



## RETURN TO TRAINING SAFETY PROTOCOL

Following the Spring 2020 Coronavirus/Covid-19 Outbreak

In March of 2020 an outbreak of a novel strain of coronavirus appeared in California and other areas of the United States and the around the world. The associated disease, Covid-19, proved fatal. Government officials in California instituted mandatory closures of businesses where the transmission of the virus threatened to be high. Shortly thereafter due to the possible scope of the virus, California instituted 'stay-at-home' health orders. In conjunction, schools and other facilities closed. The effect on Marin FC's activities was total. Adjustments were made to keep our staff on payroll and using virtual mechanisms, keep them working with our athletes while enduring the isolation period.

California's precautionary measures proved effective and it is anticipated that a gradual return to normal will occur across the late spring and into the summer. Likely, officials will prioritize which businesses and activities are safe to re-open, and when determined viable, each endeavor will certainly include restrictions and new precautions to protect against a renewed outbreak or continued virus transmission. For our activities, anticipating and exceeding safety measures and precautions will help not only our constituency return to play, but aid the larger societal effort to safeguard a secure way of life and sport.

Marin FC therefore implements the follow protocol for a return to team trainings. Structurally the protocol is arranged as general guidelines followed by a sequence of precautionary practices.

### General Guidelines

1. All applicable health authority restrictions or instructions shall be implemented.
2. Trainings shall be capped at a maximum number of participants of 20 players and up to 2 coaches.
3. Field scheduling shall limit the number of groups at a single field to not more than 3 groups for a standard full sized soccer field or approximately 22,500 ft<sup>3</sup> (2,500yds<sup>3</sup> or roughly a 50yds x50yds space).
4. Pool or cross-over trainings between teams at a single field shall not occur.
5. Sharing of coaching equipment shall not occur (sharing of field equipment such as goals may occur).
6. Each team shall purchase or otherwise create a 'captain's bag' of spare equipment to be kept secure, disinfected, and on hand for use should a coach be prohibited from attending a training. The bag shall consist of:
  - a) One Nike Brasilia 9 Large Duffel Bag, blue
  - b) Three Nike Game Balls (training balls acceptable, but longer term game balls for matches is desired)
  - c) One pump, Under Armour dual action with gauge
  - d) Six white training bibs
  - e) Six green training bibs
  - f) Twelve mini-cones, any single color
  - g) Disinfecting wipes and hand sanitizer
6. Teams shall designate either a single parent observer or implement an on-call rotation of parent observers to be called upon if a coach cannot attend a training. The role of a parent observer is solely to remain at a field or facility for the duration of a training to which a coach cannot attend and the players continue with a modified session, in the event adult assistance is needed, eg. injury.
7. Parents, friends or other persons may not remain at training session fields during trainings, except in the instance of a designated parent observer.





### Precautions *Prior To* A Training Session

1. Coaches shall, within 18 hours of a training session, wash and/or disinfect their training bibs and cones.
2. Coaches shall within 3 hours of a training session, take through reliable means, their body temperature. Should a temperature greater than 99.6° occur, the coach will notify the team manager and not attend the training session (training session shall proceed with instructions to the players and a designated parent observer).
3. Coaches shall within 30 minutes of the start of a training session, disinfect with cleansing wipes, all balls, any ball pumps, any exercise bands, any muscle rollers, and any other equipment expected to be touched by players.
4. Players shall within 3 hours of a training session, self-assess by taking through reliable means, their body temperature. Should a temperature greater than 100.0° be detected, the player shall notify the coach and not attend the training.
5. For the time necessary, players shall bring to trainings their game jerseys to use as bibs as needed.
6. Players shall bring to training sessions a hand towel for use during breaks to 'towel-off' perspiration or other moisture.

### Precautions *At The Start Of* A Training Session

1. Coaches and players shall greet each other with a cleat or shoe tap (no handshakes, fist-bumps or elbow taps).
2. Coaches shall disinfect their hands using the isopropyl alcohol (70% minimum) spray solution provided by the club.
3. Coaches shall spray each player's hands as they arrive with the isopropyl alcohol (70% minimum) spray solution provided by the club.
4. Players shall arrange any bags and personal gear with a minimal separation of six feet between individual groupings and any coaching equipment. Any use of apparel or other personal equipment shall be promptly returned to appropriate bags or otherwise separately stored.

### Precautions *During* A Training Session

1. If the session is designated non-contact, players shall social distance separate into ten feet square working grid.
2. Coaches shall avoid or limit physical contact with players and shall preserve a minimum of ten feet of separation between themselves and the players when possible.
3. Players and Coaches should use player's game jerseys as bibs or otherwise limit training bib use to one bib per player per training session whenever possible.
4. During breaks in training:
  - a) Players shall not share water bottles or other drinks.
  - b) Players shall maintain physical separation from their coaches and other players during rest.
  - c) Players should 'towel-off' using their own hand towel, and keep the towel in their bag or separated.
5. Any use of apparel or other personal equipment shall be returned to bags or separately stored.

### Precautions *After* A Training Session

1. Coaches shall have players return used training bibs, cones and balls to their storage bags individually and directly. The coach shall not collect items themselves except to hold a storage bag open for others.
2. Players shall collect and carry their own bag and belongings without sharing or assistance.
3. Players shall wash promptly any used training apparel including their game jerseys and hand towel(s).

