



## Drop Off and Pick Up

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### Check-in Process

- **Parents &/or Caretakers will not be allowed inside the facility during Training. Only the players will be allowed to enter the facility for tryouts**
- **Drop-Off:** When you pull up to the facility, the parent will park in a parking spot and will stay in the car and rolls the window down while the player gets out and approaches the front door.
  - Parents and caretakers should, when safe to do so, wear a mask for drop-off and pick-up in case a staff member needs to approach the car.
  - Older Participants who drive themselves will park and enter the facility to get a temperature reading.
- **Temperature Check:** Upon arrival, every keeper's temperature will be taken using contact-free thermometers. Anyone with a temperature above 100.4 degrees will not be permitted back to tryouts for 7 days, unless documentation of a negative test result can be provided and 72 hours has passed.
- **Signs of Illness:** Our staff will also make a visual inspection of the keepers for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), or fatigue.
  - The keeper will be removed from participation and Parent will be notified
  - Older children who drove themselves will call to notify their parents and see if they can drive themselves home
- **Carpooling:** Anyone who is in the same drop-off vehicle with someone who fails these screenings will also be denied entry into tryouts that day.
- **Admittance:** Once temperature clears, the keeper will be cleared to participate in the tryouts.
- **All Participants will need to fill out and sign the waiver.** Anyone who does not submit a waiver will not be able to participate until it's submitted
- **All Goalies** should arrive no more that 10 minutes prior to their practice time
  - Coach will let the Keepers know when to dressed and ready to train
  - **Water Bottles:** Keepers are to bring their own water container



## Check-out Process

- **Check-Out:** Please pull up into the parking lot and park in a parking spot. Parent will wait in their car and the player will be sent to the vehicle. Please be aware and careful that there will be children going to cars in the parking lot when you exit.
- Older Participants who drove themselves will exit the building at the end of the tryouts and exit the parking lot with caution.

## Health & Safety Protocol

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### Standard Procedures / Reminders

While attending a Viper Field Hockey Club GK Training, participants should remember to follow all recommended health and safety actions. Per the CDC, these include things like:

- **Mezzanine Area will be CLOSED during GK Training**
- **Keepers will only be allowed upstairs to use the bath facility**
  - We ask that you limit the use of this bathroom.
  - Hand Sanitizer will be available in the bathroom
- **Hand Washing:** Participants will need wash their hands with soap and water for at least 20 seconds after using the lavatory and returning to the pitch
- **Social Distancing:** It is recommended to stay at least 6 feet (about 2 arms' length) from other people, when possible. We will be encouraging social distancing with our spectators by sitting at least 6' from non-family members.
- **Cover Coughs and Sneezes:** Always remember to cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **When to Stay Home:** We need any participant who is sick, or coming from a household where someone is sick, to stay home.
- **Temperature Check:**
  - Any participant who arrives showing any symptom of illness will have their temperature taken using a contact-free thermometer
  - Temperature reading above 100.4 degrees – will be asked to go home and they will not be permitted back to play in 14 days, unless documentation of a negative test result can be provided and 72 hours has passed.
- **Updates:** Our staff will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and we will update policies and procedures when needed.



## **Exclusionary Criteria**

- **Temperature:** Participants who register a temperature above 100.4° will not be permitted participate for 14 days, unless documentation of a negative test result can be provided and 72 hours has passed.
- **Symptomatic Individuals:** Participants will be sent home if showing symptoms and will not be allowed to return to training for 14 days, unless documentation of a negative test result can be provided and 72 hours has passed. Parents of participants who were exposed to symptomatic individuals will be notified through their team coach or representative. It will be the coach/representative responsibility to notify the remainder of the team.

## **Sanitation**

- **Hand Sanitizing:** Recommend that **each athlete** has individual hand sanitizer for use.
- **Hand Sanitizer Bottle** will be placed at the entrance of the pitch for those who need it. Before entering the pitch area, each participant will need to use their hand sanitizer or the hand sanitizer bottle at mid field.
- **Personal Items:** Recommend the players all bags besides their GK equipment bag in their car and place their GK Bag away from someone else's items.

## **Masks/Face Coverings**

- **Viper Sports Club Staff:** All staff will wear cloth face coverings and face shields during the tryouts
- **Goalies:** All goalies will not be required to wear cloth face coverings while participating in training while on the court.
  - **Face mask must be worn at all times while not on the court area**
  - **Face mask must be worn while waiting to enter the court.**
  - **Face mask will be worn while entering the court and then removed once the keeper is ready to train and places her GK helmet on.**
- Face coverings are still recommended by the CDC, especially for older youth, when feasible, particularly in indoor or crowded locations.



## ***Athlete/Coach: Shared Objects/Equipment***

- We discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- We instruct participant to try and keep their belongings separated from others.
- Follow directions for spacing and other outlined social distancing instructions
- **No** handshakes, high fives and other contact related encouragement done
- Avoid touching your face
- Don't share equipment
- Avoid touching the balls
  - Balls should be hit by a stick or kicked back to the center to start another drill
- Staff will be the only ones allowed to touch the cones used for drills
- Coaches use verbal cues rather than physical contact when instructing athletes
  - Maintain social distancing during instructions & chalk talk prior to starting a drill
- Encourage social distancing on the sideline
- Avoid sharing food, drinks, towels and other personal care items
- Wash hands thoroughly or use a hand sanitizer after your game
- Leave facility as soon as reasonably possible after your practice finishes
- Disinfect all personal equipment when you get home

## **Updated Waiver/Registration Form**

We will be emailing our Waiver Form for the summer training that includes information regarding COVID-19. Even if you have previously signed a Waiver Form for us at any point, we will need all participants to complete a new waiver form. The new registration/waiver form will also be posted on our website in the Viper Field Hockey link: [www.vipersportsclub.com](http://www.vipersportsclub.com)