

UFA RTP Guidelines

RETURN TO PLAY RESPONSIBILITIES

IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, DON'T!

Parent

- Check child's temperature before coming to any training session
- Sanitize equipment and wash child's clothing before and after every training session
- Notify club/coach immediately if your child becomes ill for any reason
- Supply your child with individual sanitizer
- Adhere to social distancing requirement, family members **MUST** stay in car
- Only exception: U8 parents can walk player to/from field but must be wearing mask
- Ensure your player has plenty of water

Player

- Adhere to all return to play protocols
- Wash hands thoroughly before and after training
- Go to bathroom before arriving at the fields
- Wash and sanitize equipment after every session
- Do not share water, food, and/or equipment
- Respect and practice social distancing
- Place bags, equipment, etc. at least 6 feet apart
- No high-fives, handshakes, or group celebrations
- Not required to wear mask

Coach

- Check temperature before coming to training (<100.4 deg F)
- If showing any symptoms of COVID-19, notify club immediately and do not attend training
- Bring disinfection spray and hand sanitizer to sessions
- Wear face mask at all times
- Maintain 1 coach for every 15 players during initial phase of return to play
- No field equipment usage (goals, mannequins, flags, etc.) during Weeks 1 and 2
- Organize training to maintain social distancing protocol (players always at least 6 ft apart)
- Upon arrival, organize players to have personal equipment (ball, water, bag) 6 ft apart at all times
- Coach is the only person to touch cones; no pennies during initial phase
- At the end of training, send players to cars one at a time.
- End session on time to ensure 15 minutes between sessions

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RETURN TO PLAY GUIDELINES

(Dates listed are projected dates, subject to change)

Week 1 & 2

Weeks of June 8 and June 15

- 1 ball, 1 player activities
- Passing activities will be permitted while maintaining players stay 6ft apart
- 30 people or less per field, 10 or less per group
- 1 hour session, 2-3x per week
- No sharing of equipment or water
- No shaking hands or high fives
- Practice times staggered

Week 3

Week of June 22

- Small group activities permitted
- Up to 2v2 for U9-U12
- Up to 4v4 for U13 and above
- 30 people or less per field, 10 or less per group
- 1 hour session, 3x per week
- One 1 hour game on weekend
- No sharing of equipment or water
- No shaking hands or high fives

Week 4

Week of July 6

- Small group activities permitted
- Up to 3v3 for U9-U12
- Up to 8v8 for U13 and above
- Full team training together
- 1 hour session, 3x per week
- One 1 hour game on weekend
- No sharing of water
- No shaking hands or high fives