

Girls Soccer Team Practice Plans 2020

August 17th-October 9th

Practice Locations: Paul Giel, Winona Middle School
Home Game Locations: Paul Giel, Winona Senior High School

Communication

- Coach Pearce will send out guidelines and protocols to students/families that have requested information on fall practice and games.
- All registrants will receive information after registering. Registration information will be communicated via the team Facebook page, email, and the school website.
- Any updates will be shared via e-mail and through the team Facebook page.

Size of Group

- Coach Quinn and Coach Callahan will each supervise one pod of 25 or less athletes. These two pods will have the same 25 students and coach each session. Paul Giel Field will allow us to run two pods at a time, for a maximum of 50 athletes.
- Spectators, parents/guardians and siblings are not allowed. Only registered participants are allowed on the field.

Arrival

- Participants should not arrive prior to 10 minutes before the start of practice.
- Social distancing of 6 feet must begin once leaving their vehicle.
- Participants and coaches must wear masks for the pre-practice health screening.
- After health screening, participants must wash or sanitize hands.
- Participants cannot go on the field until health screening and hand washing/sanitizing are completed.
- Participants will place their bags 6 feet apart on the grass or the track after the health screening.
- Participants will stand next to their bags while they receive further instruction for the start of practice.

Dismissal

- Participants must leave the premises within 10 minutes of practice dismissal.
- Participants should wear masks between the field and their vehicle.
- Social distancing does not end until they are back in their vehicle.

Setting Up the Facility

- Coaches will arrive a half hour prior to the start of practice.
- Groups will be separated at the 50 yard line, with no crossover allowed between groups.
- Players will be 6 feet apart when completing team drills and exercises as much as possible.
- Players will keep masks on during participation with the exception of strenuous conditioning or if players can be kept at a distance of 6 feet apart at all times.

Screening Protocols & Hygiene Expectations

- Coach Callahan and Coach Quinn will screen participants at the entrance. Coach Pearce will stay on the field to supervise participants until practice begins.
- Screening Procedure:
 - Coach will ask if the participant is experiencing the following and document answers:
 - New onset or worsening of a cough OR
 - shortness of breath OR
 - at least two of the following symptoms: chills; muscle pain; headache; sore throat; new loss of taste or smell
 - Coach will take temperature with a forehead thermometer. 100.4°F or higher is considered a fever.
 - A participant with a fever will not be allowed into building.
- Participants will sanitize or wash hands after temperature checks.
- Participants will have a staggered break mid-practice to re-sanitize or wash hands.
- Participants must bring their own equipment daily, including a water bottle.
- If a participant becomes sick during practice, the participant will be isolated off of the field and must put a mask back on. A parent/guardian will be asked to pick up the student immediately.
- Coaches will notify the athletic director of illness.
- Participants not following guidelines and protocols will be dismissed from practice.
- Goalies are recommended to use hand sanitizer to moisten their gloves (instead of saliva).
- With the exception of goalies, players should avoid any hand contact with soccer balls during practice. Feet should be used for collecting soccer balls, etc.
- A limited number of people should handle cones, with the use of hand sanitizer after handling cones.

Training of Program Staff

- All coaches will participate in training on pre-practice health screening.
- Coaches will complete social distancing training.
- Require Exclusion Guidelines with all staff in case of a COVID-19 exposure.
- Coaches will wear face masks during pre-practice health screenings, and during the entirety of practice.
- A record of training will be kept by the program.

Plan in Case of Exposure

- In case of exposure, Coach Pearce will communicate all necessary information to the athletic director and provide all notes taken.

Document the Additional Classroom or Cleaning Supplies or information needed at Site

- Coaches will need:
 - Thermometers for pre-practice screening
 - Required screening spreadsheet
 - Sanitizing supplies
- Participants will not share any of their equipment.

- Participants will sanitize their own equipment before leaving practice.
- Coaches will sanitize any other surfaces used and notify the custodian of any needs before leaving the field.

Minnesota State High School League General Expectations

- The first week of practice should focus on implementing effective protocols and routines for pre-participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and enhance safety of students and coaches.
- For schools that are required by localized metrics to be in a distance learning mode, practices are limited to virtual contact only.
- Interscholastic scrimmages will not be allowed.
- Participating in MSHSL activities is voluntary.
- While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
- Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
- Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
- Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Travel to and from Competitions

- Participants will complete the health screening prior to being allowed on the bus.
- Participants will be socially distanced on the buses as much as possible, with maximum numbers on the bus being strictly enforced.
- Participants will bring their own equipment, food, water, etc. on the bus and will not share with other members of the group.
- Participants will locate a place to safely socially distance once arriving at the hosting facility. Bags will then be socially distanced as much as space allows.

