



MPHFC RETURN TO PLAY PROTOCOL

MPHFC Return To Play Outline - Jun2 2020

If a player/coach thinks they are sick, please stay home.

Symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). If a coach/club official has a concern about a player's health, they have the ability to send the player home.

Social Distancing

Trainings will consist of no more than 10 people at the training (9 players and 1 coach or trainer, 8 players and 2 coaches or trainers).

Trainings will have proper social distancing for each player and coach at all times.

Trainings limited to non-contact activities i.e. individual skills, fitness, etc.

No physical contact including huddles, handshakes, and high-fives.

The number of allowed G10's (groups of 10, which includes coaches) on various field sizes:

4 G10's per 11v11 field | 2 G10's per 9v9 field | 1 G10's per 7v7 field

Players/People

Only players rostered on the same MPHFC team may train together. No scrimmages or guest players at team trainings.

Parents and spectators must follow CA/US government social distancing guidelines. Parents/guardians to remain in vehicle if comfortable. If parents wish to watch practice, they must maintain adequate social distance at all times and must be far enough away from the group so they are not counted as part of the gathering. However MPHFC discourages Parents/Guardians from attending training during SIP.

Prior to participation, MPHFC Coaches/Trainers will obtain verbal confirmation from each participating player and/or their parent/guardian that:

- 1) The player has had no close contact with a sick individual or anyone with a confirmed case of COVID-19
- 2) The player has not had a documented case of COVID-19 in the last 14 days
- 3) The player is not currently demonstrating or suffering from any COVID-19 symptoms (or other illnesses)
- 4) Players are required to not participate in other extracurricular activities
- 5) Player pods will be stable for at least 3 weeks at a time

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Equipment

Equipment should be disinfected before and after trainings, shared equipment should be provided by the club. Where possible, shared equipment should only be handled by the coach.

Pinnies if needed will be individually distributed to each player and used by that player for the season, and washed in between each team contact.

No Hands in Soccer! Balls should not be handled by any player, with the exception of the goalkeeper with gloves on.

Player's water and personal equipment should not be shared, and should be placed at least 6 feet apart to ensure breaks are also properly distanced.

Hand sanitizer should be used by each player before, during, and after trainings, supplied by the player. MPHFC coaches and staff will be required to have hand sanitizer with them at all times.

Masks are required for coaches and/or trainers at the fields as long as they are still recommended by the State of California.

Training Schedule

Schedules and field use will be formulated in accordance with Contra Costa County and State health guidelines.

Teams entering fields for trainings should wait until all players from previous practice have left.

Stagger trainings by 30 minutes to allow ample time or in/out flow of traffic.

SUMMARY

MPHFC will:

- Distribute and post Return to Play protocols
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play
- Train and educate all Return to Play protocols
- Provide adequate field space for social distancing, as outlined in this document, as applicable to the various phases

MPHFC Coaches will:

- Follow all Return to Play protocols
- Send athletes home if they are not feeling well
- Ensure all players have their own individual equipment (ball, water, shin guards, pinnie, etc.)
- Ensure activities provide adequate social distancing, as applicable



- Respect players, parents and families by accommodating those that may not yet be comfortable returning
- Wear masks as needed/required by local health orders

MPHFC Parent:

- If you are NOT comfortable having your child return to play, DON'T
- Check child's temperature prior to attending any activities
- Ensure child's clothing is washed after every activity
- Ensure all equipment (cleats, ball, shin guards, pinnie) is sanitized prior to any activity
- Notify club/coach if your child becomes ill for any reasons
- Supply your child with individual sanitizer
- Adhere to all social distancing expectations

MPHFC Players:

- If you are NOT comfortable with returning to play, DON'T
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after all activities
- Ensure all equipment is sanitized prior to any activity
- Do not share water, food, or equipment
- Respect and practice social distancing, as required in these guidelines
- Place equipment, bags, etc. at least 6 feet apart
- No high 5's, handshakes, knuckles, or group celebrations
- Have mask available at all times