



Dear Titans Families:

Below are key features of our updated Return to Play Training Plan. Parents please take the time to review this information with your player. It is critical that everyone observe the same procedures at on-field training. Our coaches will also be going through the training plan and important safety guidelines with their teams.

Titans FC - Return to Play Training Plan: Modified Phase 2 Guidelines (10/6)

1. Social Distancing

When teams are not engaged in a training activity, players shall socially distance by at least 6 feet per the State guidelines. No handshakes, high-fives, or fist bumps!

2. No Symptoms

Players and coaches with any of the following signs or symptoms should NOT attend practice: fever (>100.0), cough, shortness of breath/difficulty breathing, chills, body/muscle aches, diarrhea, sore throat, new headache, loss of taste or smell. Players or coaches with a family/household member sick at home with suspected or confirmed COVID-19, or waiting for a test result, should also NOT attend practice.

3. Masks and Facial Coverings

All Titans FC coaches will wear cloth masks during training sessions. Players should wear a cloth mask before and after the training session when moving between the car and field. Use of facial coverings during exercise and drills is optional for players.

4. Hygiene and Hand Sanitizer

All players should have hand sanitizer in their soccer bag. Players should use hand sanitizer before practice and avoid touching their face during practice. Players should immediately use hand sanitizer after practice before putting on their cloth mask.

5. No Shared Equipment

Players should bring their own water bottle to training. There is no sharing of water bottles, and players will not touch or share training equipment such as cones or gear bags. Coaches will handle all equipment, and pinnies will not be used.

6. No Lines, No Huddles

Training will be appropriately spaced, with technical demonstrations and team-talks executed from a distance. Training activities will not include waiting lines.

7. No Gathering, No Delay

Players should avoid social gatherings before and after practice to maintain appropriate social distancing of 6 feet and to facilitate rapid turnaround between sessions. Soccer bags should be placed 6 feet apart.

8. Spectators

Parents should not gather and socialize on the sideline and are encouraged to remain in their cars if staying at the practice site. If parents come to the sideline for pick-up or drop-off, they should wear a facial covering and maintain the appropriate distance from the training group and other parents.

For games, (1) spectator per player is allowed under the new guidelines. Should there be an issue with how many spectators there are, a field marshal or team coach will ask that any additional spectators leave the field. If spectators do not wish to adhere to this policy, the game will be abandoned. If the problem persists, the club will no longer allow spectators at games.