Competitions

Sportsmanship and Spectators

- Sportsmanship should have a constant presence in all school-based athletics.
- Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
- Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or player violate the required physical distance with an official. Any coach or player verbally interacts with an official must do so with a mask on and at a safe distance.

- Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.
- When spectators are allowed at outside events, they should not have access to student athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.

Masks and PPE

- All participants, including student-athletes, coaches, officials and personnel, must wear masks if they cannot socially distance at 6 feet from others, unless actively participating in the game. This includes coming and going from the facility, and on the sideline during the game.
- If a student-athlete needs to recover after coming off the field and before putting on a mask, the player should stand 12 feet away from others.
- If coaches need to remove a mask to give instructions to a player across the field, they need to be away from other sideline personnel and players.
- All participants are strongly encouraged to wear masks during the Pregame Conference.
- On the field, masks are permissible for players and officials, but not required.
 - Note: Gaiters can also be used in place of masks.

Equipment

- Soccer balls should be sanitized pregame, at halftime, and postgame. This is the home team's responsibility.
- Medical gloves are permissible for players and officials.
- If a player uses a mouthguard, it should not be removed. Wash hands after handling.

Site Set-up

- Team Benches - Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the bench.
- Coaches are limited to regular team box, but box width for student-athletes and other bench personnel can be flexible to allow social distancing.
- If Officials Table is on sideline - Limit to essential personnel, which includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- Recommended that players' bags/equipment should be placed/stored 6 feet away from others' bags. Players should store their gear in their bags (as opposed to a community pile, or tossed on the bench).
- In inclement weather, remind student-athletes to bring appropriate rain gear, etc. (Bench personnel cannot safely all huddle under an 8x8 or 10x10 tent.)

Pre-Competition

- Pregame Conference
 - Limit attendees to head or center referee, the head coach from each team, and a single captain from each team.
 - Move the location of the pregame conference to center of the field (or other area that allows participants to spread out). All individuals maintain a social distance of 6 feet.

- Suspend handshakes prior to and following the Pregame Conference.
- Only the owner of the coin should handle the coin during toss.
- Suspend the pregame World Cup introduction line and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions and National Anthem (or similar adjustment to avoid close player contact).
- Team huddles should be avoided (pregame and throughout competition).
- If teams are arriving for the second game of a double-header, they should not enter the venue until the previous teams have left the venue.

Competition

- Substitution Procedures
 - Maintain social distancing of 6 feet between the substitutes, officials and/or teammate(s).
- No Substitutions on Corner Kicks
 - Rationale: Corner Kicks often result in 15 to 16 players tightly grouped together in close proximity. Adding substitutions to this situation adds unnecessary time and exposure.
- Ball chasers must socially distance from one another and other personnel of at least 6 feet.
- Ball chasers must be 7th grade or above.
- Prolonged injuries – Teams may be dismissed to the benches.
 - Rationale: be able to handle their own water bottle, as opposed to teammates handing them onto field, and can make unlimited subs on injuries regardless.
- Eliminate Overtime for Regular Season Games
 - Rationale: Extra time adds unnecessary exposure.
- Running Time: Mercy rule 5-goal difference
 - Rationale: Stopping the clock after goals will end when a team is losing by 5 or more goals. Stopping the clock will resume when the difference falls to less than 5 goals. Extra time adds unnecessary exposure.
- Limit number of ball chasers (recommendation to limit to four and place one ball at each goal).
 - Ball chasers are recommended to wear masks, and use hand sanitizer frequently. Consider travel-sized sanitizers to carry throughout the game.
- Ball chasers should use feet instead of hands whenever possible.
- Avoid delays in start of play, so that players do not have prolonged periods of standing in close proximity. Players should limit direct contact until the ball is ready to be put into play (free kicks, throw ins, goal kicks, corner kicks).
- Personal hygiene – coaches should remind student-athletes to practice safe personal hygiene (being away from others when spitting, covering sneezes/coughs, etc.)
- Inclement weather
 - if a game has to be postponed due to lightning, when making the decision to wait 30 minutes or postpone to a later date (if the game is in the first half) or declare the competition complete (if the game is in the second half), administration and officials should work together to consider if student-athletes can be safely socially distanced while taking shelter. If taking shelter will put many participants in a tight indoor space (bus, practice shed, small hallway, etc.), officials and administration may choose to implement a contest-ending procedure prior to waiting 30 minutes.

Post-Competition

- Suspend post-game protocol of shaking hands.
- Teams need to clean bench areas completely so they are free of ALL trash and belongings.
- Teams' post-game meetings should be brief.
- Referees' post-game meetings should be brief.
- Teams/coaches can consider other ways to show post-game appreciation for opponents and officials.