

ARSENAL



MAY 18, 2020

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RETURN TO TRAINING PROTOCOL



Dear Arsenal SC Parents,

In accordance with local and State orders and protocols, Arsenal Sports Club has a comprehensive set of protocols in place to ensure the safety and health of all our players.

As we prepare to welcome back our players to small group activity, Arsenal SC has a thoroughly reviewed safety strategies (or precautions) to restarting outdoor training while minimizing the spread of COVID-19. Our primary focus is on the health and safety of our players, coaches, and their families. We have always maintained that we would return to training only when such a return was appropriate. Taking into consideration the gradual and phased reopening of the State of Texas, we believe that our program can take its first steps back to fulfilling our mission of training our young athletes.

We fully realize that these have been hard and nerve-wracking times, and that some of our players or their families may not be ready to take this step. That is why participation in return to organized training **is not required** and our players are welcome to continue their individual training programs.

All players that do wish to participate, you will be required to follow a complete protocol to ensure the continued safety and health of all our players. The protocols are based on Governor's Open Texas Report- <https://bit.ly/2SY7xl7>

Additionally, Arsenal Sports Club has set protocols that all must follow when at the fields. Please take the time to review these materials and discuss them with your children before participating so that everyone understands the expectations.

All participants must complete the LIABILITY AND HOLD HARMLESS AGREEMENT of Risk provided at <https://bit.ly/2T74FCC> and forward a signed copy to your coach and team manager.

If you have any questions, please do not hesitate to contact us. We hope to see you all soon.

Sincerely,

Arsenal Sports Club

GUIDELINES: Adhere To All Requirements

Training is optional!

COACHES REQUIREMENTS:

ALL PARENTS MUST SIGN ACKNOWLEDGMENT FORM

DOWNLOAD HERE: <https://bit.ly/2T74FCC>

- **Complex Arrival**
 - Arrive to field 30-45 minutes prior to player arrival
 - Setup field and grids following approved diagram
- **Player Arrival**
 - Wear facemask as players arrive (*WILL NOT USE TO TRAIN*)
 - DO NOT make contact or touch anyone
 - Direct players to assigned grid and individual cone
 - Once all players are ready, commence training
- **Field Setup**
 - Field setup needs to be in grid quadrants not exceeding 4 players per grid
 - Each player needs to be assigned an individual cone to place belongings
 - Grid quadrants must be spaced no less than 15ft apart
 - Grids must be no less than 15ft x 15ft
 - Player grids must be no less than 7.5ft x 7.5ft
- **Training Curriculum**
 - Cannot contain any 1v1 or session that allows player contact
 - Ball mastery
 - Technical skills
 - Agility
 - Speed



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PARENTS REQUIREMENTS

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Parents

- Check Temperature at home prior to departure
- If your player has a fever (higher than 98.6 degrees) or shows symptoms of being ill, contact coach, and stay home.
- Upon arrival, remain in vehicle and do not socialize with other parents
- If available, leave a parking space between you and other parked cars
- At the conclusion of practice, once your child enters vehicle please make your way to the exit of the complex to allow other parents to park.



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PLAYER REQUIREMENTS

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Players

- Wash hands thoroughly and use restroom prior to departure
- Players must remain in vehicle until 5 minutes before training
- If available, use facial mask and make way to field (*WILL NOT USE TO TRAIN*)
- Place all items in backpack and bring with you (ball, water, etc)
- Keep a minimum distance of 8ft between you and anyone else
- DO NOT make contact or touch anyone
- Coach will direct players to designated area, assigned grid, and Individual cone
- Place all belongings on assigned cone, remove face mask, and take out ball
- Must ONLY use your own equipment and not share any items with other players
- Follow Coaches direction for Training

