



FORT COLLINS SOCCER CLUB

EST. 1978

Training Protocol

As Arsenal Colorado returns to training it is imperative that all coaches, players, and parents adhere to Colorado Department of Public Health, Larimer County, and Colorado Soccer Association guidance as well as Arsenal Colorado Protocol. This protocol will be made available to all staff, team coaches, and membership and is a condition of continued Arsenal Colorado participation.

- All players and coaches should take their temperature prior to departing for training and if anyone has a temperature exceeding 100.3 degrees Fahrenheit he/she is not allowed to attend.
- An individual who is currently under quarantine, has had close contact with a person with COVID-19 in the last 14 days, or is not feeling well may not attend training. Anyone who develops symptoms during training will be excused immediately and parents of all players in attendance, as well as the club, should be notified immediately. The Arsenal Colorado COVID-19 Coordinator is Brenda Hampson office@soccerfortcollins.org
- Training groups shall not exceed 22 total individuals.
- Attendance is strictly voluntary and if a family or player is hesitant or concerned about participating, then he/she shall be excused without repercussions.
- No congregating before or after training is allowed. Practice social distancing during drop off and pick up of players and minimize carpools whenever possible.
- Players must wear a mask when arriving at and leaving the field but are not required to do so while participating. Any player who wishes to wear a mask during training may do so.
- Coaches must wear a mask when arriving at and leaving the field and should continue to do so throughout the session.
- Coaches should maintain a minimum of six feet social distancing throughout training and games whenever possible.
- Training should consist of a warmup followed by activities where players should remain a minimum of six feet apart, followed by a maximum of 30 minutes of scrimmaging or other games that may bring players closer than six feet. During the scrimmage portion players will be encouraged to minimize contact, whenever possible.
- Players are not allowed to share water bottles. All bags, water and equipment must be placed six or more feet from others to ensure players do not congregate during water breaks.
- Coaches must ensure that no hand shaking, high fives, or hugs, etc. take place before, during or after training. Players must adhere to this rule or will not be allowed to participate.
- Coaches and players should wash hands prior to departing for training. They should bring hand sanitizer and will be encouraged to use it upon arrival, during, and at the end of training.
- Every player is encouraged to bring their own ball. If this is not possible the coach may provide balls that have been disinfected prior to every training.
- Training vests or pinnies are allowed during scrimmages only and will not be shared with other players. All training vests will be washed and dried prior to reuse. Players should wash clothing and disinfect personal equipment after training.
- Except for the goalkeeper, coaches and players should minimize touching the ball with their hands.
- Coaches are solely responsible for set up and tear down of all training equipment at all times with the exception of goals. Players are allowed to assist coaches in moving goals as long as hand sanitizer is used immediately after. Coaches remain responsible for all other equipment including discs, balls, sticks etc.
- All training will occur outdoors.

We are excited to resume training, however, it's important for us to remember that adhering to protocol is important and we ask that all parents help us with impressing upon the children that protocol must be followed as a spike in COVID-19 could result in the suspension of upcoming activities. This is a great opportunity for players and coaches to play soccer responsibly and bring some normalcy back into all our lives.