



**Utah Youth Soccer Association
Return-To-Play Guidelines
Orange Phase: Individual Training**

Member organizations (57 non-profit youth soccer clubs) and independent teams are permitted to offer individual, non-contact training sessions at the team level for groups of twenty (20) individual or less, including coaches, adult assistant(s), safety coordinator, and players.

Conditioning/Skill Development training sessions may include:

- Ball mastery & individual skills
- Shooting & crossing balls
- Passing & receiving
- Fitness & functional training

Individual Training Restrictions:

- Limited to 20 or less players/coaches
- Zero tolerance non-contact policy (coach/player or player/player)
- No spectators allowed
- Must maintain social distancing minimum of 10 feet between participants throughout training
- Practices must be conducted outdoors
- Players with fevers or other symptoms are not permitted to practice
- Players/coaches must use hand sanitizer before, during breaks, and after practice
- Players are not allowed to carpool to and from practice
- Players should wear PPEs (masks) when not actively training
- No Congregating Policy for players or parents in parking lots, at drop off zones, at entrance / exit areas of facility, or before or after training session

Member Organization Requirements:

- Assign a COVID-19 Safety Officer who will communicate policy club-wide to coaching staff, parents and players, and provide regular updates and reminders
- Assign each team a coordinator to oversee compliance at the team level during training
- Provide coaches and team coordinators with PPEs (masks) and sanitizing products
- Communicate immediately with the local health department in the event of a confirm COVID-19 case within a team and cancel all training sessions for that team and any team associated with that coach.
- Schedule training sessions so that one team/group is able to conclude and depart prior to the next team / group arriving, avoiding high traffic times
- Establish designated drop off and pick up zones for each field

Coach Requirements:

- Wear PPEs (masks) at all times
- Limit equipment brought to practice, disinfecting all equipment before / after use
- Do not allow players to share pennies, other equipment, or water bottles
- Encourage players to bring their own balls to training
- Require parents to confirm their child is symptom free before attending training
- Report confirmed cases of COVID-19 to member organization immediately and cease trainings
- Compliance with all local and state guidelines