LEDYARD SOCCER CLUB

Return to Play

Using Connecticut Junior Soccer Association (CJSA) return to play guidelines, adapted from US Youth Soccer guidelines. The following are the responsibilities and minimum equipment and supply needs for each coaching cohort for initial Return to Play (RTP) phases. Follow all local requirements as mandated by local authorities as well as the RTP-CJSA Phase implementation guidelines.

**Phase 1 (2 weeks minimum)**

Responsibilities for the Club, Coaches, Players, and Parents are as outlined in the RTP-CJSA guidelines document.

**Coach Equipment required: (1 Cohort of 9 players and a coach)**

* 40 flat cones for 6x6 player equipment, water, and waiting areas (would help if we could paint these boxes outside field area)
* 4 flat cones to set up field area 20 ft apart from other field areas (16 total cones needed could be set up by any coach or by club board)
* 1 ball for their own demonstrations
* Face mask when not actively coaching
* Sanitizing gear for equipment sanitizing (nets, balls, cones, etc…)
* hand sanitizer (for own use)
* flat and tall cones for coaching session set up. (ball handling, sprints, passing lanes, etc…)

**Player equipment needs:**

* Ball, Cleats & Shin guards
* GK gloves, if applicable (no sharing)
* Face mask (if worn on field must be type that secures around ears. No around neck or around head types)
* Hand Sanitizer (for own use)
* light and dark shirts (no use of pinnies allowed) for when scrimmages are allowed
* Water bottle full of water/sports drink (no sharing with others and no refills from fountains or coach container allowed)
* food or snacks for you only (no parties or snack sharing allowed)

Coach/Player/Field Guidelines

* Face coverings must be used when not actively coaching or playing.
* Everyone must maintain physical / social distance from other players, coaches, and parents.
* 1 coach per group up to 9 players on field. 1 coach cannot coach more than 1 group on field at same time.
* Coaches can coach more than 1 group but must be at different times.
* The coach is the only one to handle the cones, disc, goals, etc…
* Based on group and team size requirements, some teams will be required to separate into 2 training groups if more than 10 players are on the team. This means either 1 coach will be required to hold 2 training sessions to include all players, or 2 coaches will be needed per team.
* Based on size of field at Blonders of 75 yds by 115 yds long, we could utilize 4 fields, 1 in each corner measuring 100 ft x 150 ft. (33 yds x 50 yds) with each field separated by about 25 to 30 feet. (req. is 20)
* There must be a minimum of 30 minutes between training sessions to allow the first training group to clear prior to the next training groups arrival.
* All players must leave field promptly at end of their session. Hanging out afterwards on the side of the field or in the parking lot is strictly prohibited. Do not arrive more than 15 minutes early for your training session.
* Based on time requirements, training sessions will be shortened to 1 hour. The first session will be from 5:15pm until 6:15pm while the second session will be from 6:45pm to 7:45pm.
* Phase 1 is mainly focused on ball handling and player conditioning training.
* This would allow 8 training sessions to be held at Blonders each day. Similarly, Clarks field could be utilized in the same way. There is a potential of having 2 groups on Purdy or possibly 3 groups by utilizing the area off the field.
* If coaches are coaching from an early session to a later session, they would be required to sanitize equipment between the session to include cones, goals, balls, etc… which will take time. Would recommend each coach sanitize equipment when they arrive as part of field set up.
* Coaches must maintain an attendance log of all who attend the training sessions including other coaches, players, and parents.