating to parents & athletes that may be uncomfortable with returning to play.

Yarmouth Colts Coach Responsibilities:

- Ensure the health and safety of the athletes.
- Inquire how the athletes are feeling before practices and games - send them home should you believe they act or look ill.
- Follow all state and local health protocols (links below).
- Ensure all athletes have their individual equipment (ball, water, bag, shin guards, etc.).
- Wear face masks for practices and games.
- Discuss & strategize modifications to the game with your athletes (stated below in Game Modifications).
- Ensure you are the only person handling cones, pug nets, etc. The game ball is the only shared piece of equipment, supplied by the home team.
- Group equipment will be regularly cleaned by the coaches with disinfectant before, during, and after training.

- Ensure all training is held outdoors while maintaining social distancing per state or local health guidelines.
- The use of pinnies is not recommended at this time. You may ask players to bring an extra personal shirt to practice.
- Have fun and stay positive – players and parents are looking to you to stay calm, supportive, and caring during this time.
- Model and uphold The Colts Way throughout practice and competing at home and away.

Yarmouth Colts Parent Responsibilities:

- Ensure your child athlete is healthy.
- Complete Team Snap's Health Checks before each game and practices.
- Check your child's temperature before attending training sessions. If temperature is 100.4 or higher, your child should NOT attend.
- Notify Yarmouth Colts immediately if your player becomes ill for any reason. This is a requirement. info@yarmouthcolts.com
- Adhere to social distance requirements based on state and local health requirements.
- Ensure child's clothing and reusable face coverings are washed after every practice and game.
- Ensure all equipment, cleats, ball, shin guards, etc. are sanitized before and after every training.
- Label all clothing and personal items with your child's name.
- Do not assist the coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training.
- Review the Player Responsibilities with your child.
- Spectators at any league game cannot exceed 46 people in total - that is essentially one family member per player.
- All spectators must be masked and socially distanced by a minimum of 6 feet.

Yarmouth Colts Player Responsibilities:

- Athlete's temperature must be taken before attending training sessions/games. If temperature is 100.4° or higher, do not attend training session or activity.
- Notify Yarmouth Colts immediately if a player becomes ill for any reason. This is a requirement. info@yarmouthcolts.com
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer at every practice & game.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Label all your equipment including water bottle, soccer ball, and bag. Any items forgotten will need to be left at the field.
- Practice social distancing, placing bags and equipment at least 6 feet apart. This will be enforced at all practices and games.
- Wash and sanitize all player's equipment before and after every training.
- No group celebrations, no high 5's, hugs, handshakes, etc.
- No spitting on the field during games or practices.
- No jokes regarding Covid, or pretending to be sick.
- For games, players must have masks for sidelines and bench.
- Continue to uphold The Colts Way, throughout practice and while playing at home and away.

Game Modifications:

- All heading is suspended.
- Slide tackling is suspended.
- Any intentional heading or slide tackling will be a violation resulting in an indirect free kick for the opposing team.
- Throw-ins will be replaced by a Kick-in. Kick-in procedures: ball will be placed on or behind the touchline. Ball may not be kicked directly into a team's box/penalty area. Opponents must be a minimum of 10 yards (8 yards for small-sided) away from the touchline where the kick is being taken.

Maine CDC guidelines:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Maine's Community Sports

<https://www.maine.gov/decd/checklists/community-sports>

Governor Mill's Reopening Plan:

<https://www.maine.gov/covid19/restartingmaine>

The Colts Way

<https://www.yarmouthcolts.com/about-us/the-colts-way/>