



Return to Training and Play Guidelines

The Texas Governors office amended the stay at home executive orders on May 18, 2020 to allow for a phased approach of Return to Practice and Play for outdoor sports participants.

- Effective May 31, teams are allowed to hold team practices.
- Effective June 15, teams may participate in games.

State of Texas Governor's
Coronavirus Update

With those dates in mind, the following guidelines are to be considered to allow for everyone to return in the safest possible environment. Remember, we are all in this together, so all players, parents, coaches, referees, and administrators should be aware of these guidelines. There may also be guidelines specific to a city or county. It is important that you are familiar with and follow your local government and health authority warnings and guidelines.

Parent and Player Responsibilities

- Ensure the player is healthy by checking the players temperature before activities with others. Do not attend trainings or games if exhibiting any symptoms of COVID-19 such as fever, cough, difficulty breathing or other symptoms identified by the CDC.
- Players should not attend trainings or games if they have been in contact with someone with COVID-19 within the past 14 days.
- Consider not carpooling or very limited carpooling.
- Parents should stay in their car or at least 6 feet from other non family spectators and should not approach non family players.
- Wear a mask when at training or games, except for when actually playing in a game.
- Bring your own hand sanitizer to trainings and games and use when not on the field.
- Ensure players clothing is washed immediately after each training or game.
- Ensure players equipment (shoes, ball, shin guards, etc.) are sanitized before and after each training or game.
- Ensure the player has his/her own equipment (ball, water, bag, etc.) and is told not to share with others.
- Notify your coach or manager immediately if the player becomes ill for any reason.
- Do NOT engage in handshaking, hugs, high fives, during training or games.
- When not on the field, players and players' equipment should be six feet from other players and equipment.



Coach Responsibilities

- Ensure the health and safety of the players, including asking if parents took their temperature the day of the training or game.
- Inquire how each player is feeling. Send home anyone you believe acts or looks ill.
- Ensure each player has his/her own equipment (ball, water, bag, etc.), and instruct all players not to share equipment.
- Ensure that the coach is the only person to handle team equipment such as cones, disks, nets, etc., and do not enlist the help of parents or spectators in attendance.
- All training should be outdoors and compliant with at least six feet of social distancing for training and spectating. This includes coaches and players.
- Always wear a facemask, even when not actively coaching.
- The use of scrimmage vests is NOT recommended, as they may have been previously shared.
- Benches should be disinfected before and after each game.
- Pregame, halftime, and post game instructions should be kept to a minimum, and have players practice six foot distancing rather than sitting next to each other.
- Do not engage in handshakes, hugs, high fives with players during trainings or games.
- Have hand sanitizer available for coaches and players use.



Association and Club Responsibilities

- Distribute this protocol to members.
- Identify strategy for working with local health officials and parks departments to notify adult leaders, youth and their families if the organization becomes aware of a player or coach/manager that has developed COVID-19 and may have been infectious to others while at a team activity.
- Maintain participant confidentiality and do not disclose health status.
- Be sensitive and accommodating to parents or players who may not be comfortable with returning to training or play at this time.
- Have a plan in place, in case there is a positive COVID-19 test result, including being prepared to shut down and stop operations for a period of time.
- Consider scheduling games with more time between games, to allow one set of participants to leave the premises before another set of participants arrives.
- Consider scheduling games to not be on fields that adjoin each other, to allow enough room to keep spectators at proper distances.

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