



Crossfire Select Modified Phase 2/3 Training Safety Procedures & Protocols

*Before any participation is allowed, all Crossfire Select players and coaches will be required to sign the "Waiver/Release for Communicable Diseases including COVID-19" that has been provided by the club.

The information here is not intended to be a substitute for professional medical advice and certainly doesn't supersede any directives or restrictions issued from local, state or federal authorities. Players and their family's health and safety come first. Adherence to these considerations and recommendations does not ensure immunity from exposure.

Training, scrimmages and games will include normal soccer contact with other players.

Reporting Illness and RTP Requirements & Missing Practice

- Players and coaches with any of the following symptoms should not attend training: fever, cough, shortness of breath/difficulty breathing, chills, body or muscle aches, diarrhea, sore throat, new headache, or loss of taste or smell. If you have symptoms of COVID-19, test positive for COVID 19, or were exposed to someone who tested positive within the last 14 days, stay home for 14 days after recovery. Please report the illness to the Club's COVID Coordinator by emailing president@crossfireselect.com.
- If a player shows signs of illness at practice, they will be isolated and required to wear a mask. The coach will contact parent/guardian for immediate pick up and then contact the Club's COVID Coordinator.
- The entire team should self-isolate and cannot attend practice until cleared. The team will wait for confirmation of diagnosis from COVID Coordinator. If a player tests positive for COVID-19, the entire team must stay in self-isolation until symptom free for 14 days.
- To return to practice, the coach will need appropriate clearance in writing from the player's licensed medical professional.
- "YES" in TeamSnap for attendance and then player doesn't attend practice Parents should contact coach to confirm absence was not due to symptoms of COVID-19, a positive test for COVID 19, or were exposed to someone with COVID-19. Coach will reach out if they haven't had confirmation by the end of scheduled practice time. If absence due to showing symptoms of COVID-19, a positive test for COVID 19, or were exposed to someone with COVID-19 within the last 14 days, stay home for 14 days after recovery. Please report to COVID Coordinator president@crossfireselect.com.

Practice Protocols for Parents

Notify Coach immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.

1. Check players temperature at home before attending practice > 100.4 degrees F should stay home. Coaches will greet each player arriving for practice and enquire about their recent health. Players will be sent home if they report feeling ill in the last 14 days.
2. Parents must report any absences from practice to coach prior to the scheduled practice time.
3. Review and follow Crossfire Select Field map on Crossfire Select website for details about drop off and pick up procedures for each location.
4. Limited or no carpooling.
5. Stay in car or wear mask at all times if outside your car. Parents must remain outside the fence before, during and after all practice sessions. Parents are not allowed on the field.
6. Ensure child's practice clothing is washed after every training session.
7. Label your child's equipment to guard against cross-contamination.
8. Ensure all equipment, cleats, ball, shin guards etc. are sanitized after every training.
9. Do not assist coaches with equipment before or after training.
10. Be sure your child has necessary sanitizer and cleaning supplies with them at every practice.

Practice Protocols for Players

During active training, players may have normal soccer contact.

- **Buffers will be used between teams using same field.**
- **Quadrants are no longer required.**

1. Social distancing is still required when non-active instruction/team talks is given by coaches.
2. Players cannot remain at the field after practice or join other groups.
3. Arrive no more than 5 mins before scheduled practice time.
4. Clustering of players is to be avoided before, during or after practice.
5. Enter the field area after previous teams have left.
6. Masks should be worn to and from practice sessions and while non-active instruction is given by coaches
7. Take temperature daily.
8. Wash hands thoroughly before and after training.
9. Bring and use hand sanitizer at the beginning and end of every practice session
10. Do not touch or share anyone else's equipment.
11. Players will be responsible for bringing their red and black training jersey to every practice to use instead of a shared pinnie
12. Bring your own ball and water bottle to training, label it as your own.
13. Place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
14. No hugs, handshakes, high-fives or fist- or elbow bumps!
15. Notify your coach if not feeling well during practice.
16. If you are injured during practice the coach will contact your family for assistance.
17. Wash and sanitize all equipment before and after every training session.

Practice Protocols for Head Coaches and Assistant Coaches

These are not suggestions. Not only is the health and welfare of players at stake, if we are found to have coaches or teams not following the rules, we will lose the ability to rent fields at city and county facilities. If any coach falls into high risk category or chooses not to participate please contact DoC immediately.

