



To All FC Golden State Players, Parents, and Families,

We, at FC Golden State are extremely excited and eager to get back on the field very soon. As we navigate through this uncertain and difficult time, we are committed to providing a safe environment for all the players, staff, and families as we return to training in some capacity. We will continue to suspend training until the state has opened and released some of the restrictions.

As we begin to return to training, we will follow some extremely strict protocols and procedures to protect the players, staff, and families involved:

General hygiene practices to reduce the risk of spread of infection: The following practices should be reinforced within all FC Golden State and community to mitigate transmission of any communicable disease.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

As we return to play, we must embrace the new normal and follow the steps below to ensure a safe environment for all.

Returning to training involves a step-by-step re-initiation of safe training environments for players. It is intended that each phase recommended below should last for at least 2 weeks, even if local guidelines regarding social distancing and group gatherings would otherwise allow for transition to the next phase sooner. Recommendations for returning to competition will be addressed separately but will require progression through each phase of the return to training protocols.

The recommended minimum 2-week duration for each phase provides an incremental return to soccer participation that is intended to account for both:

- (i) The risk of both COVID-19 resurgence; and
- (ii) The risks of overtraining and injury due to a rapid return to play.

This timeline is intended to prioritize athlete health and well-being, including but not limited to the risks presented by COVID-19. These recommendations do not supersede national, state, or local laws or requirements.

PHASE 1: TRAINING AT HOME

While local shelter-in-place orders are in effect and group gatherings are prohibited, clubs limit participation and activity to individual training at home, or training with household members, under the guidance of virtual coaching modalities.

RETURN TO TRAINING RECOMMENDATIONS:

This phase can begin once local stay-at-home restrictions are no longer in place and group gatherings are permitted, but when social distancing requirements still apply. At this point, FCGS can take steps to ensure a safe transition to small group training environments at their facilities. This phase should last at least 2 weeks before progression to Phase 3. In Phase 2, FCGS will implement the following recommendations:

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - a) The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19.
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms.
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.
- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during

Phase 2. PHASE 2: SMALL GROUP TRAINING AT FACILITIES

- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. Clubs should also consider designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. *Ideally, attendees will remain in cars to reduce the risk of disease transmission.*
- In the event of an injury, staff may 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.
- Players should bring their own equipment (hand sanitizer, water bottle, towels, etc.) such that no equipment is shared between players. 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 (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Face mask use by players and coaches should be in accordance with local guidelines.
- Indoor facilities may be utilized as necessary so long as the Phase 2 recommendations are implemented for use of indoor facilities.
- Hand sanitizer should be readily available at all training grounds and facilities. Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day. When possible, gates/doors should remain open to reduce contact with potentially contaminated surfaces.
- Restrooms should be cleaned regularly to reduce the risk of disease transmission. Hand sanitizer and/or soap and water should be available and used immediately before and after restroom use. If this is not feasible, restrooms should remain closed.
- If the club does not control the indoor facility's operations, the club should only use the indoor facility if all the precautions included in the Phase 2 recommendations have been implemented at the facility by its owner/operator.

ACTIVITY EXAMPLES:

- In Phase 2, players may do individual exercises (one player one ball), group exercises (passing progressions with a partner or within the group), or fitness exercises.
- Players should not touch the ball with their hands.
- Players should not head the ball.
- Within this phase, goalkeepers should not use their hands, and should train as field players.

PHASE 2: Environmental Context:

Training grounds and facilities are open, local limits on the size of group gatherings have increased, but social distancing requirements remain in place. This phase should last at least 2 weeks, even if local guidelines would allow for progression to Phase 4. While many of the recommendations listed in phases 2 and 3 are identical, this progression is deliberately intended to provide a timeline that can promote fitness development, reduce the risk of injuries, and accommodate a resurgence of COVID-19 cases within the local community.

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19.
 - 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 ill symptoms.
 - Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- FCGS may increase the size of individual training groups within applicable local restrictions regarding group gatherings, but groups should be no larger than a single coach with a full team. Players should again remain within the same group throughout Phase 3.
- The total number of individuals present should still be restricted based on applicable local guidelines regarding group gatherings.
- Players should avoid all physical contact with each other, including celebrations, handshakes, high-fives, etc.
- All coaches and players must maintain a social distance of at least 6 feet to reduce the risk of disease transmission.

PHASE 3: LIMITED TEAM TRAINING

- Each group should be given a designated time to arrive and depart the training grounds or facility. Players and coaches should remain in the same groups during Phase 3.
- More than one group may train simultaneously (within local restrictions regarding group gathering size), but each group should train in a designated area, at least 6 feet from other groups, and even further if possible.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. Clubs should also consider designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) must stay away from the field and maintain at least 6 feet between other individuals in attendance. *Ideally, attendees will remain in cars.*
- In the event of an injury, staff may 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.
- Players should bring their own equipment (hand sanitizer, water bottle, towels, etc.) such that no equipment is shared between players. 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 (benches, balls, for example), should be disinfected before and after use. Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.
- Face mask use by players and coaches should be in accordance with local guidelines.
- Indoor facilities may be utilized as necessary so long as the Phase 3 recommendations are implemented for use of indoor facilities.
- Hand sanitizer should be readily available at all training grounds and facilities. Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players/staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day. When possible, gates/doors should remain open to reduce contact with potentially contaminated surfaces.
- Restrooms should be cleaned regularly to reduce the risk of disease transmission. Hand sanitizer and/or soap and water should be available and used immediately before and after restroom use. If this is not feasible, restrooms should remain closed.
- If the club does not control the indoor facility's operations, the club should only use the indoor facility if all the precautions included in the Phase 3 recommendations have been implemented at the facility by its owner/operator.

