



Non-Regular Play Protocol for Coaches

Specific to COVID-19 Pandemic

I. INTRODUCTION

The Annapolis Soccer Club (“ASC”) Non-Regular Play Protocol for Coaches was developed specifically in response to the COVID-19 pandemic. It is the intention of ASC for all coaches to abide by ASC guidelines set forth below and in relevant COVID-19 policy and protocol ASC has developed.

II. PURPOSE

The purpose of this protocol is to provide information and guidance to coaches on how to effectively conduct practices, scrimmages, and training sessions in the safest possible manner during times when there are restrictions on play imposed by local and state directives due to the COVID-19 pandemic.

III. SCOPE

This document provides guidelines for how ASC coaches will conduct practices, scrimmage and/or training sessions. It covers protocol for County games only to the extent that it recites the most current AAYSA guidelines. This protocol is specific to coaching while restrictions are in place due to the COVID-19 pandemic only. It does not cover protocol for other events (e.g., technical training sessions offered throughout the season and conducted by 3rd party providers).

IV. GENERAL INFORMATION

This protocol is based on CDC and local health department recommendations and best practices regarding COVID-19. It abides by all state and local laws, statutes, and directives. While such authority controls, ASC has the liberty of setting forth club guidelines that may be more restrictive. As such, ASC reserves the right to cancel any event for non-compliance with its club policy, plans, and protocols.

This protocol is the minimum required actions coaches should follow. Some actions listed below are deliberately broad and protocol silent on certain topics to allow coaches discretionary decision-making in implementing such actions. Coaches are encouraged to implement protocol in a way that integrates into their sessions so as to minimally disrupt their style of coaching.



V. PROTOCOL FOR CLINIC PRACTICES

The following provides information on safety protocol clinic coaches must incorporate into their practices/training sessions. Clinic practices/training sessions shall be no longer than one (1) hour and shall be conducted no more than one (1) time per week.

A. Equipment for Individual Player Use

Balls

Every player is issued a ball at the beginning of the season. As much as practical, each player should use his/her own club-issued ball for practice.

Pinnies

The use of pinnies is allowed but not encouraged. It is highly recommended, in lieu of pinnies, to have players wear different colored shirts to practice (e.g., lights v. darks). If a coach uses pinnies during a practice s/he must:

- Use pinnies that are clean and have been washed since last use; AND
- Assign pinnies to players for the duration of practice (i.e., once a pinnie is used in a practice by one player, another player may not use the same pinnie).

Goalie gloves

- Goalie gloves only apply to the U8 age group.
- Those who have been designated as goalies should be encouraged to purchase their own gloves.
- At a coach's request, the club will provide the coach two pairs of gloves for team use.
- Coaches must wash club-issued gloves between practices.
- Each pair of club-issued gloves must be assigned to one player only per practice (i.e., once a pair of gloves is used in a practice by one player, another player may not use that pair of gloves).

B. Equipment for Team Use

Cones and PUGG goals are the most-used pieces of equipment during practices. There are no special restrictions in the use of cones and goals, however, coaches should be the only person(s) to move team equipment.

C. Pre-practice

Coaches should communicate with their families any changes in protocols for clinic practices, if any, at least 24 hours in advance of scheduled practice.

D. Practice/Training Session

The following are minimum required actions for practices/training sessions.

Coach arrival at field



- NOTE: Do not arrive more than 20 minutes prior to scheduled practice.
- Place cones (number of players on the team) on the sidelines six feet apart – each cone represents the location where a player will place his/her water bottle and other personal equipment for the duration of practice.
- Place coaches' equipment at least 20 feet away from player cones.
- Place hand sanitizer pump in a location accessible to players for ease of use.

As players arrive to practice

- NOTE: Communicate with your families that players should not arrive more than five (5) minutes prior to scheduled practice.
- Direct each player to a cone to drop off equipment and to safely store his/her face covering.
- Ensure that each player uses hand sanitizer before entering field of play from the sidelines.
- As players begin to warm up, visually check for any signs of illness or symptoms of COVID-19.

