

**Dakota Alliance Soccer Club**

**Return to Play Protocol**

As we return to the field, it is extremely important that we are all on the same sheet of music when it comes to the interactions between Coaches – Players – Parents – Officials. We must also accept that the restrictions being communicated to us are ever changing. As such, we will ultimately receive our direction from the local authorities – Mayor, Parks and Recreation, local health officials, and the CDC. We see our return happening in phases that will ultimately culminate in our ability to have scheduled matches. We will adjust our protocols to meet the standards as established by local authorities and CDC. The guidelines being created are being done so to maintain the health and safety of our players, but to also allow us to be able to trace contacts should there be an infection. TWO things cannot be stressed enough: 1) Good hygiene 2) Social distancing will enable us to get back to normal.

**Phase I – Virtual / Online (We’ve been in Phase I since March 15th)**

* All training during this phase is online through different platforms and applications
* All content provided by DASC or team coach

**Phase II – Individual Training / Small – Group Training (June 1st)**

* This phase is non-contact and will focus on individual technical and fitness based skills
* This phase comes with specific protocols and restrictions that must be adhered to

***Carpools***

* Carpools MUST remain the same. (Should a child or driver become infected, this will allow us to track who the player / adult came in contact with)

***Training Groups***

* All training groups MUST remain the same. (Teams will be scheduled to train at the same time.) Head Coaches will then organize their teams into smaller training groups of no more than 13 (Ex. 1 coach – 12 players) . The players may not switch training groups!

**Training Space**

* Currently, Age Groups are being assigned a specific training date / time at the ‘H’. Team coaches will then create specific training groups and spaces specific to the assigned training group.

**Training Sessions during this phase may involve but not be limited to (Non-contact):**

* Individual Ball mastery & individual skills (Coerver / Beast Mode / Techne)
* Passing & receiving
* Passing Patterns
* Shooting & crossing balls
* Fitness & functional training

**Individual / Small-group Training Restrictions:**

**1. Coaches and players with COVID-19 symptoms MUST stay home**:  
- Fever 100.0 degrees or higher;

- Cough;

- Shortness of breath (trouble with breathing);

- Sore throat;  
- Loss of a sense of taste or smell;

- Feeling achy;

- Headache;

- Diarrhea.

**2.** **Social Distancing:** Make sure to keep a minimum of 6 feet distance between players and coaches. Distance is the best way to protect others.

**3.** **Stay at home** if someone (player / coach / family members) has mild to moderate symptoms. By staying home, you reduce the possibility of transmission to others.

**4.** **Hand hygiene:** Coaches and athletes must wash (sanitize) their hands for a minimum of 20 seconds with warm water and soap before participating in workouts (or use hand sanitizer). (An alcohol-based hand sanitizer will be available to individuals during the workout. Individuals must disinfenct their hands prior to departure for home.)

**5.** Only come to the ‘H’ at the specific time for your scheduled trainging session. (Siblings arriving early must remain in car) Players using a “carpool” must use the SAME carpool or be driven by family member.

**6.** Teams will initially train once a week – duration of training will range 45 minutes – 75 minutes. Coaches will communicate directly with their teams. We will make adjustments to the schedule as necessary. This event is fluid and changes will happen.

**7.** Coaches / Players / Parents MUST follow the COVID-19 protocol. Failure to comply with the stated protocols may result in cancellation of future training sessions.

**8.** Every practice is run by a minimum of 1 coach ---- Ratio of Coach to player 1 Coach to 12 players

**9.** Players are prohibited from using the equipment shed. Players must remember to bring their own ball.

**10.** Coaches and players from different training groups MUST stay in their assigned training space!

**11.** If players are dropped off by car, the parents must stay in the car OR they may drop their child off and return at the completion of the traiing session.

**12.** Parents are NOT allowed to walk / run / exercise at the facility until further notice.

**13.** Water bottles MUST NOT be shared with teammates during practice. Put your name on your bottle!

**14.** Pinnies are only used by 1 player. The coach must collect the pinnies in a plastic bag.   
**15.** Parents or players are responsible for tying the laces of their own child before the practice starts.