Communicate to COVID Coordinator president@crossfireselect.com immediately if there is a report of a player suspected of coming into contact with someone with Covid-19 or has symptoms of Covid-19.

Preparation for Practice

1. Before a player may participate the parent must have signed the waiver.
2. Go through the Crossfire Select RTP training plan and NPSL game Protocols with families and answer any questions ahead of time.
3. Remind players of items needed at training; Bag, water bottle, soccer ball, hand sanitizer and mask. Labelled clearly with players name.
4. Players will also be responsible for bringing their red and black training jersey to every practice to use instead of a shared pinnie. NO PINNIES.
5. Remind players to use bathroom before practice.
6. Coaches should sanitize all equipment prior to training.
7. Players may have normal soccer contact when challenging for the ball. Off the ball contact is discouraged
 - Groups will practice twice a week for 60-90 mins depending on the time slot you signed up for. Almost all practice start/stop times will be staggered by 5-15 mins so players have time to clear the area before the new group arrives. You must adhere to the times on the schedule. For example, if your session ends at 6:50pm you need to be ready to leave the field at 6:50pm, not 7pm.
 - Clustering of players is to be avoided before, during or after practice.
 - Parents should drop their players off and remain in the car. They must remain outside the fences around the complex.
 - Remain outside the fence until the previous team has left the area. After practice has finished, make sure players pack up and leave the complex immediately.

Starting Practice

1. Arrive no more than 5 minutes early and set up
2. Wait for previous team to exit the field before entering.
 - Train only in your assigned area/field. There is a maximum of 3 teams allowed on a field.
 - Make sure you have a buffer of 10 feet from any other teams/training groups.
3. Always wear a face mask and remain 6 feet away from players, other coaches and parents.
4. Screening: Greet all players before practice and ask if they have been sick in the last 14 days or in direct contact with a person who is sick. Contact family immediately to send home if the answer is "yes."
 - Bags should be spaced at least 6 feet apart.
 - Remind players to use their hand sanitizer before practice begins
 - Players should wear masks to and from the field and when not actively practicing
 - Ensure all players have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything.

During Practice

1. Contact

- Players may have normal soccer contact when challenging for the ball. Off the ball contact is discouraged
- Coaches must strictly enforce social distancing during non-active instruction/team talks.
- No handshakes, high-fives or fist- or elbow bumps!
- Players should not be in lines at any point during training.
- Team talks should be executed from a distance and have players pull up their facial covering while standing listening to coach
- Masks for players are optional while actively practicing
- No spectators are allowed on the field. Parents must remain in their cars or behind the fences

2. Equipment

- Coaches should only bring cones and mod goals. Leave all other equipment at home.
- Players will also be responsible for bringing their red and black training jersey to every practice to use instead of a shared pinnie.
- Players need to bring their own ball
- Players and coach should avoid touching any balls with their hands
- The coach is the only person to handle cones and goals. Do not let players help move or carry equipment.
- No use of scrimmage vests/pinnies. Leave them at home.
- Use hand sanitizer at multiple points during the training

3. Water Breaks

- Players should use hand sanitizer before touching their water bottle. Return water bottle back inside bag when not in use.

4. Bathroom Breaks

- Encourage players to use bathroom before practice
- If they need to use the bathroom during practice, have them sanitize their hands and then put on mask before leaving for bathroom
- Upon return they must use hand sanitizer

Ending Practice

- Coaches should allow time to exit the field before their time slot has ended.
- Players cannot remain at the fields following their training session or join other groups on the field.
- Players should retrieve their ball and return to their bag.
- Coach should instruct the players to use their hand sanitizer and put their masks on.
- Remind players is remain 6 ft apart from their teammates whilst walking to the pickup location.
- Make sure the players clearly know where to exit/pick up location per the field map
- The coach should then retrieve all equipment (cones/goals), sanitize hands and exit the field.
- Coaches must sanitize all equipment prior to the next practice.

- Follow up the same day with players that didn't show up after marking "yes" for attendance in TeamSnap. Report any Covid related illnesses to COVID Coordinator president@crossfireselect.com

Thank you Coaches!

Have fun and stay positive. We are role models! Players and parents are looking to you to stay calm, supportive and compassionate during this time to ensure a smooth and safe transition back to the field.

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