

FREMONT YSC

RETURN TO PLAY PATHWAY

RETURNING TO THE FIELDS



Covid-19 Update

All the information we have for you is based on what we are learning from CDC, US Soccer and NorCal Premier. Along with this we are very fortunate to have on our board relationships with scientists in the field of immunology and molecular genetology. Our decision to return will not be based on politics, media, or pressure from other sources outside of our control for a return to practice. Our priority is the health and safety of players, staff, and all the families of Fremont YSC.

The following information will –

- Provide information and the expectations of coaches, parents, and players for their participation at practices.
- Guidance on arriving and leaving practice.
- Practice Structure
- Pre-practice procedure
- Post-practice procedure

Coach, Parent, and Player Expectations

Coaches

- No sharing of equipment
- Sanitize cones between sessions
- Take player temperature, sanitize players ball, and provide hand sanitizer (if player does not have their own) before start of practice.
- Will follow a strict timing of sessions and breaks between groups.

Parents

- Will complete the players health check before every practice through the TeamSnap app.
- Will be on time for dropping off and picking up players at the allocated entry and exit points.
- Will remain in their cars when dropping off players.
 - Flexibility will be given to parents of the younger players in the U8 Training Pool and U9's but cannot enter the facilities. Parents however must wear a mask if leaving their car.
- Diligence in maintaining social distancing when picking up players from the pickup area.
- Please do not approach coaches, and for the immediate future please communicate with the coach through email or TeamSnap.

Coach, Parent, and Player Expectations

Players

- Masks are mandatory for arriving and leaving the facilities.
- Every player must bring a ball with them for individual activities.
- Players must bring their own items including – water bottle, sunscreen, etc.
- Must follow all instructions and guidelines for safely participating in practices. Including the entry and exit guidelines.
- Will have their temperatures taken, ball sanitized, and hands sanitized (if possible, please have players bring their own individual sanitizer).
- All players to bring with them a drawstring bag / backpack to keep all belongings in one place and to store their facemask during activities.



Parking Area - Entry



Player Direction - Entry



Parking Area - Exit



Player Direction - Exit

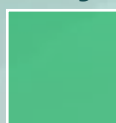


Player Check In
with Coach

Temperature check,
disinfect balls, sanitize
hands



Playing Area



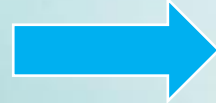
Guidance on Arriving and Leaving Practice

1. Entrance to CP
2. Walkway up to field entrance from the right
3. Walkway up to field entrance from the left
4. Walkway up to field entrance from the front
5. Player check in area.
6. Player Exit

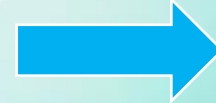


Guidance on Arriving and Leaving Practice

1



2



3



6



5



4



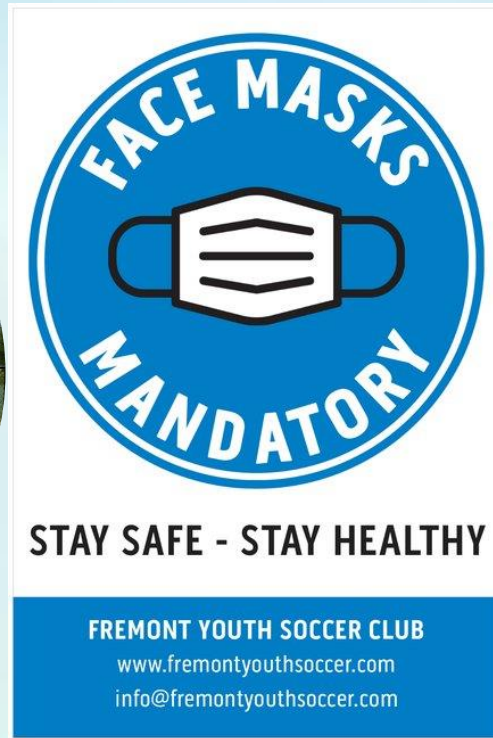
Guidance on Arriving and Leaving Practice



When arriving for practice, enter the facilities at the Gallaudet and Stevenson intersection. This entrance to the car park facilities will lead you to the entrance to the playing field.

Please park in one of the parking bays to prevent a back log of traffic from directly in front of the field entrance.

Guidance on Arriving and Leaving Practice



Cones will be placed along the pathway leading up to the entrance and positioned to provide social distancing for players to maintain while waiting to be let into the practice area. Players will need to wait at the cone and start to move forward as the person in front of them moves forward, using the cones as a visual aid in maintaining social distancing.

