



Return to Soccer Activities

June 9 2020





Phase 2 Reopening

Governor Baker announced on Saturday June 6 that the Commonwealth of Massachusetts would be moving to Phase 2 on Monday June 8.

Based on Covid-19 Order No.35 and additional documentation provided by the Massachusetts Executive Office Of Energy And Environmental Affairs, this order provided for amateur organized sports activities and programs to resume limited activities at the commencement of Phase 2.

BEST FC will be using the week of June 8-14 to educate and fully prepare our players, parents, coaches and administration for a gradual return to soccer activities, with Small Group Training Sessions Scheduled to commence on June 15 2020 at NEBC (New England Baseball Center) or Melican School in Northboro.

PLEASE NOTE: PRIOR TO PLAYER PARTICIPATING IN SOCCER ACTIVITIES WITH BEST FC, PARENTS/GUARDIANS MUST SIGN A COVID-19 PARTICIPATION WAIVER AND ACKNOWLEDGE THAT THEY HAVE READ AND UNDERSTAND BEST FC's RETURN TO SOCCER ACTIVITIES GUIDELINES.

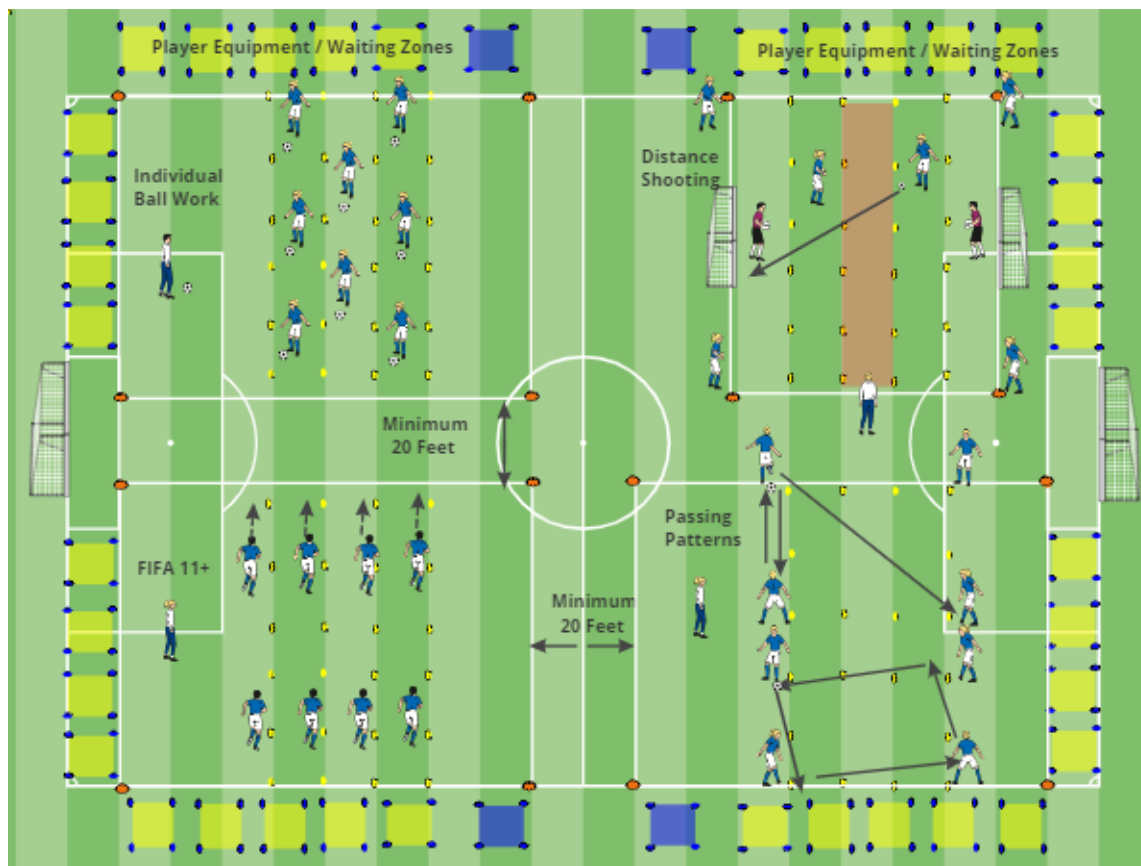


Small Group Training

Soccer is classified as a contact sport, and as such all BEST FC activities in phase 2 will be limited to no-contact drills and training exercises only. BEST FC will assign players attending Small Group Training to cohorts of 10 or less (including Staff). These cohorts will remain intact for the duration of Small Group Training to ensure that we limit the risk of COVID-19 and simplify contact tracing requirements.

In alignment with Public Health recommendations, BEST FC will have up to 5 small groups training during the same time-slot at practice locations. To ensure social distancing requirements, our Small Group training's will be

spaced at least 20 feet apart. In addition each player will be assigned an individual player equipment / rest area for the duration of sessions. Please see diagram below for an example of how training areas will be set up.