During practice

- NOTE: Develop practice plans that limit direct contact.
- Keep cloth covering on at all times (unless you have a medical condition or are experiencing severe discomfort).
- Ensure players do not congregate on the sidelines.
- Parents/guardians are allowed to watch practice from the sidelines so as long as they have cloth covering on at all times.

As players leave from practice

- Direct each player to leave all equipment, except their own soccer balls (or other personal equipment) in a designated location on the sidelines.
- Ensure players retrieve all their items from their designated cone.
- Players must have their face coverings back on prior to leaving the practice field.
- Ensure each player uses hand sanitizer before leaving the practice field.
- Do not allow post-practice play – all players and coach(es) must be off the field no more than ten (10) minutes after scheduled practice time ends.

E. Post Practice

Coaches must wash all equipment that was used by individual players or comingled with used equipment (e.g., pinnies, goalie gloves). It is not required to wash or sanitize cones, goals, and other team equipment.

Please notify ASC with any requests for equipment replacement or replenishment at least 48 hours before the next scheduled practice time.



VI. PROTOCOL FOR **CLINIC** SCRIMMAGES

This section applies to both single team scrimmages and scrimmages/games against other clinic teams.

A. Use of pinnies

If pinnies must be used:

- Use pinnies that are clean and have been washed since last use; AND
- Assign pinnies to players for the duration of the scrimmage (i.e., once a pinnie is used in the scrimmage by one player, another player may not use the same pinnie).

B. Use of goalie gloves

Any player using personal goalie gloves must not share with any other player. Each pair of club-issued gloves must be assigned to one player only per scrimmage (i.e., once a pair of gloves is used in a scrimmage by one player, another player may not use that pair of gloves).

Coaches are issued, at a coach's request, a maximum of two (2) pairs of goalie gloves by the club, therefore, there can only be two different players playing the position of goalie for each scrimmage (notwithstanding any player who brings his/her own personal goalie gloves).

C. Scrimmage Guidelines

The following should be followed for each scrimmage:

- Players should arrive to field fully dressed (uniform, shoes, guards, etc.).
- All coaches, players, and referees must use hand sanitizer before entering the field of play and when leaving the field of play (at the conclusion of the scrimmage).
- Face coverings are to be worn by coaches at all times (unless you have a medical condition or are experiencing severe discomfort) except when acting as referee.
- Players are to wear face coverings on the sidelines when subbed out.
- While it is encouraged for players to be socially distant on the sidelines, so as long as players have their face coverings properly on, players are not required to be at least six (6) feet apart.
- Spectators are to wear face coverings at all times and position themselves within designated spectator areas.
- Families are highly encouraged to limit the number of spectators attending.
- Teams must not shake hands after the scrimmage.
- Post-scrimmage snacks must be individually wrapped and handed out by the coach (do not allow players to take or reach into a cooler/container/box/bag).

VII. PROTOCOL FOR **COUNTY** PRACTICES

The following provides information on safety protocol county coaches must incorporate into their practices/training sessions. County team practices shall be no longer than one



(1.5) hours, based on field availability, and shall be conducted no more than two (2) times per week.

A. Equipment for Individual Player Use

Balls

Coaches have an inventory of soccer balls for practice use. Players are encouraged to use balls provided by coaches and personal balls left at home. Any personal balls brought by a player from home shall be sanitized (with antibacterial wipes or gel/liquid sanitizer) immediately at arrival to the practice field.

Pinnies

The use of pinnies is allowed but not encouraged. It is highly recommended, in lieu of pinnies, to have players wear different colored shirts to practice (e.g., lights v. darks). If a coach uses pinnies during a practice s/he must:

- Use pinnies that are clean and have been washed since last use; AND
- Assign pinnies to players for the duration of practice (i.e., once a pinnie is used in a practice by one player, another player may not use the same pinnie).

