



Girls Soccer

Workouts: Mondays & Wednesday

- Group 1 6:30 - 7:30 (up to 25 athletes*)
- Group 2 7:30 - 8:30 (up to 25 athletes*)

**Once an athlete is placed in a group, they will not change groups*

Prior to Workouts: All athletes must have viewed the Covid-19 slide presentation, signed the waiver form, have a current physical on file and be cleared by the AD.

When arriving:

- Athletes will line up on the sidewalk parallel to the stadium 6 ft apart. ● Athletes will be pre-screened (see below) at the gate entering the stadium near the snack bar.
- Athletes will wash hands before moving onto the field, while maintaining social distancing.
- Athletes will be directed to the cones on the playing field which will be already set up for social distancing 6 ft apart - 25 athletes per session.
- All Athletes will arrive and stand in line while masked

Pre-screening:

- The coach will take the temperature and ask the pre-screening questions. Both will be logged daily on the ipad.
- Temperature: Must be 100.1 or under to participate. Anything over and the athlete will be sent home. Any Covid-19 symptom questions are positive, and the athlete will be sent home.
- The coach will assign the players to a cone where they will leave their bags and waters.
- Once training begins masks for athletes are not mandatory.

Once a player is cleared they can grab a ball and set-up at the cone they are assigned for their training session.





During practice:

- Players must maintain their distance at all times, even when not in a drill - During water breaks have players practice social distancing
- If any player has any symptoms at any time they must call their parents to get picked-up.

When leaving:

- It's the similar process of arriving just backwards
- Everyone goes to their cone gets ready to leave and during that time the coach goes over practice
- After the talk:
- One at a time players who are ready and their parents are there can leave or else they must stay at their cone.
- Players will wash hands when exiting and/or use hand sanitizer - Every ball will be disinfected for the next group.
- Coaches must wipe down and sanitize their equipment immediately after every practice. There will be no sharing of equipment in Phase 1.

Player Must have:

- Bring own water bottle
- Mask (Bring extra mask just in case)
- Do not bring a ball, the coach will provide balls and sanitize them. - Do not bring anything that will tempt you to share with other players. - If they want can wear gloves

Only athletes and coaches are allowed at workouts. No parents or non-team members.

DO NOT BRING A BALL!

Bring your own mask

Bring your own labeled water (no sharing of any items)