Covid Safety Officer

BEST FC has assigned Maria Mumby as our COVID-19 Safety Officer. Maria will communicate policies organization-wide, to coaching staff, administrators, parents, and players. in addition to being the main point of contact for contact tracing requirements. Maria can be contacted via email:
maria@bestsoccer.org



Arrival/Departure Protocols

1. Players must exit cars no more than 5 minutes prior to their designated Small Group Training Session Start Time.
2. A BEST FC Staff Member will greet players/parents at facility entrance. Players will be asked to confirm that they are feeling well and have had temperature checked by a parent.
3. All Parents and Players must wear masks and adhere to social distancing of 6 feet on arrival and departure from the fields.
4. BEST FC Staff members will direct players to the appropriate section of the field where they will be training with their allocated cohort. Players must wear their mask until they are on the training field.

5. Parents will not be able to enter the field at New England Baseball Center, but are welcome to observe sessions so long as they and any children present observe social distancing requirements.
6. On arrival at their training area, players will be assigned an individual rest/equipment area by their coach. Players should set down their equipment and remove their soccer ball and water bottle from their bag. At this point they may remove their mask and store in their bag for the duration of the training session. (Players may wear masks during sessions if they feel more comfortable doing so).
7. Prior to the start of the session players should use hand sanitizer. Players must not touch balls or equipment during the session.
8. At the end of the session, players will collect and pack all equipment and use hand sanitizer prior to putting their mask on.
9. Players will be directed to leave the field by coaches to ensure that no congregation of players can occur.
10. Players and families should leave the training facility as soon as possible after the end of their training session. Social Distancing must occur at all times when entering and exiting facilities.
11. To ensure that there is no contact between Training Groups, BEST FC will ensure a 20 ft buffer zone between cohorts. In addition, BEST FC has scheduled a 30 minute break between training time-slots.

Responsibilities of BEST FC

- BEST FC has trained and educated all currently active staff on return to activities protocols.
- BEST FC has a longstanding relationship and dialogue with local Health Department officials
- BEST FC has plans in place to communicate with the local health department in the event of a confirmed case of COVID-19 at BEST FC Activities
- If a BEST FC player or coach contracts COVID-19, all training sessions for the cohort that player is a member of and any additional cohort associated with the same coach will be suspended for 14 days.
- BEST FC is providing coaches with PPE (masks) and sanitizing products.
- BEST FC has scheduled groups/teams with a minimum of 30 minutes in between the time one team concludes and the other arrives. Players must leave immediately after their session. Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- BEST FC will not allow Players and Parents to congregate in parking lots, at drop off zones, facility entrances/exits before or after a training session.
- BEST FC will ensure adequate space at the field to allow for proper physical/social distancing (6').

- BEST FC will allow parents and siblings to remain on site as spectators. All players should have their own chair. Chairs should be placed to allow for proper physical and social distancing (6').
- BEST FC requires all waste to be placed in trash receptacles by the respective parent, player or coach. Nothing should be picked up by anybody other than the originator of the waste.
- BEST FC require players to have their own water, sanitary products (hand sanitizer, facial tissues, PPE (optional for play), ball, GK Gloves (if necessary).



Responsibilities of BEST FC Coaches

- In Phase 2 BEST FC's Full Time Staff Coaches - Shaun, Steve and Adam, in addition to Director of Coaching - Paul Mumby and Technical Director - Rob Holliday will lead training sessions.
- BEST FC's staff understand some parents/guardians may require their child to wear a face covering. If so, it should be a face covering which attaches around the ears so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings permitted during play.
- The primary focus of BEST FC's staff is to ensure the health and safety of all athletes.
- BEST FC's staff will be asked to ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- AS BEST FC players arrive to practice, our coaches will inquire how athletes are feeling, and may send them home if you believe they are acting or look ill.
- Coaches have been instructed to ensure that no handshakes, fist or elbow bumps, or any other physical contact occurs between coach/player or

player/player.

- BEST FC will practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Our coaches use alcohol based hand sanitizer (at least 60% alcohol). Will cover coughs and sneezes with tissues or sleeves, and have been instructed to not touch your face (eyes, nose, mouth with unwashed hands). BEST FC coaches will launder all training attire each day.
- Follow all state and local health protocols.
- BEST FC Coaches will be the only ones to handle cones, discs, goals etc.
- BEST FC Coaches will ensure all athletes have their individual equipment. (Ball, water bottle, GK Gloves etc.)
- BEST FC Coaches will ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- BEST FC Coaches will wear a face covering for the duration of Phase 2 training activities and abide by the physical/social distance requirements from players and parents.



Parent Responsibilities

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
- If your child has any symptoms, even mild ones, public health urges you to stay home and isolate until:
 1. You have had no fever for at least 72 hours (without the use of medicine)AND

2. Other symptoms (cough, shortness of breath) have improved AND

3. At least 7 days have passed since your symptoms first appeared.

- Anyone in your household that you have had close contact with (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't been tested for COVID-19.
- Notify the club immediately if your child has become sick.
- Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.
- Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary).
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team.
- Be sure your child has necessary sanitizer with them at every session.

Player Responsibilities

- Take temperature daily (see information outlining this in the parent's section).
- Practice proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands).
- Have your own hand sanitizer with you.
- Wear a face covering before and immediately after each training session. They may be removed while participating in practice and drills, provided players are able to maintain at least 6 feet of distance from other persons present.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training.
- No group celebrations, hugs, handshakes, fist bumps, etc.

Disclaimer

Participants, parents, family and spectators taking part in soccer and soccer related activities do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health.

