

GENERAL EXPECTATIONS:
RETURN TO TRAIN PROTOCOL & TRY OUT

- Players will be required to bring their own water and ball to all training sessions and to sanitize them after each training session.
- All RGV Toros FC Academy Staff will be instructed to maintain social distancing throughout the session from players and other staff.
- Parents will be asked to stay in the parking lot, to maintain social distancing, wear masks and might be asked to stay in their cars. Parents cannot observe training from the fields and sidewalks.
- Hand sanitizer will be accessible before, during and after all training sessions. Players/staff will be expected to utilize sanitizer throughout.
- Players will be instructed to lineup their gear with 6' spacing from other teammates around the edge of the field to ensure during water breaks that proper spacing is being adhered to.
- Player families will be instructed it is mandatory to take child's temperature prior to leaving for training every day. Any player with a temperature higher than 100.3 degrees Fahrenheit should not be brought to training and should not return until they have gone three days without
- No one is allowed to attend practice if NOT feeling well, has a fever higher than 100.3, or is currently under a quarantine. If exhibiting any symptoms of Covid-19, including mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC, players should not be permitted to practice.
 - o Athletes, coaches or staff who screen positive must stay at home and should contact their healthcare provider for medical advice and guidance on returning to work/sport.
- Zero tolerance contact policy (coach/player or player/player). Players and coaches must avoid "high fives", handshakes and minimize touching
- Follow entrance and exit plans given by the club staff.
 - o Players must stay in their cars to the previous session is completed, players have gathered up their equipment and begun leaving the field.
- All athletes, coaches and staff should follow public health guidelines for reducing risk of infection.
- If you have attended a training session and have a positive screen related to COVID-19 symptoms,
please contact luis@rgvfc.com for tracking and prompt communication to those potentially

exposed parties.

Small Group Training – Phase 2 – 1st two weeks

- Dedicated to individual skill development. Local CDC guidelines regarding social distancing will be followed to ensure that players maintain adequate distance between others during this time.
- The expectation is to break the field into quadrants and have 4 or less players and a coach in quarter of the field. This could be expanded to 9 players and a coach in a half to help create a proper rest to play ratio.
- Sessions will be 45-50 minutes in length
- Players must stay with their group throughout the entire session.
- All coaches should wear masks when arriving to the field and when leaving.
- All equipment that is utilized in training sessions (cones, poles, hurdles, dummies, small goals) will be sanitized every day by a RGV Toros FC Academy staff member.
- * Players should not be touching the ball, this includes goalkeepers, who should be training their foot skills unless drills can be specifically designed so they are not sharing their ball at any point.
- Players are strongly encouraged to wear a mask to the fields and when leaving the fields, but not during active training.
- Reasoning is that with suspending all activities on March 12th, we were proactive/responsible as an organization with the current pandemic. However, with the potential to return these players have been away from training for 8 weeks currently. Their fitness levels will not be where it is necessary for them to perform at a high level safely and will need to be worked back into proper fitness. By focusing on technical skill training we can limit contact, maintain safe social distances, and help our membership get back to some regularity.

Team Training – Phase 2 – length is TBD

- Dedicated to individual skill development and team development. Local CDC guidelines regarding social distancing will be followed to ensure that players maintain adequate distance between when possible.
- Sessions will be designed to engage no more than a full team and coach not to exceed 18 players. The expectation is to break the field into quadrants and have no more than 9 total

players and coaches in quarter, 18 total players and coaches in a half at any given time on full size 11v11 fields.

- Sessions will be 45-75 minutes in length
- Players must stay with their group and coach throughout the entire session.
- All coaches should wear masks when arriving to the field and when leaving.
- All equipment that is utilized in training sessions (cones, pennies (may only be used one time before cleaning), poles, hurdles, dummies, small goals) will be sanitized every day by a RGV Toros FC staff member.
- Players are strongly encouraged to wear a mask to the fields and when leaving the fields, but not during active training.

Return to Play – Phase 3

- To be determined

*As is with the state of this current pandemic and COVID-19 constant evolving situation, we will adhere to local/state/national CDC guidelines and all things above can be subject to change or addendum at a later date. This document reflects recommended practices and serves as a general informational resource for RGV Toros FC Academy members and should not be considered as medical or expert advice. Recommendations are designed to promote hygienic practices to better protect participants in any activity. Clubs may implement or rely on the information at their own risk. RGV FC Youth Academy emphasizes that it is incumbent of all clubs and members to consult the most up-to-date recommendations of federal, state, and local public health officials on a regular basis.

Consult your own qualified health providers or other advisors about any specific issues or circumstances you might have

Arrival along east field and stay on east side. Bags go on west side of fields

Depart along the grass field. Please do not congregate in the parking lot.

ARRIVAL &. DEPARTURE DIAGRAM

EDINBURG MUNICIPAL PARK FIELDS 2 & 3