Goalie gloves

- Those who have been designated as goalies should be encouraged to purchase their own gloves.
- At a coach's request, the club will provide the coach two pairs of gloves for team use.
- Coaches must wash club-issued gloves between practices.
- Each pair of club-issued gloves must be assigned to one player only per practice (i.e., once a pair of gloves is used in a practice by one player, another player may not use that pair of gloves).

B. Equipment for Team Use

There are no special restrictions for the use of team equipment (e.g., cones, goals), however, coaches should be the only person(s) to handle cones.

C. Pre-practice

Coaches should communicate with their families any changes in protocols for practices, if any, at least 24 hours in advance of scheduled practice.

D. Practice/Training Session

The following are minimum required actions for practices/training sessions.

Coach arrival at field

- NOTE: Do not arrive more than 20 minutes prior to scheduled practice.



- Place cones (number of players on the team) on the sidelines six feet apart – each cone represents the location where a player will place his/her water bottle and other personal equipment for the duration of practice.
- Place coaches' equipment at least 20 feet away from player cones.
- Place hand sanitizer pump in a location accessible to players for ease of use.

As players arrive to practice

- NOTE: Communicate with your families that players should not arrive more than five (5) minutes prior to scheduled practice.
- Conduct player screening with the following questions (if there is any positive response, that player may not practice and must immediately leave the facility):
 - Do you have a fever now or have you had a fever since last practice/game?
 - Do you feel sick or have you had any symptoms of COVID-19 since last practice/game?
 - Has anyone in your family tested positive for COVID-19 since last practice/game?
- Direct each player to a cone to drop off equipment and to safely store his/her face covering.
- Ensure that each player uses hand sanitizer before entering field of play from the sidelines.
- As players begin to warm up, visually check for any signs of illness or symptoms of COVID-19.

During practice

- NOTE: Develop practice plans that limit direct contact.
- Keep cloth covering on at all times (unless you have a medical condition or are experiencing severe discomfort).
- Ensure players do not congregate on the sidelines.
- Parents/guardians must stay in vehicle and are not allowed to be on the sidelines.

As players leave from practice

- Direct each player to leave all equipment, except their own soccer balls (or other personal equipment) in a designated location on the sidelines.
- Ensure players retrieve all their items from their designated cone.
- Players must have their face coverings back on prior to leaving the practice field.
- Ensure each player uses hand sanitizer before leaving the practice field.
- Do not allow post-practice play – all players and coach(es) must be off the field no more than ten (10) minutes after scheduled practice time ends.
- Gather all equipment and make sure nothing is left on the field



E. Post-Practice

Coaches must wash all equipment that was used by individual players or comingled with used equipment (e.g., pinnies, goalie gloves). It is not required to wash or sanitize cones, goals, and other team equipment.

Please notify ASC with any requests for equipment replacement or replenishment at least 48 hours before the next scheduled practice time.

VIII. PROTOCOL FOR COUNTY GAMES

ASC follows county guidelines for games. If county guidelines change, ASC will immediately notify all county coaches and players. All players should arrive to the field fully dressed (uniforms, shoes, guards, etc.)

The following are the current Anne Arundel County guidelines (as of August 17, 2020):

- Everybody must have a cloth face covering on when entering an athletic facility.
 - Participants (players/coaches) are not required to wear a cloth face covering when in the field of play.
- Players on the sidelines should be spaced out.
 - Players should place their bags, water, etc. at a reasonable distance apart and return to their bag during breaks.
- Each player should remain at their bag until they return to the field or leave.
- Players/coaches should avoid or limit contact, including but not limited to high fives, team huddles, arms around players, snacks, sharing water bottles/drinks.
- Spectators must wear a cloth face covering at all times.
- There are to be NO tents other than Medical tents. Beach / golf umbrellas are allowed.