



For Training Sessions First Shot Soccer requires the following;

- Prior to attending their 1st training event, each parent must sign the COVID-19 waiver form at the registration desk.
- Prior to attending any training event, each player must check his or her temperature at home, and must not attend training if they have a fever (≥ 100.4 degrees F). We will be checking temperatures prior to admittance to the field as well (non-contact thermometer will be used) for all players, staff and anyone that accesses the field.
- Prior to each session, staff must obtain verbal confirmation from each participating player that:
 - The player has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 in the last 14 days.
 - The player has not had a documented case of COVID-19 in the last 14 days.
 - The player is not currently demonstrating or suffering from any (COVID-19/flu/illness) symptoms.

COVID-19 symptoms include but are not limited to the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

- Any player reporting or demonstrating symptoms of illness at any point will be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Training groups will not exceed 18 players, though our aim is for groups of 8-12 players.
- Players will avoid all physical contact with each other until further notice.
- All coaches and players will maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group has been given a designated time to arrive and depart the facility.
- Each training group will train in a designated area, 30 feet from the other groups.
- Individuals will be required to maintain social distancing guidelines during arrival and departure from training. Drop off and pick up times between both training sessions each day will have a 30 minute gap (6 – 6:30 pm) to minimize potential interaction between groups, please be prompt.
- Other individuals in attendance must stay in their cars.
- In the event of an injury, staff will assess and facilitate management of the injured individual in accordance with proper first aid management. Family members may participate in injury management as necessary but other players should maintain proper social distance.
- Training areas will be separated and specifically designated to groups and individuals. Surfaces will be sprayed with a disinfectant pump prior to, throughout and in between sessions. Benches and other regular non-playing equipment will not be used.
- Players will be required to bring their own equipment (mask, zip lock bag, sanitizer, gloves, fluids, (1) navy-blue & (1) white color shirt, towel, may bring a small bag for personal items, etc.) such that no equipment is shared between players. Players have the option to bring their own soccer ball. Players and coaches may contact another individual's soccer ball with their feet but should not contact it with their hands.
- Surfaces that may be contacted and shared by players will be minimized and will be disinfected before and after use. Equipment used by staff (cones, for example) will not be handled by players or other attendees and will be disinfected before and after use.
- Face mask use by players and coaches will be in accordance with local guidelines. Face masks will not be required during physical activity.

EQUIPMENT/PERSONAL ITEMS NEEDED: Players must bring their own mask and zip lock bag with their name on it, their own sanitizer, gloves, (1) navy-blue & (1) white color shirt (will be used as additional group separation) and sufficient water or hydration fluids. Players have the option to bring their own ball though we will provide and will be disinfecting soccer balls throughout the session. Players may bring a small bag for their personal items but please use best judgement on bag size as spacing will be limited.

DROP OFF: Fence, field and registration desk are located at the end of parking lot.

*Parents must accompany players for the first session check-in only.

While wearing a mask, players will need to approach the registration desk to have their temperatures taken and sign-in. Markers will be on the ground for participants to ensure social distancing while checking in. Players will then enter the field one at a time with social distance and go to a designated training area. Players should keep their personal items with them until they arrive in their designated space. Players may remove their mask and place it in their personal zip lock bag once training begins.

FOR PAY-AS-GO PLAYERS: Parents must accompany players to the registration desk for sign-in and payment. *Players will not be permitted to participate without parents checking child in.

PICK UP: Players leave through the same fence door they entered with social distance and go straight to their car.

SESSION INFORMATION: Sessions will be 90 minutes in length and will focus on individual technical and fitness work. Players can pass balls to one another but cannot handle the ball. Masks must be worn during drop off/pick up when walking to/from the car and to/from the field. Their mask must be worn during check-in when temperature is being taken.