



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.

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- [Click here to view the Green Mountain Community Fitness Cleaning Protocols](#)



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
- In our attempt to limit the number of individuals in a group, and to stay in accordance with Governor Scott's indoor gathering rules, Capital Soccer indoor events are for players and coaches only at this time. We ask all other individuals to remain outside of the playing area while programs are in session.
- Camps /Clinics/League Play/Club Training & Events 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 or are feeling ill. Additionally, we ask all parents and guardians to read the [GMCF cleaning protocols](#).
- Consider not carpooling or very limited carpooling
- Masks must be worn at all times and adhere to social distancing requirements when dropping off/picking up your child.
- 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 and after session.
- No spitting
- Bring, and use, your own hand-sanitizer, frequently and often, while at session
- Bring your own soccer ball
- 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.

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