



MT. RAINIER FC: RETURN TO PLAY GUIDELINES

Phase 2 overview

- i. Training sessions may be allowed with fewer than 5 players at a time
- ii. Coaches to wear masks and disinfect equipment before and after each session
- iii. Players to wear masks while not training and use hand sanitizer following each session
- iv. There will be the COVID-19 Safety officer at training locations and will communicate and oversee the policy across the club and will provide regular updates and reminders.

Guidelines for the following groups

Coaches

- a. Ask each player on arrival to practice or game if they are feeling well and/or exhibiting any symptoms of COVID-19.
- b. Players and coaches to use Hand sanitizer before and after each training session
- c. Coaches to wear Masks for the duration of training; players only while they're not training
- d. Avoid unnecessary touching such as high fives and hugs.
- e. Avoid having large group team meetings before or after the game instructions should be kept to a minimum and have players practice social distancing rather than sitting next to each other on a bench.
- f. Coaches refrain from high fives and hugs with players during substitutions or after an outstanding achievement.
- g. Avoid the customary handshakes before and after the game or training with coaches, opponents and referees.
- h. Make sure Players when off the field maintain social distancing of 6'.
 - i. This includes seating areas for players and personal gear.
- i. Equipment to be Disinfected before and after use
- j. Only coaches should pick up team equipment or move practice equipment.
- k. Benches should be wiped down with a disinfectant prior and after training or game.
- l. Soccer balls after the game or practice are also sprayed with a disinfectant.
- m. Shin guards and scrimmage vests should not be shared.

Players

- a. Players when off the field maintain social distancing of 6'.
 - i. This includes seating areas for players and personal gear.
- b. Players to bring their own Pinnies and balls
- c. Players should not share water bottles and drink containers.
- d. It is recommended that players have their own hand sanitizer for personal use.
- e. Uniforms should be washed as soon as possible after training or the game.

Parents and spectators

- a. Please provide a minimum distance of 6' on the sidelines or end lines between families. If behind the goal, you must be back 15 yards from the end line.
- b. If sitting in bleachers, practice social distancing.
- c. Vehicles are excellent and comfortable sitting areas to watch training and games.
- d. The most vulnerable group are people over 65 years of age or those with underlying medical conditions. It is recommended not to attend games or practices or remain in your vehicle as a safe avenue to watch soccer.



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Phase 2 Coaching Session overview

- a. To meet requirements sent out by US Club and PSPL Governing Bodies MRFC will be pre-defining lesson plans for the duration of Phase 2
- b. MRFC will work towards the following items throughout phase 2
- c. No heading, No Goalkeeping, no opposed play is to take place throughout Phase 2.

Phase 3 overview

- i. Full team training allowed - minimal contact – maximum 50 people per field
- ii. Coaches to wear masks and disinfect equipment before and after each session
- iii. Players to wear masks while not training and use hand sanitizer following each session
- iv. Set reasonable expectations for return to play/full match fitness for players
- v. There will be the COVID-19 Safety officer at training locations and will communicate and oversee the policy across the club and will provide regular updates and reminders.

Guidelines for the following groups

Coaches

- a. Ask each player on arrival to practice or game if they are feeling well and/or exhibiting any symptoms of COVID-19.
- b. Players and coaches to use Hand sanitizer before and after each training session
- c. Coaches to wear Masks for the duration of training; players only while they're not training
- d. Avoid unnecessary touching such as high fives and hugs.
- e. Avoid having large group team meetings before or after the game instructions should be kept to a minimum and have players practice social distancing rather than sitting next to each other on a bench.
- f. Coaches refrain from high fives and hugs with players during substitutions or after an outstanding achievement.
- g. Avoid the customary handshakes before and after the game or training with coaches, opponents and referees.
- h. Make sure Players when off the field maintain social distancing of 6'.
 - i. This includes seating areas for players and personal gear.
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- j. Only coaches should pick up team equipment or move practice equipment.
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Players

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- c. Vehicles are excellent and comfortable sitting areas to watch training and games.
- d. The most vulnerable group are people over 65 years of age or those with underlying medical conditions. It is recommended not to attend games or practices or remain in your vehicle as a safe avenue to watch soccer.

Phase 3 training session overview

- a. All soccer-related activities may resume provided direct personal contact is limited to game like actions
- b. Sessions can now be defined by coaches and team leaders
- c. Goalkeeping and heading may be allowed

Phase 4 overview

- i. No restrictions
- ii. Physical and social distancing recommended
- iii. Phase 4 would allow the reintroduction of all recreational activities and group activities with more than 50 people. While physical distancing and good hygiene will still be recommended, this will stage will allow activities as normal to resume.