

“All Subject to Change”

August 10, 2020



Rec Soccer Training & Game Guidelines



Introduction

This document with guidelines for our Rec Soccer Season has been created based off the reopening of CT Phase 2 rules (June 17, 2020). Our goal is to provide an active and worthwhile experience while protecting the safety and health of our staff and members.

We expect all of our Coaches, Volunteers, Parents and Players to follow all guidelines provided in this document. All professional MKSE Staff and Volunteers will be trained to understand the guidelines and will be in charge of enforcing during the season.

Thank you very much for your cooperation and trust,

Westport Soccer Association



General Guidelines

- **Players/Families must submit WSA signed Waiver before the first day before participation**
- **Players, Parents & Coaches cannot show up if they are sick or have a fever**
- **Players, Parents & Coaches must wear a mask to and from car to field**
- **Parents must wear masks when viewing training or games and adhere to 6ft social distancing (viewing areas indicated on maps)**
- **Players are to bring their own bag, ball, water, sneakers, soccer shoes, wipes/sanitizer**
- **Coaches & Volunteers will be wearing masks during all training sessions and games**
- **Facility Maps for Training and Games are provided– [see maps](#)**
- **Social Distancing Protocol will be applied when necessary (bags, walking to and from field, bathroom line, etc.)**
- **Masks and/or gloves are permitted but not required to be worn by the players during training.**
- **Scrimmaging is allowed**
- **No High Fives, shaking hands, first bumps, etc. allowed**



Guidelines Sheet Training & Games

All Coaches	Parents	Players
Follow All Guidelines	Follow All Guidelines	Follow All Guidelines
Do not show up if you are ill	Do not show up if you are ill	Do not show up if you are ill
Always wear a mask	Always wear a mask	Wear a mask to and from field, and on team bench
Allowed on practice or game area	NOT Allowed on practice or game area (viewing area only)	Allowed on practice or game area
Bring wipes/sanitizer and clean hands before & after activity	Bring wipes/sanitizer and clean hands before & after activity	Bring wipes/sanitizer and clean hands before & after activity
Always Practice 6 ft Social Distancing (sidelines)	Always Practice 6 ft Social Distancing (viewing area)	Always Practice 6 ft Social Distancing (sidelines)
No High Fives, shaking hands, first bumps, etc. allowed	No High Fives, shaking hands, first bumps, etc. allowed	No High Fives, shaking hands, first bumps, etc. allowed
Do not share equipment or drinks	Do not share equipment or drinks	Do not share equipment or drinks
Have fun Coaching	Have fun Watching	Have fun Playing
Stay Positive	Stay Positive	Stay Positive



Pro & Volunteer Coaches Responsibility

- **Follow All Guidelines**
- **Ensure the health and safety of the participants**
- **Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist players to pick up cones, etc.**
- **Use new set of pinnies for every session**
- **Masks & gloves are permitted but not required to be worn by the players during training or games**
- **Ensure all athletes have their own individual equipment (ball, water, bag etc.) – 6ft apart on Sidelines**
- **Send anyone you believe acts or looks ill home**
- **Assist players with drop-off and pick-up protocol**
- **Follow & Enforce all rules and guidelines in this document**
- **Have fun, stay positive – players and parents are looking to you for leadership**



Parent Responsibility

- Follow All Guidelines
- Consider not carpooling or **ONLY** with players that are in the same team
- Stay in car or adhere to minimum 6 feet social distance requirement and wear a mask when outside of car during drop-off and pick -up
- Be sure your child has necessary sanitizing products with them
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training and game
- Ensure child's clothing is washed after every training
- Notify us immediately if your child becomes ill for any reason
- Be Supportive!



