

## COMBA FC WINTER TRAINING GUIDELINES



**In accordance with current COVID guidelines, the following regulations will be in place throughout the 2020/2021 winter season:**

### PLAYERS

- Players will not enter the facility prior to start time
- Players are required to wear masks when entering/exiting the facility and using the restroom. Players can remove their mask while training
- Players will enter/exit the facility at their teams designated doors. (See photo)
- Players are encouraged to minimize what they bring to practice (ie: ball, water, and sweatshirt)
- Spectators are not allowed in the facility and should be only available for pick up and drop off outside of the facility
- Adhere to distance guidelines for spectators, between teams, and when entering/exiting facility
- All participants are to avoid training if any symptoms or suspected contact with COVID positive individuals. Players/Coaches may return to training upon fulfillment of required quarantine period

### COACHES

- Training start and end times will be strictly adhered to. Coaches will end training sessions 5 minutes prior to session end time to allow all players to exit prior to the start of the next session
- Coaches are always required to wear masks including before, during, and after training while entering and exiting the building
- Adhere to distance guidelines for spectators, between teams, and when entering/exiting facility
- All participants are to avoid training if any symptoms or suspected contact with COVID positive individuals. Players/Coaches may return to training upon fulfillment of required quarantine period

While training, players and coaches will:

- Adhere to all facility guidelines
- Frequently use hand sanitizer
- Avoid use of water fountains and vending facilities
- Distance bags, equipment, and water bottles. Players will only use their personal water bottles and avoid sharing or contact of bags and all personal equipment
- Avoid gathering in large groups outside of their direct team
- Coaches will always wear masks during training along with prior to entry and after exit

Riverbend facility will:

- Maintain appropriate air flow and circulations
- Specific drop off and pick up zones, entry/exit plan (See photo)
- Frequently clean and wipe down surfaces and bathrooms
- Maintain sanitizer stations
- Riverbend will notify Comba FC of any government or official health guidance that impacts indoor facility use