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# TRAINING PLAN & RESPONSIBILITIES

## Parent/Guardian Responsibilities:

- Prior to training check your child temperature and refrain from participation if he or she has a fever ( $\geq 100.4$  degrees F).
- If your child currently has any of the symptoms consistent with COVID-19 including coughing, sore throat, shortness of breath OR fever of 100 degrees OR sudden loss of taste or smell the child cannot participate in soccer activities until cleared by a medical professional.
- Stay in or near your car and/or adhere to social distance requirements, based on state and local health requirements.
- In the case of inclement weather we will dismiss all to their parent/guardian immediately.
- Ensure your child's training gear is washed after every training session.
- Ensure your child's equipment, (cleats, ball, shin guards, etc.) are sanitized before and after every training.
- Notify the club immediately if your child becomes ill for any reason.
- Supply your child with hand sanitizer for each training session.
- At the end of the training session, the children will be released slowly from their field maintaining 6ft distance from each other.

## Player Responsibilities:

- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer at every training.
- When you enter the complex go straight to your training field.
- Bring your ball and water bottle to the field.
- Do not touch or share anyone else's equipment, water, snack, or bag.
- Practice social distancing, by placing your equipment, ball and water bottle aside your training space, keeping 6 ft from others.
- Maintain physical distance from your teammates (air high fives are awesome but no high 5's, hugs, handshake, piggy backs etc.)
- At the end of training return to your parent/guardian immediately.

## Coach Responsibilities:

- Prior to training check your temperature and report to the club if you have a fever ( $\geq 100.4$  degrees F) or are displaying symptoms consistent with COVID-19.
- Upon arrival ensure you have disinfection spray, hand sanitizer and gloves.
- Operate training on a 1 Coach to 8 player ratio during the initial return to play phase.
- All training exercises must be designed where players are at least 6ft from each other.
- As players enter the training field - organize players immediately to maintain social distancing protocol.
- Ask players prior to the beginning of training if anyone feels ill - send them back to their parent/guardian immediately.
- Ensure all players have their individual equipment (ball, water, bag, etc) and set up a space for each player to have their equipment at least 6 ft from each other.
- The Coach is the only person to handle cones, discs, etc.

cont. →



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- At the conclusion of training dismiss the players one at a time to ensure social distancing.
  - Disinfect equipment (cones & disks) between sessions.
  - Ensure 15 minutes between training sessions.
  - In the event of inclement weather - coaches will return to their car and communicate to team updates on continuation.
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## **Sarasota City Soccer Club Families,**

As a club we are closely monitoring the COVID-19 situation locally. We are monitoring information from both the CDC and state and local health agencies. Currently we are asking that all families take preventative steps to hinder the spread of the virus. Our players and families health is our first priority and our community activities are susceptible to rapidly spreading this virus.

## **Our teams will adhere to the following at trainings and events until further notice:**

- No handshakes, fist bumps, etc. with teammates or opponents.
- No team cheers with touching.

## **Please follow CDC guidelines regarding your health:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay quarantined when you or a family member are sick.
- Seek medical treatment when you are sick.
- Cover your coughs and sneezes with a tissue and then throw it away.
- Disinfect frequently touched objects.
- Wash your hands regularly for at least 20 seconds.

Cancellations of matches and games are possibilities based on the severity of the spread of the virus. We will be looking to the national and state health organization for guidance on the prudent responses and will take part in the community effort to slow the spread of the virus to our most vulnerable populations giving our healthcare professionals every opportunity to treat those in need.

***We will continue to communicate with you. Please always make the best decision for your family regardless of our policies and club-wide determinations.***

All the best,

Cory Boyes  
President of SCSC