Players Responsibility

- **Follow All Guidelines**
- **Wash hands thoroughly before and after training**
- **Players are to bring their own bag, ball, water, soccer shoes, wipes/sanitizer**
- **Bags 6ft apart as indicated by coaches**
- **Do not touch or share anyone else's equipment, water, food or bags**
- **Wash and sanitize all equipment before and after every training**
- **Please bring plenty of water – no refill stations**
- **Work hard and HAVE FUN!**



Other

RESTROOM / HANDWASHING

- There are Porto-Potties with sanitizer on facility – one player at a time allowed
- All players are expected to bring their own hand sanitizer/wipes as well

HYDRATION

- Please bring plenty of your own water for the duration of your training session
- **There will be NO water stations set up for refill**



Drop-off / Pick-up Procedures

VERY IMPORTANT:

PLEASE FOLLOW MAP GUIDELINES

15 minute transition period

Drop off: Please park in area designated on the map and do not arrive no more no then 10 minutes before the scheduled strt time. Children should remain in vehicles until 5 minutes before their scheduled training times and then walk to field – **follow map guidelines.**

Drop off: Only participants and coaches are allowed to enter the training area and field. All parents should remain in the viewing area or in their vehicles during drop off. If you are bringing your child to field you must wear a mask.

Pick Up: Please park in area designated on the map and do not arrive more then 10 minutes before end. Please wait in car until your child walks closer to pick up area. If a parent needs to get out of the car and walk to pick-up area you must wear a mask.

