



CENTURY RETURN TO PLAY GUIDELINES (Effective June 4, 2020)

Century is excited to announce our Return-to-Play Guidelines effective June 4, 2020, in alignment with Governor Wolf's announcement on May 28, 2020.

Our membership and staff are excited to return to activity, however, respectfully and for good reason, some are still apprehensive. If a coach, player, parent, or family are not comfortable returning to play ---DON'T. Century will demonstrate respect and courtesy for everyone's feelings during this time and ensure that we provide a safe environment as we return to play. Roles and responsibilities are outlined below:

CLUB:

- 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 staff on Return to Play protocols
- Provide adequate field space for social distancing
- Ensure appropriate waste receptacles at fields

STAFF:

- Follow all Return to Play protocols
- Inquire as to the health of our players: players not feeling well will be asked to return home
- Ensure all athletes have their individual equipment (ball, water, shin guards, etc.)
- Coach is the only person to place/pickup/touch cones, discs, or training equipment
- Ensure drills/exercises provide for adequate social distancing
- Ensure that training vests/pinnies are disinfected after each use
- Respect players, parents, and families by accommodating those that may not yet be comfortable with returning

PARENT:

- If you are not comfortable with returning to play, please continue to stay home until you are comfortable. You are the only one who will make the decision when your child returns to play.
- Check child's temperature before coming to any training sessions
- Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training session
- Notify Club/coach immediately if your child becomes ill for any reason
- Supply your child with individual hand sanitizer
- Adhere to social distancing requirement; stay in your car; no parents will be allowed within the train portion/field of the facility during this initial phase of return to play
- **Ensure your child has plenty of water**

PLAYER:

- If you are not comfortable with returning to play, DON'T
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after training
- Wash and sanitize training equipment (shoes, shin guards, clothing) after every training
- Do not share water, food, or equipment
- Respect and practice social distancing
- Place equipment, bags, etc. at least 6 feet apart
- No high 5s, handshakes, fist-bumps, or group celebrations

Century is committed to adhering to federal, state, and local guidelines and directives. We recognize and appreciate that the Century Return-to-Play Guidelines were developed and will evolve and will currently be defined as the following Activities and Restrictions:

RESTRICTIONS:

- Physical contact will be minimized
- No more than 45 participants per field. This includes players, coaches, and spectators
- All participants should try to maintain a distance of 10 feet separation as much as possible
- GK Gloves should never be shared. GKs should not spit on their gloves
- Practice Vest/Pinnies: at minimum these MUST be washed after each use
- Practice times will be set to maximize social distancing and limit the number of people in a single area to 40 or less. We anticipated
 - A minimum of 15 minutes between end time of one session and the start time of the next session will be set
 - If youth need supervision while waiting for pickup, adults should be at least 6 feet part
- Parents/spectators should maintain proper social distancing

ACTIVITIES PERMITTED at this TIME:

- Individual training and technical activities
- Group exercises to be introduced
- GK exercises to be introduced

ACTIVITIES NOT PERMITTED

- No scrimmage games
- No official games or tournaments

As we move through each phase the following should always be adhered to:

- If you are sick or feel sick, STAY HOME
- At risk individuals, youth or adult, STAY HOME
- “Stations” will be assigned for each player to place their equipment, and that they should return to during breaks
- Each player should have their own ball and equipment; all equipment should be disinfected after every practice/game
- No one is to share water, towels, or any equipment. This includes, but not limited to:
 - GK gloves (GKs should use only water on their gloves never saliva)
 - shoes, socks, shin guards
 - jersey/uniform
 - Cones (coaches should be the only ones to place and pick up cones)
 - Practice vests/pinnies (at minimum washed after every use...recommend issuing each player their individual practice vest/pinnie)
- Spectators should be limited to parking area and must maintain minimum social distancing as defined by the CDC
- Spectators/parents will be encouraged to remain in parking lot/cars
- Respect for each individual’s choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed; COACHES MUST WEAR A FACE MASK during all training sessions at this time.