

RETURN TO PLAY

2020 FALL TRAINING CAMP



HALF MOON BAY SC



TRAINING CAMP

The purpose of the training camp is to get players back on the field doing physical activity and re-engaging with soccer.

- ▶ One-hour session once per week
- ▶ 6 weeks in duration beginning Oct 19
- ▶ Individual training drills and conditioning
- ▶ COVID-19 safety protocols in place



COVID-19 Safety Protocols

- ▶ Protocols have been approved by San Mateo County Health, CUSD and BGCC
- ▶ Protocols are for the safety of players (and their families) and coaches
- ▶ Protocols will be strictly enforced
- ▶ Any player or parent not following protocols will be sent home
- ▶ Serious violations may result in HMBSC having to shut down



COVID-19 Safety Protocols

- ▶ Stable cohorts of up to 12 players and 1 coach
- ▶ Lower risk forms of participation – individual drills/conditioning
- ▶ No shared equipment
- ▶ Social distancing
- ▶ Entry protocol
- ▶ Face masks upon arrival and departure

Entry Protocols

- ▶ Has your player had any COVID-19 symptoms in the last 14 days?
 - ✓ Fever(>100°F / 37.8°C)
 - ✓ Sneezing
 - ✓ Coughing
 - ✓ Shortness of breath
 - ✓ Sore throat
 - ✓ Severe fatigue or muscle aches
 - ✓ Loss of taste or smell
 - ✓ Headache
 - ✓ Nausea or Diarrhea or vomiting
- ▶ Has your player been in contact with anyone who has tested positive for COVID-19 in the last 14 days?
- ▶ Has your player traveled outside the US in the last 14 days?
- ▶ Player temperature will be taken. If the temperature is lower than 100°F / 37.8°C, then the player will be allowed to enter the field.
- ▶ All players will have to use hand sanitizer to wash their hands prior to the start of each practice. Hand sanitizer will be provided at each field training station.



On the Field

- ▶ Player will train in their own 12-yard square training station, 6 feet away from the next
- ▶ Players personal belongings will remain in their training station
- ▶ Avoid touching face
- ▶ No spitting!
- ▶ Bring water bottle/no sharing/no drinking fountain
- ▶ Use bathroom at home before practice
- ▶ No physical contact
- ▶ Wear HMBSC Black Training Shirt



Coach Responsibilities

- ▶ Follow COVID protocols
- ▶ Wear a face mask at all times
- ▶ Ensure social distancing
- ▶ Only coach handles equipment and sanitizes after each session
- ▶ Stay positive and supportive!



Parent Responsibilities

- ▶ Check for fever prior to arrival – if over 100°F stay home
- ▶ If not feeling well – stay home
- ▶ Drop-off and pick-up on time in correct zones
- ▶ Avoid carpooling
- ▶ No spectators allowed on field
- ▶ No congregating in parking lot
- ▶ Players shower/wash clothes upon arriving home





In Case of Illness

- ▶ If player is ill, contact coach and do not attend training
- ▶ If anyone in household has any COVID symptoms, contact coach and player should not attend training
- ▶ If anyone tests positive in a Cohort the entire group will be notified immediately, trainings for the group will cease until it is safe to return to training



Questions?

