

Futbol with Socrates who operates Rams Women's Soccer Academy LLC, College Skills Camps has created a detailed document of health and safety guidelines to implement at all in-person youth camps and clinics. All participants will be required to abide by the following guidelines in order to prioritize and maintain the health and safety of all participants, parents and staff.

Health & Safety Guideline Contents:

1. *Arrival*
2. *In-Session*
3. *Dismissal*

ARRIVAL

Ensuring the health and safety of our players, coaches and staff is our highest priority. Please be aware of these guidelines as they can ensure the safety of all participating.

1.1 BEFORE YOU LEAVE YOUR HOUSE

If the participant has a temperature over 100.4 degrees, persistent cough, or other indications of illness, please do not leave your home.

Please wash your hands with soap and water to ensure safety of players, coaches and staff

- There will be no communal water. All players must have their own individual water and clearly mark their name on it.
- Please bring your own equipment. This includes the soccer ball. Please have your child bring their ball, water, sunscreen and hand sanitizer and some disinfectant wipes so they can sanitize their ball after camp. We will provide sanitized extra equipment if needed, subject to availability.
- Please avoid carpooling with other participants from other households.

1.2 ARRIVAL AND CHECK-IN

- Check-in procedures will be conducted *every day* of the program.
- All staff will be wearing masks upon arrival and dismissal and at certain times during camp.
- Having only one parent or guardian present per family is recommended during check-in.
- The name and contact information for every parent/guardian involved in check-in will be recorded.
- Please maintain a six-foot distance from the family in front of and behind you while waiting to check-in.
- Masks are not mandatory but recommended by the CDC and other government agencies but it is up to each family to decide.
- After check-in, players will be given a personal area for their gear and will be asked to sanitize their hands before heading to their designated area to warm-up.
- Players should leave their car ready to play upon arrival. Please put on shoes/cleats to avoid having unnecessary belongings in the playing area. Your bag can be left on the side of the field which will be marked 6 feet apart from each other's bag.

Additional questions that participants will be asked each day at check-in:

1. Do you feel sick? If yes, what symptoms do you have:

Fever

Headache

General aches/pains

Fatigue, weakness

Extreme exhaustion

Stuffy nose

Sneezing

Sore throat

Dry cough

Shortness of breath

Diarrhea

Dizziness

Nausea

Upset stomach

Vomiting

Difficulty breathing

Running nose

2. Have you had a fever over 100.4 degrees in the last 48 hours?

3. Have you or a member of your household traveled by plane overseas within in the last 14 days?

4. Have you come into contact with anyone who has tested positive for or is experiencing symptoms of COVID-19?

Affirmative answers to any of the questions above may prevent players from participating, at our own sole discretion.

IN-SESSION

The following expectations are required of players, coaches and staff at all times:

Social distancing will be enforced; players must maintain a distance of at least six feet apart throughout each session. Group training sizes will follow our local State and local health authority guidelines. **If we have be given the GREEN PHASE by the Governor (expected July 3rd) then full contact training will commence otherwise it will be in small group training.**

There will be no physical interaction between players or coaches at any time. This includes 1v1 exercises, rondos, and scrimmages (***This may vary according to local health guidelines at the time of the event, as we expect the GREEN PHASE by July 3rd***). This will mean we can play small sided and large sided games.

Each individual will have a personal playing area to work in and a designated spot for their belongings; each of which will be at least six feet away from other participants.

Equipment will be sanitized before and after each session.

- Masks are not mandatory for participants or recommend for participants to wear when participating in exercises and high intensity activities but it is up to each family to decide on that.
- Coaches will wear masks when needed during practices but will maintain social distancing guidelines during each practice.
- Sanitation breaks will be required during every water break.
- No handshakes, fist pumps or group celebrations. No huddles or small group gatherings will be permitted
- Parents, guardians and family members are restricted from entering the area of play at any time. Families are permitted to observe from outside the area of play, as designated by the coaching staff, as long as they maintain social distancing from other observers. Parents are strongly encouraged to remain in their vehicles for the duration of each session.
- Only coaches should touch goals, cones, and other equipment throughout each session.
- If an injury occurs during a session, the immediate health and safety of the injured player will remain a top priority. Care will be taken when addressing small injuries (i.e. handing out band-aids, etc.). Parents will be notified immediately if their assistance is needed with injury care. An athletic trainer will be in attendance.
- •Failure to adhere by these rules may result in dismissal from the clinic

DISMISSAL

Once the session/clinic has finished, players will be directed by the coaches of how and when to depart the field.

- Players will *not* be blindly sent into the parking lot to look for their parents. Parents are encouraged to remain visible in or near their car and coaches will dismiss players one at a time to maintain social distancing. We recommend parents stand outside of their vehicles, while maintaining social distancing from others, at the end of each session to assist with dismissal procedures. A site supervisor will assist throughout the process.
- Upon exiting the field, players must stop at the designated sanitation stations to wash and disinfect their hands.
- Payers should go directly to their car upon using the sanitation station.