

# ARSENAL



**PHASE 3**

**JUNE 15, 2020**

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**RETURN TO TRAINING PROTOCOL**

**VALLEY RIDGE, CEDAR HILL**



Dear Arsenal SC Parents,

In accordance with local and State orders and protocols issued on **June 3, 2020 by Governor Abbot**, Arsenal Sports Club has a comprehensive set of protocols in place to ensure the safety and health of all our players.

As we prepare and enter **the third phase** of the ongoing plan to open activities, 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. Taking into consideration the gradual and phased reopening of the State of Texas, we believe that our program can take the appropriate steps 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 at home that ASC has set on our website: <http://arsenalsc.com/video-sessions/>

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 members. The protocols are based on Governor's Open Texas Report- <https://dshs.texas.gov/coronavirus/>

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. **NO PLAYER MAY TRAIN WITHOUT A SIGNED FORM.**

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

Sincerely,

Arsenal Sports Club

# HEALTH PROTOCOLS FOR OUTDOOR SPORTS PARTICIPATION

## *Training is optional!*

Coaches must manage to the extent possible, minimizing in person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. We understand maintaining 6 feet of separation is not feasible at times, but coaches must utilize methods to slow the spread of COVID-19, such as no team huddles, water break separation, and no player close contact socializing.

- Self-screen before playing in an outdoor sport for any of the following, new or worsening signs or symptoms of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
  - Known close contact with a person who is lab confirmed to have COVID-19
  
- Family members aged 65 or older are at higher risk of COVID-19. To the extent possible, avoid contact within 6 feet with individuals aged 65 and older. Family members aged 65 and older should stay at home as much as possible.**

# GUIDELINES: Adhere To All Requirements

*Training is optional!*



## COACHES REQUIREMENTS:

**ALL PARENTS MUST SIGN ACKNOWLEDGMENT FORM**  
**DOWNLOAD HERE: <https://bit.ly/2T74FCC>**

**Manage physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other.

## **RECOMMENDATIONS:**

1. focus on individual skill building versus competition;
2. limit the time players spend close to others by playing full contact only in game-time situations;
3. decrease the number of competitions during a season.

Coaches can modify practice's so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

# GUIDELINES: Adhere To All Requirements



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**Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bibs or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.

**Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline).** During times when players are not actively participating in practice or competition, attention should be given to maintaining social distancing by increasing space between players on the sideline, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

**Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a bench or group area).

**Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.

**Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.

**Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

**Travel outside of the local community.** Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

# GUIDELINES: Adhere To All Requirements

*Training is optional!*



## 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.
- Parents must sit maintaining social distancing
- 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.

# GUIDELINES: Adhere To All Requirements

*Training is optional!*



## 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 6ft between you and anyone else
- DO NOT make contact or touch anyone
- Must ONLY use your own equipment and not share any items with other players
- Follow Coaches direction for Training



**THANK YOU!**