



MIDWEST UNITED FC

# Return to Play

ACTION PLAN

## **OUR PLAN**

We know that everyone will be excited to come together and train, however, it is imperative that all coaches, players, and families adhere to these guidelines.

This Return to Play Action Plan addresses many critical details that MUST be followed by all players, parents, coaches, and staff to ensure the health and safety of everyone involved with our club and community. Midwest United FC will communicate the official transition of Phases at the appropriate time. We are all in this together and need everyone's commitment to follow these club mandates. As a Midwest United FC member, it is your responsibility to adhere to these policies.

The progression through the stages of this action plan will be determined by Club Leadership in evaluating all current data available and based on guidelines from the Centers for Disease Control, the State of Michigan, Michigan State Youth Soccer Association, local government officials, and in consultation with health professionals.

## **GUIDELINES**

### **Phase 1:**

- Zero Contact, Individualized training, No group drills, No more than 30 Players/Coaches/Parents on a field at once, No sharing of water or equipment, participants remain 10 feet apart, practice times are set to maximize distancing

### **Phase 2:**

- Small Group Training (Max of 8), Minimal physical contact, No knucks/high fives/handshakes, No more than 50 Players/Coaches/Parents on field at once, No sharing of water or equipment, practice times are set to maximize distancing

### **Phase 3:**

- Introduction of Controlled Trainings and Scrimmages, Minimal extra physical contact, No knucks/high fives/handshakes, No field participant limitations, No sharing of water or equipment, No travel events that would require overnight stay, Normal Training Schedules/Times

### **Phase 4:**

- Full Return to Play, No Training Session Restrictions, Minimal extra physical contact, No knucks/high-fives/handshakes, No sharing of water or equipment, Games/Tournaments to be played, Social Distancing still recommended outside of program activities

# RESPONSIBILITIES

## Club:

- Distribute and post Return to Play protocols, Be sensitive and accommodating to parents and players that may not be comfortable with returning to play, Train and educate all staff on return to play protocols, Provide adequate field space for social distancing, Ensure sanitization of onsite facilities, Ensure appropriate waste receptacles are at training sites

## Coach:

- Small Group Training Parents must complete physical condition waiver, Player must complete and adhere to MSYSA Liability waiver, Social distancing and no contact within training session, No more than 50 Players and Coaches on a field at once, No parents at fields, No sharing of water or equipment, 60 Minute max session time

## Parent:

- Check child's temperature before coming to every training session, Ensure child's clothing is washed before coming to every training session, Ensure all equipment is sanitized before and after every training session, Notify club/coach if your child becomes ill for any reason or shows any symptoms, Supply your child with individual sanitizer, Adhere to social distancing requirements; stay in your car during session, Ensure your child has plenty of water and water bottle is clearly marked with name

## Player:

- Adhere to all Return to Play protocols Wash hands thoroughly before and after every training session, Wash and sanitize training equipment after every training session, Do not share water, food, or equipment with other participants Respect and practice social distancing, Place equipment and bags six feet apart from others, No high-fives/handshakes or group celebrations during training