Activity Examples:

- Within this phase, the team may do individual exercises (one player, one ball), group exercises (passing progressions with a partner or within the group), fitness exercises, or team tactical exercises. For example, a coach may train a group of 18 players while still maintaining proper social distancing.
- Players should not touch the ball with their hands.
- Players should not head the ball.
- Goalkeepers should not use their hands and should train as field players.

PHASE 3: Environmental Context:

Training facilities are open and there are no local restrictions on the size of group gatherings. This phase should last at least 2 weeks prior to any formal competition, even if current guidelines would otherwise accommodate competition at an earlier time.

- Prior to attending any training event, each player should check his or her temperature at home, and refrain from participation if he or she has a fever (≥ 100.4 degrees F).
- Prior to participation, staff should obtain verbal confirmation from each participating player that:
 - a) The player has not had any no close contact with a sick individual or anyone with a confirmed case of COVID-19.
 - b) The player has not had a documented case of COVID-19 in the last 14 days.
 - c) The player is not currently demonstrating or suffering from any ill symptoms.
- Any player reporting or demonstrating symptoms of illness at any point should be removed from training (or prohibited from training) and should seek guidance from his or her physician before attempting to return to training.
- Trainings of any group size can be conducted.
- Contact between players may occur during play.
- Coaches can integrate into training environments for instruction purposes but should not be in contact with players.
- Individuals should maintain social distancing guidelines during arrival and departure from training, and efforts should be made to stagger arrival and departure times to minimize potential interaction with other groups. FCGS will consider designating separate arrival drop-off and departure pick-up zones.
- Other individuals in attendance (family members, for example) should stay away from the field and practice proper social distancing in accordance with local guidelines.
- In the event of an injury, staff may 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.

PHASE 4: FULL TEAM TRAINING Equipment:

- Training areas should be separated and specifically designated such that groups will not touch the same surfaces (benches, for example).
- Soccer balls should be disinfected immediately before and after use but can be handled by goalkeepers and by players for throw-ins. Training vests can be shared between team members but should be washed before and after each use. Other personal equipment recommendations as above should still apply.
- Players should bring their own equipment (hand sanitizer, water bottle, towels, etc.).
- Surfaces that may be contacted and shared by players (benches, balls, for example), should be disinfected before and after use.
- Equipment used by staff (cones, for example) should not be handled by players or other attendees and should be disinfected after use.

Facilities and Training Grounds:

- Indoor facilities may be utilized as necessary so long as the Phase 4 recommendations are implemented for use of indoor facilities.
- Hand sanitizer should be readily available at all training grounds and facilities. Each coach and player should have their own hand sanitizer. Players and coaches should disinfect their hands prior to and immediately after every group session and after any contact with a shared surface.
- All surfaces that players / staff may contact when entering and leaving the facility (gates, doorknobs, etc.) should be disinfected between sessions and after the final session of the day.
- When possible, gates / doors should remain open to reduce contact with potentially contaminated surfaces.

Activity Examples:

- There are no restrictions on training activities.

PHASE 4: CONTINUED Symptoms of COVID-19 Infection:

Individuals with COVID-19 can exhibit symptoms ranging from mild to life threatening. The most common symptoms associated with infection include:

- Fever (≥ 100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell

- Chills

Environmental Context:

Training facilities are open, there are no local restrictions on the size of group gatherings, and Phase 4 has been completed for at least 2 weeks. Specific guidelines for return to local competition will be included in a separate document issued later, and additional guidelines will be subsequently provided for planning for travel competitions.

We are all ready to get back on the pitch. It is important that we use the above protocol to keep us all safe and avoid the spread of COVID-19.

Timeline:

As soon as more information is provided by the state and county, we will update all members with our logistical training plan to move forward with. Please stay in contact with your coach and continue to work out, complete assignments and task, and train your brain to be sharp for the return to play!!

Thank you for all the understanding and commitment to this process!! Together we will get through this challenging and difficult time together.

If you have any questions or concerns, please contact:

- 1- Team Coach/Manager
- 2- Area Director

Registration and Player Fee's:

FC Golden State values all the members of the club. As we return to play it is important that we have stable and strong teams. We will be reserving fields for the summer trainings and preparation for the Fall season either in Coast Soccer League, ECNL, ECRL or NPL West. As we reserve these facilities it is important that player/families are registered to the club and current on all player fees. Player fees and registrations are based on the Fall season and we are assured by Coast there will be a complete fall season and exact dates to be determined by the opening of our state and areas. We will not have prorated fees or contracts.

We will have another great season and continue to build the culture, brand, and quality of FC golden State over the next year!! It will be another amazing year for all!! We are excited to see you on the field soon!!

FC Golden State