**16.** Coaches and players are not allowed to touch the ball with their hands.

**17.** Players are not allowed to touch the equipment on the field unless directed (Cones / discs / pinnies)   
**18.** After the session, players must leave the field as soon as possible. (We will be transitioning)

**DASC Requirements:**

* Communicate training protocols to each team and communicate expectations for compliance.
* Provide coaches and team coordinators with sanitizing products.
* Communicate immediately with the local health department in the event of a confirmed COVID-19 case within a team and cancel all training sessions for that team and any team associated with that coach.
* Schedule training sessions so that one team/group is able to conclude and depart prior to the next team / group arriving, avoiding high traffic times
* Establish designated drop off and pick up zones for each training zone

**Coach Requirements:**

* Limit equipment brought to practice, disinfecting all equipment before / after use
* Do not allow players to share pinnies, other equipment, or water bottles
* Require players to bring their own balls to training – properly inflated
* Require players to bring a small bottle of hand sanitizer **(For their own personal use)**
* Require parents to confirm their child is symptom free before attending training
* Report confirmed cases of COVID-19 to Director of Soccer Operations immediately and cease trainings
* Compliance with all local and state guidelines

**Phase III Team / Age Group Training (Contact in training permitted)**

* This phase will allow for full-team / age group training and interaction
* This phase should continue to adhere to protocols that will reduce spread of COVID-19

**Phase IV Competition**

* This phase allows for teams to compete in competition local league / tournament play
* Continued adherence to safety protocols and additional protocols to address spectators and officials.

**Competition Restrictions (Local Matches / Tournaments):**

* Create competition zones – spread matches throughout complexes to create space
* Stagger the start times of each zone (ex. Zone 1/3 start at same time, Zone 2/4 start at same time)
* Include buffer between games (min of 20 minutes)
* All players, coaches, fans must leave field immediately following game (10 minutes)
* 6ft marks in bathroom and on both sidelines (team and spectator)
* Technical area is outlined
* Hand sanitizing station at each field and throughout complex
* No postgame handshakes, high 5s, etc.
* Players will be confined to bench area with small warmup area
* Players and coaches must stay within technical area for entirety of game (including halftime)
* Only people authorized on the benches are players, coaches, official club personnel
* Only people authorized on the fields are players, coaches, referees and medical staff
* Recommended 1 spectator per rostered player (all spectators expected to adhere to social distancing guidelines)
* No team coolers or shared common sources of water/Gatorade, etc.



**2020 DASC Ohayon Invitational COVID-19 Battleplan**

**July 10-12, 2020**

* No inflatables
* Minimal golf carts
  + Limit to medical staff, tournament director (NO REFEREE CARTS)
* Referees organized into 4 “camps” or “zones” based on age and match size
  + Each referee camp is only allowed to officiate games within their zone and their specific fields as well as not travel between zones
* 1 field marshal per zone and they must stay in their zone
* 1 bathroom monitor to ensure cleanliness and sanitization
* Stagger the start times of each zone (ex. Zone 1/3 start at same time, Zone 2/4 start at same time)
* Include buffer period between games (min of 20 minutes)
* All players, coaches, fans must leave field immediately following game (No longer than 10 minutes)
* 6ft marks in bathroom and on sidelines to encourage social distancing
* Technical area is outlined – player, coaches, and tournament staff ONLY
* Hand sanitizing station at each field and throughout complex
* All vendors (food/apparel/cash transactions) in masks and gloves
* All vendor and referee tents need to be open air without side panels
* No trophy or award ceremony
  + All medals/trophies will be individually wrapped and distributed appropriately to coaches
  + Coaches will keep medal/trophies and distribute them in their individual, original wrappings
* No postgame handshakes, high 5s, fist bumps, or other form of physical contacts are permitted
* Players will be confined to bench area with small technical area during a game
* Players and coaches must stay within technical area for entirety of game (including halftime)
* Maximum roster size (2 coaches)
  + U9/U10- Maximum of 12
  + U11/U12-Maxium of 14
  + U13+- Maximum of 18
* Only authorized personnel allowed on the benches are players and coaches and tournament officials
* Only authorized personnel allowed on the fields are players, coaches, referees, tournament staff, and medical
  + Exceptions may be made for medical issues
* Recommended 2 spectator(s) per rostered player (all spectators expected to adhere to social distancing guidelines)
* No team coolers or shared common sources of water/Gatorade, etc.
* These protocols will be actively distributed to teams prior to attending the event as well as reminded of them during the event