NO SOCIALIZING IN PARKING LOT

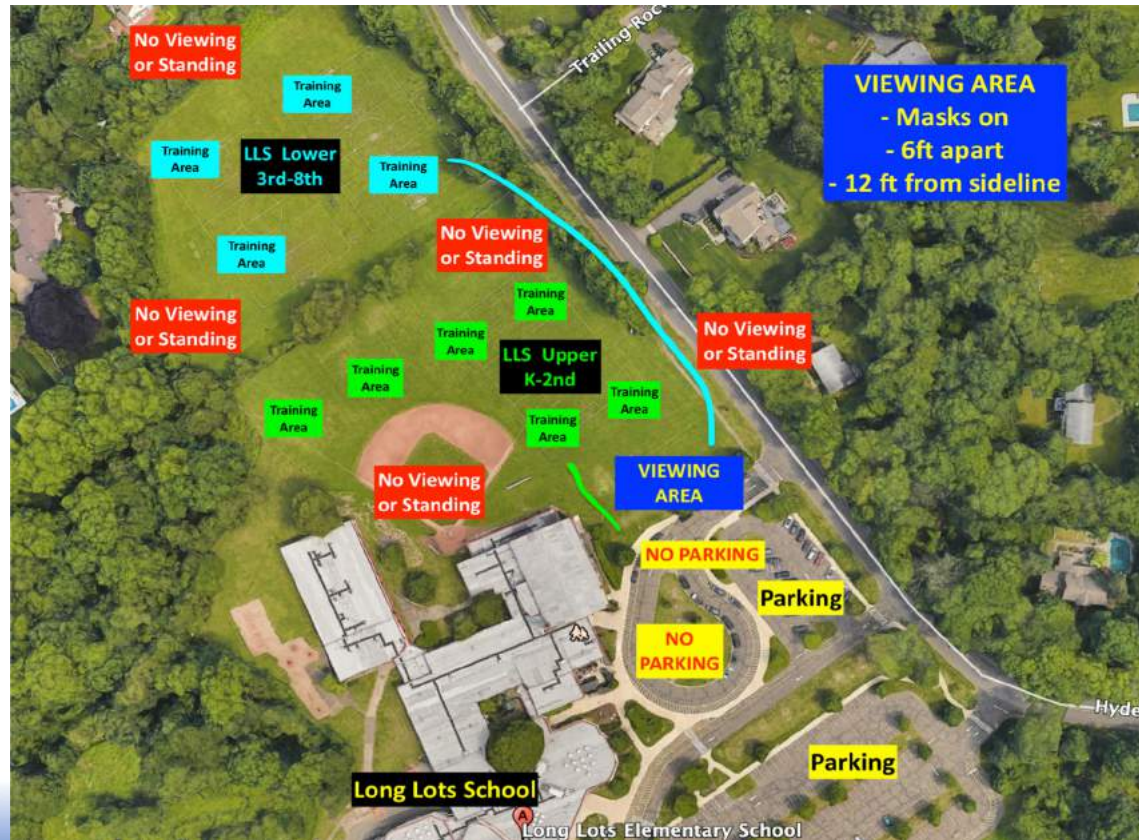


Training Facility Map – Burr Farms





Training Facility Map - Long Lots School



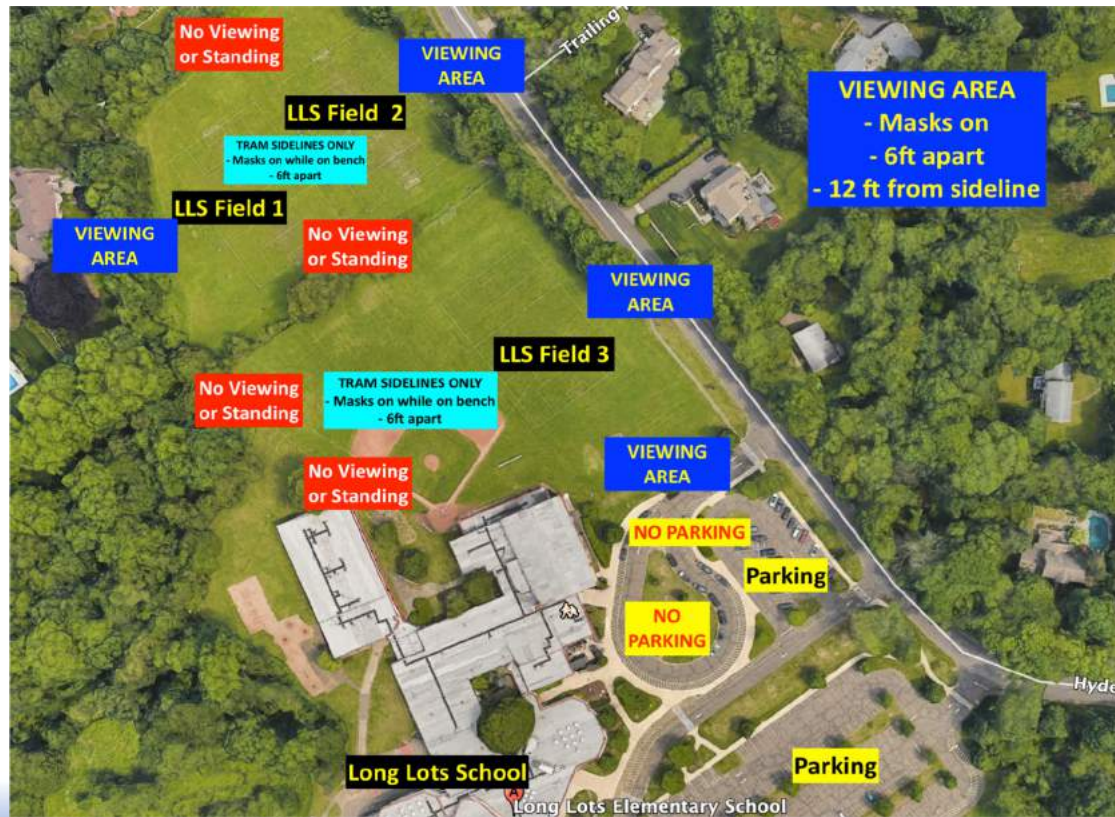


Game Day Guidelines Reminders

- See Facility Maps
- If a child, parent, coach or volunteer is not feeling well or has a fever do not attend game
- All Players, Coaches and Volunteers must wear a mask to a from field
- Coaches and Volunteers must wear mask at all times
- Players sitting on the bench must wear mask and social distance
- Coaches should try and maintain at least 6 feet social distance at all times
- Parents must adhere to minimum 6 feet social distance requirement and wear a mask when viewing game (on other side of team benches and away from sideline)
- Be sure your child has necessary sanitizing products with them
- No sharing equipment, drink, pinnies, etc
- No High Fives, shaking hands, first bumps, etc. allowed



