



Capital Soccer

COVID-19 Protocols

Indoor Programs 2020-2021



Capital Soccer Staff and Coaches Protocol

- Ensure the health and safety of the participants
- Complete player health screening at the start of each program
- Provide adequate spacing for social distancing
- Inquire how the athletes are feeling. Send home anyone you believe acts or look ill
- Ensure coach is the only person to handle equipment
- Mask/Face Covering must be worn at all times
- Coaches should maintain social distance requirements
- Have fun and stay positive—players and parents are looking to you for leadership
- Sanitize your equipment. Pinnies will only be used by one player and washed after each use.



Parent/Guardian Responsibilities

- Ensure your child is healthy and check your child's temperature daily before activities with others. Players with a temperature of 100.4 and above will not be permitted to attend
- Perform a health screen of your child daily and submit form to staff upon arrival
- Camps /Clinics/League Play are for Vermont residents or individuals who have quarantined in Vermont for fourteen (14) days, and are symptom free
- Do not bring your child to soccer if they are experiencing any symptoms at all related to COVID
- Consider not carpooling or very limited carpooling
- Upon arrival wear a mask to check your child in; adhere to social distancing requirements
- Use social distancing when watching programs
- Ensure all personal equipment (shoes, ball, shin guards, etc) are sanitized before and after every session
- Notify staff immediately if your child becomes ill for any reason
- Arrive on time. Pick up your child and depart on time. Do not be late. Thank you very much.



Player Responsibilities

- Arrive at field/turf/court with a mask on. Masks must be worn at all times during indoor play.
- Wash hands thoroughly before, during, and after session
- No spitting
- Bring, and use, your own hand-sanitizer, frequently and often, while at session
- Do not touch or share anyone else's equipment, water, snack, or bags
- Practice social distancing. Bags/backpacks will be placed six feet apart
- Wash and sanitize all personal equipment before and after each session
- No group celebrations, high 5's, hugs, handshakes, fist-bumps, etc
- Bring a minimum of two, 32 ounce containers of water each day. We highly encourage bringing **more** water than you would assume one might need.