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# QCFC RETURN TO PLAY PROTOCOL

## COACH RESPONSIBILITIES:

- ENSURE THE HEALTH AND SAFETY OF THE ATHLETES.
- INQUIRE HOW THE ATHLETES ARE FEELING, SEND THEM HOME SHOULD YOU BELIEVED THEY ACT OR LOOK ILL.
- FOLLOW ALL STATE AND LOCAL HEALTH PROTOCOLS. LINKS PROVIDED BELOW.
- ENSURE ALL ATHLETES HAVE THEIR INDIVIDUAL EQUIPMENT (BALL, WATER, BAG, SHIN GUARDS, ETC.)
- COACH IS THE ONLY PERSON TO HANDLE CONES, DISK ETC.
- ALL TRAINING OUTDOORS AND ENSURE SOCIAL DISTANCING PER STATE OR LOCAL HEALTH GUIDELINES.
- WEAR APPROPRIATE PERSONAL PROTECTIVE EQUIPMENT IF TRAINING IN A PUBLIC LOCATION SETTING AS MANDATED BY THAT PARTICULAR PUBLIC SPACE, (I.E. FACE MASK.)
- HAVE FUN, STAY POSITIVE – PLAYERS AND PARENTS ARE LOOKING TO YOU TO STAY CALM, SUPPORTIVE AND CARING DURING THIS TIME.
- THE USE OF SCRIMMAGE VEST OR PINNIES IS NOT RECOMMENDED AT THIS TIME.
- RESPECT PLAYERS, PARENTS, AND FAMILIES BY ACCOMMODATING THOSE THAT MAY NOT YET BE COMFORTABLE RETURNING TO PLAY.



#### PARENT RESPONSIBILITIES:

- ENSURE CHILD IS HEALTHY, CHECK YOUR CHILD'S TEMPERATURE BEFORE ATTENDING A TRAINING SESSION.
- STAY IN CAR OR ADHERE TO SOCIAL DISTANCE REQUIREMENTS, BASED ON STATE AND LOCAL HEALTH REQUIREMENTS.
- ENSURE CHILD'S CLOTHING IS WASHED AFTER EVERY TRAINING SESSION.
- ENSURE ALL EQUIPMENT, CLEATS, BALL, SHIN GUARDS ETC. ARE SANITIZED BEFORE AND AFTER EVERY TRAINING.
- NOTIFY CLUB IMMEDIATELY IF YOUR CHILD BECOMES ILL FOR ANY REASON. THIS IS A REQUIREMENT.
- DO NOT ASSIST COACH WITH EQUIPMENT BEFORE OR AFTER TRAINING.
- BE SURE YOUR CHILD HAS NECESSARY SANITIZER WITH THEM AT EVERY TRAINING.
- ENSURE YOUR CHILD HAS PLENTY OF WATER.
- IF YOU ARE NOT COMFORTABLE WITH RETURNING TO PLAY, DON'T. YOU ARE THE ONLY WHO WILL MAKE THE DECISION WHEN YOUR CHILD RETURNS TO PLAY.

#### PLAYER RESPONSIBILITIES:

- TAKE TEMPERATURE BEFORE ATTENDING TRAINING SESSION, IF YOU HAVE A TEMPERATURE OF 100° OR HIGHER, DO NOT ATTEND TRAINING SESSION OR ACTIVITY.
- IF YOU ARE NOT COMFORTABLE RETURNING TO PLAY, DON'T.
- ADHERE TO ALL RETURN TO PLAY PROTOCOLS
- WASH HANDS THOROUGHLY BEFORE AND AFTER TRAINING.
- BRING AND USE, HAND SANITIZER WITH YOU TO EVERY TRAINING.
- DO NOT TOUCH OR SHARE ANYONE ELSE'S EQUIPMENT, WATER, SNACK OR BAG.
- PRACTICE SOCIAL DISTANCING, PLACE BAGS AND EQUIPMENT AT LEAST 6 FEET APART.
- WASH AND SANITIZE ALL EQUIPMENT BEFORE AND AFTER EVERY TRAINING.
- NO GROUP CELEBRATIONS, NO HIGH 5'S, HUGS, HANDSHAKES ETC.