Game Facility Map - Long Lots School





Game Facility Map - Wakeman Park





Game Facility Map – Burr Farms



Parking

No Viewing
or Standing

No Viewing
or Standing

TEAM SIDELINES ONLY
- Masks on while on bench
- 6ft apart

Burr Farms Field

VIEWING AREA SIDELINES
- Masks on
- 6ft apart
- 12 ft from sideline

No Viewing
or Standing



Re-Open CT

REOPENING PROCESSES

A dark blue rectangular graphic with white and light blue text and symbols. At the top, the word "REOPEN" is in large, bold, white letters, with the "O" containing a white speech bubble. Below it, "Connecticut" is written in a white, sans-serif font, with a small blue star above the "i" and a blue and white flag graphic to the right. Underneath, the slogan "SAFER. STRONGER. TOGETHER." is written in a smaller, light blue font. In the center is the official seal of the State of Connecticut, which is a shield with a tree and a figure, topped with a crown and surrounded by a banner. At the bottom, the text "Governor Ned Lamont" is in bold white, followed by "Sector Rules for June 17th reopen" and "June 6th, 2020" in a smaller white font.



Re-Open CT Sports

GUIDING PRINCIPLES

SECTOR RULES FOR JUNE 17TH REOPEN

WHAT: SECTOR REOPENING OVER TIME

The state will open its economy with a gradual approach. The first set of businesses started reopening when we saw a sustained 14-day decline in hospitalizations, had adequate testing capacity, had a contact tracing system in place, and had procured sufficient PPE. The timing for that reopen was May 20th.

ALWAYS OPEN	Manufacturing Construction Real estate Utilities Essential retail Child care Hospitals		
MAY 20TH	Restaurants (outdoor only, no bar areas) Outdoor recreation (limited capacity)	Remaining retail Offices (continue WFH where possible)	Museums, Zoos (outdoor only) University research
JUNE 1ST	Hair salons, Barbershops		
JUNE 17TH	Restaurants (outdoor, indoor, no bar areas) Hotels/Lodging All personal services Indoor recreation	Sports, Sports clubs & complexes, Gyms, Fitness centers, Pools Outdoor arts, Entertainment, Events (limited capacity)	Amusement parks Libraries Museums, Zoos, Aquariums Social clubs

SPORTS-SPECIFIC

SPORTS, SPORTS CLUBS & COMPLEXES, GYMS, FITNESS CENTERS, & POOLS

The sudden closure of school and recreational activities has left student/youth-athletes without structured physical activity since mid-March. A safe return to interscholastic/youth athletic experiences must account for the deconditioning which may have occurred during this prolonged departure from normal physical conditioning and skill development.

Sports included in the Moderate to Low risk categories can begin all of the below activities starting in Phase 2. Higher risk sports are allowed to perform camps and numbers 1 and 2 below. Higher risk sports will be allowed to do everything below post July 6th.

1. Individual or group training.
2. Controlled practices
3. Scrimmages, games, meets, matches, etc.
4. Tournaments allowed after July 6th (no satellite fields).

NOTE: Camps, per Executive Order No. 7PP, Camps as defined in 19a-420 of the CT general statutes must follow Office of Early Childhood Guidance for camps. Other sports programs, including clinics that do not fall under Executive Order No. 7PP, Section 7 shall follow the guidelines as laid out in this document.

HIGHER RISK

Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- Examples: wrestling, boxing, football, lacrosse, competitive cheer, dance, rugby, basketball, roller derby, ice hockey, water polo, 7 on 7 football, and martial arts

MODERATE RISK

Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

- Examples: volleyball, soccer, gymnastics, field hockey, tennis, swimming relays, pole vault, high jump, long jump, crew with two or more rowers in shell, synchronized swimming, baseball, and softball

LOWER RISK

Sports that can be done with social distancing or individually with no sharing of equipment, or the ability to clean the equipment between use by competitors.

- Examples: individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, sideline cheer, single sculling, cross country running (with staggered starts), diving, fencing, ice skating



Responsibility





Thank You

These are unprecedented times and we ask all of you to please do everything possible to follow all the guidelines and help support the WSA in keeping all of our children active and back on the field for the fall. We thank you in advance for your attention to detail in keeping ALL involved safe and healthy.

Westport Soccer Association