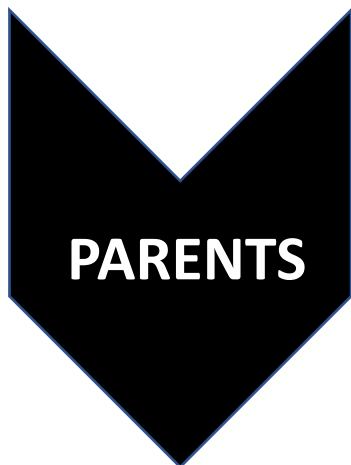


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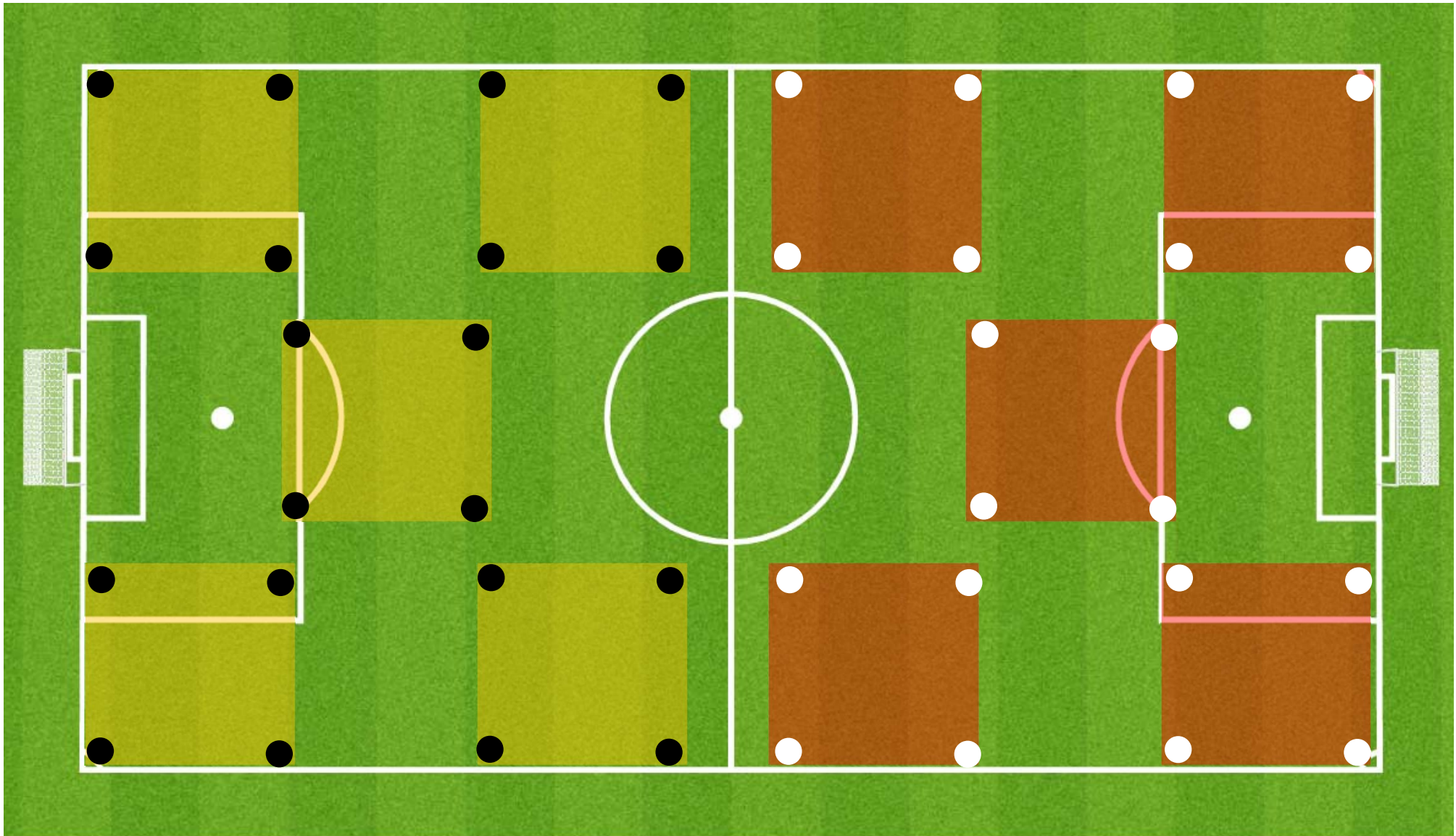


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GUIDELINES: Adhere To All Requirements

FIELD COACHING GRID LAYOUT



Training is optional!

Player
Entrance/
Exit

Player
Entrance/
Exit

PARKING LOT

Player
Entrance/
Exit

Player
Entrance/
Exit

FIELD 3

FIELD 1

**REST
ROOMS**

ASSIGNED FIELDS

FIELD 4

FIELD 2





THANK YOU!