



Seacoast United's team training will operate to ensure physical distancing and non-contact sessions, following the guidance outlined by both the federal and state governments, and the Center for Disease Control (CDC). The following protocols have been put in place to maximize the safety of both participants and staff.

HEALTH SCREENING & COVID-19 WAIVER



- Per CDC Guidelines, health screening at home should include:
 - Temperature reading of child by Parent/Guardian either before coming to the facility or upon arrival at the facility.
 - Parent/guardian is to confirm that the child does not have fever, shortness of breath, or cough.
- Screening questions/answers for each participant will be taken by the coach at team check-in along with attendance record. Visual inspection of the child (by SUSC Staff) to look for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.
- Electronic COVID-19 Waiver must be completed by parent/guardian prior to the first day of training.
- Parent/guardian to notify SUSC staff as soon as possible in the event child or anyone in immediate family becomes ill with COVID-19.

PLAYERS: WHAT TO BRING



- Soccer ball labeled with player's name
- Water bottle labeled with player's name
- Hand sanitizer
- Sunscreen
- Face covering

SAFETY MEASURES DURING TRAINING



- Please adhere to 6 foot physical distancing during arrival, walking to field, and during check-in process prior to the start of each session.
- Remain in your vehicle until the specified start time of your training session.
- Groups will have a maximum size of 25. Teams sharing a playing surface will have a defined separation between areas of at least 20 feet.
- Limited contact sessions will be structured to allow for appropriate distancing. Teams are allowed to scrimmage and participate in modified games.
- Players should not share equipment, each will use their own ball.
- Player equipment will be spaced at least 6 feet apart to allow for physical distancing during breaks.
- Benches/dugouts are not to be used.
- No High-5's, fist bumps, hugs, huddles, or group cheers.
- Coaches will give frequent water breaks and encourage hand sanitizing.
- Common equipment (cones) will be sanitized after each session.
- Spectators are encouraged to remain away from sidelines/playing area, adhere to physical distancing guidelines, and wear a face covering for the duration of the event.
- Isolation area will be identified; Should a child become sick during a session, they will be sent to isolation area and parent will be contacted by staff coach to bring the child home.

To learn more about Seacoast United's guidelines on the COVID-19 pandemic, please visit: www.seacoastunitedma.com/covid-19