Guidance on Arriving and Leaving Practice



New Restrictions



- You must complete the TeamSnap health check before entering.
- Maintain 6 feet of distance, use the cones as a guide.
- Mask must remain on until the start of practice.
- Wait to be allowed on to the field, and go straight to your coaches check in area.

STAY SAFE - STAY HEALTHY



FREMONT YOUTH SOCCER CLUB

www.fremontyouthsoccer.com

THIS IS ENTRANCE ONLY

At the entrance to the field we will be keeping the parking bays empty (upon City approval) to allow for more space and to reduce congestion in front of the field entrance.

Here you will find signage to remind players of the restrictions in place at this time.

Players must have completed the TeamSnap health check before entering the playing facilities.

Guidance on Arriving and Leaving Practice



Players must wait at this sign, until the coach calls on the players to go to their team coach.

In the central area of the field, a coach will have an area set up where players go to a cone to check in for their health check confirmation, temperature check, and sanitizing of hands and ball. This is where players may remove their mask once check in is complete.

Players will leave their bag at the assigned cone for when session activities will be taking place. Players will return to their cone to collect their belongings before leaving.

Guidance on Arriving and Leaving Practice



THIS IS EXIT ONLY

Players will leave the playing area through the gate nearest to the Adventure Playground. Parents will need to park in the parking area for the play park or the larger parking area for the baseball fields.

If parents are to leave their car to collect their child, they must wear a face mask and maintain social distancing.

Returning Conditions of Practices

- 2 on-field sessions, 1 virtual session – age group conditioning.
- No more than 10 participants per group.
- Sessions will be 40 minutes in duration, including the temperature and sanitizing period.
- Individual and Small Group Activities
- No contact – passive opponents at distance to block passing lines.
- Participants to maintain social distancing throughout rest periods within practice.
- Time between sessions to avoid incoming and exiting groups.
- No sharing of water or hand sanitizer.
- Cleats and shin pads to be on before entering the facilities, and to be taken off only once they have exited the facilities.
- One entrance and one exit to the facilities.



Pre and Post Practice Procedures

Pre - Practice

- Complete the TeamSnap health check the day of training.
- If you are feeling ill, feel any of the symptoms of Covid, or have been around anyone within 14 days who has been diagnosed with Covid, please stay at home.
- Ensure all items needed are in your bag, hand sanitizer, soccer ball, water, sunscreen.
- Fremont YSC training uniform, shin pads, cleats, are all on before leaving the car.
- Masks must be worn on entry to the practice field and up until the temperature check.

Post - Practice

- No congregating outside the practice facilities following the end of practice.
- Mask must be put on immediately following the end of the practice session.

STRICT ENFORCEMENT OF RULES

- YOU ARE ONLY ELIGIBLE TO PARTICIPATE IN THE PRACTICE SESSION YOU ARE ASSIGNED TO. WHEN COACHES SPLIT THE GROUPS YOU ARE WELCOME TO REQUEST A CHANGE IN THE PRACTICE TIME WITHIN YOUR TEAM, BUT CHANGES CANNOT BE GUARANTEED.
- ANY PARENT OR PLAYER REFUSING TO PARTICIPE AND OPERATE WITHIN THE RULES AND RESTRICTIONS WILL BE ASKED TO LEAVE AND RETURN TO THE PROGRAM AT A LATER DATE WHEN THEY ARE ABLE TO OPERATE WITHIN THE GUIDELINES.
- IF A PLAYER/FAMILY IS CONSISTENT IN NOT BRINGING A BALL, HAVING THE CORRECT ITEMS NEEDED, NOT COMPLETING THE HEALTH CHECK, OR DISRUPTIVE TO THE RESTRICTIONS DURING THIS TIME, THEY WILL BE ASKED TO RETURN AT A LATER DATE WHEN RESTRICTIONS ARE RELAXED.
- OPEN TRAINING AT THIS POINT HAS BEEN POSTPONED UNTIL LATER REOPENING OF PHASES.
 - PLAYERS NEED TO BE AT PRACTICE ON TIME, AND PARENTS NEED TO BE AT THE PICKUP LOCATION EARLY IN ANTICIPATION FOR THE END OF THE SESSION.

We appreciate your cooperation with these challenging times, and it will take all of us pulling in the same direction to be able to return to on field practices in a safe environment.