



Benicia Arsenal FC Modified Training Protocols

Benicia Arsenal FC players and their families should familiarize themselves with the content of this document.

In order for our players to return to the field, there are certain protocols that everyone needs to follow, so that we can provide outdoor activity that meets the requirements of the current public health order.

These protocols are compulsory for participation in our training sessions.

Equipment list

Participants will be required to bring the following items to every session:

- A soccer ball (There is no sharing of equipment, including balls)
- Their own water (Water cannot be shared with other people)
- A face covering / mask – Information about face coverings can be found on the CDC website here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Hand sanitizer (optional)

Participant drop-off and check-in procedures

All participants should arrive at the field 15 minutes prior to the start of their session. Please be prompt. Players arriving after the start of the session will not be permitted to train that day.

Players should not carpool to the field with people who are not members of their household. Players can arrive at the field by walking, biking or dropped off by car.

All players must go directly to the check-in area (see map) on arrival. Players cannot go straight to their field without checking in. If a player is being dropped off by a car, the drop off must take place in the parking lot nearest to Field #1 (see map).

Only participants should leave the car at any time during drop-off. Car drivers should wait inside their vehicle until their player has completed a quick health screening (details below). The health screening volunteer will indicate with a “thumbs-up” to inform you that they are cleared to train. If the player does not pass the screening, they will need to return directly to their car. Parents/guardians should not gather or congregate in parking lots.

Participants should wear face coverings from parking lot to their training field (including at the check-in table). They do not need to wear face covering during the training session.

Health screening

When participants arrive at the check-in, there will be cones spaced on the ground so that physical distancing can be maintained during any waiting times.

Health screening volunteers will use no-contact forehead thermometers to take participant’s temperatures. They will also ask the participant a few quick questions about common COVID-19 symptoms. The checklist is included at the end of this document. Please make sure that your player is familiar with these questions in advance.

Any participant who does not pass the health screening will not be permitted to train that day.

Players who pass the health screening will then be instructed to walk directly to their training field, where their coach will be waiting.

Hand sanitizer will be provided for participant use at the check-in table.

Training session

Each training field will have training areas marked on the field with either cones or field paint. When the player arrives at their training field, they should choose an empty training area. All personal belongings (balls, bags, water etc.) should be placed inside the player's training area. Once in their training area, the player can remove their face covering (if they wish to do so). The coach will also have a designated area.

During training, there will be no sharing of any equipment (balls, water etc.). Players are not permitted to make any physical contact with each other (no handshakes, no high 5s, no hugs). Players and coaches should remain within their training areas for the duration of the session.

Players must have their own ball. The coach is not permitted to provide any balls during the session.

Participant departure and pick-up

At the end of the session, the coach will instruct players when they can leave their training areas. Players should wear their face covering during departure and maintain 6 feet or more of physical distancing during departure and pick-up.

If you are picking your player up by car, please be prompt.

Players should not be sharing cars with people who are not members of their household.

The designated pick-up location will be the parking lot nearest to Field #3 (see map). This is the parking lot with the solar panels.

Car drivers should not leave their cars during pick-up. Parents/guardians and players should not be gathering in the parking lot.

Parent/guardian responsibilities

1. Ensure that your player knows the protocols.
2. Be on time and in the correct location for drop-off and pick-up.
3. Do not drive away from the field until your player has completed their health screening.
4. Ensure that your player understands the health screening.
5. Ensure that your player knows about keeping 6 feet or more of physical distance.
6. Ensure that your player knows about avoiding physical contact.
7. Ensure that your player know when to wear their face covering.
8. Do not leave your car or gather in the parking lot.
9. Do not let your player train if they are showing any symptoms of COVID-19 - Symptoms can be found on the CDC website here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
10. Do not let your player train if they have tested positive for COVID-19, or if they have been in close contact with someone who has tested positive within the last 14 days.

Player responsibilities

1. Bring your own ball, water and face covering to every training session.
2. Wear your face covering over your mouth and nose when you arrive at the field.
3. Wear your face covering over your mouth and nose when you leave the field.
4. Maintain 6 feet or more of distance between yourself and your teammates and coaches at all times.
5. Do not touch other people at any time (no handshakes, high 5s or hugs).
6. Listen to instructions from the health check volunteers and your coach.
7. When you arrive at the field go straight to the check-in table.
8. When you have finished check-in, go straight to your field.
9. When your training session has ended, go straight to your car if you are being picked up, or walk/bike home if that is how you're leaving.
10. Do not gather with your teammates before or after the training session.

Benicia Arsenal FC Participant Health Screening

1) Do you have any of the following **new or worsening** symptoms (not caused by existing conditions)?

Fever	Yes	No
Chills	Yes	No
Cough	Yes	No
Shortness of breath	Yes	No
Unexplained fatigue	Yes	No
Unexplained muscle or body aches	Yes	No
Headache	Yes	No
Loss of taste or smell	Yes	No
Sore throat	Yes	No
Congestion or runny nose	Yes	No
Nausea	Yes	No
Vomiting	Yes	No
Diarrhea	Yes	No

2) Have you been in close contact with anyone who has tested positive for COVID-19 within the last 14 days?

Yes

No

Benicia Community Park Field Map



Benicia Community Park Arrival, Departure and Check-in Locations

