

# WNY FLASH ACADEMY

---

RETURN TO PLAY



Return to Play | WESTERN NEW YORK FLASH ACADEMY

7070 Seneca Street, Elma, NY 14059 | 716-655-7529 ext. 106 | [www.wnyflash.com](http://www.wnyflash.com)

# TABLE OF CONTENTS

WESTERN NEW YORK FLASH ACADEMY

**CLUB COMMITMENT..... 2**

**TRAINING PROTOCOLS..... 3 - 4**

**TAKING RESPONSIBILITY ..... 5**

WE ARE ONE  
**#FLASHFAMILY**



# FLASH COMMITMENT

WESTERN NEW YORK FLASH ACADEMY

Thank you for your patience and support of the WNY Flash Academy (WNY Flash) as we move closer to resuming on-field soccer training. In conjunction with our previously distributed WNY Flash Response Plan to COVID-19, it is extremely important to communicate our plan for returning to the field. During these truly unprecedented times, Flash administration, coaches, and staff are working diligently developing policies, protocols, and education information/sessions to ensure a safe and healthy return to play is executed.

It is important the Flash is prepared to act within the most recent limitations as directed from government agencies as we return to play in specialized settings. Our Return to Play (RTP) plan follows local health official guidelines and ensures the protection of our players, families, coaches, and staff to the best of our ability. Regulatory changes happen quickly, and changes are inevitable so flexibility is needed from staff and members alike. When changes occur, we will make necessary adjustments to our policies and protocols in the form of Amendments to the end of this document. Our coaches and staff will be informed and educated, and we will keep our families up to date with amendments when they present themselves. The information in this document represents protocols dated June 11th, 2020.

We will notify local government officials, public health officials, our coaches and staff, and Flash families if any player, coach, or staff member tests positive for COVID-19, while following confidentially regulations to comply with health regulations.

We will also be prepared to shut-down/interrupt operations if a temporary closure of any of our training facilities is required for a disinfecting process to occur, ensuring the safety of all our players, families, coaches, and staff members.

Prior to returning to the field for training, all Flash coaches and staff will be trained on the implementation of these new RTP policies and protocols, as well as state and local regulations, CDC recommendations, and any other necessary information. The RTP plan will be posted, distributed, and available to all participating in a WNY Flash training session.

As is stated many times throughout this document, we are all in this together and it is going to take players, families, coaches, and staff working together and taking responsibility to ensure a safe and sustainable return to play. It is necessary to recognize that when a return to play date is set, some families may not be comfortable with their child returning to play immediately. The WNY Flash fully understands a families choice as to when it is appropriate for their player to return to the field. If your player is returning to the field, you will be required to confirm your authorization through an electronically signed RTP Waiver/Release for Communicable Diseases (Waiver). The Waiver will be made available through an email invitation to all families on LeagueApps prior to returning to the field.

If you have any questions regarding this RTP Plan or Flash Response Plan documents, please do not hesitate to contact Executive Director of Coaching Eric Dade at [edade@wnyflashsoccer.com](mailto:edade@wnyflashsoccer.com).

# TRAINING PROTOCOLS

## WESTERN NEW YORK FLASH ACADEMY

Training will look different than it has in the past, but this is okay. By following our RTP plan, and working in support of each other; players, families, coaches, and staff will be in the best position to stay safe while transitioning through training and back to game play on the field.

All protocols in this document are based on the information available as of June 4, 2020 and represent the highest level of requirements to prevent the spread of COVID-19 at that time. To this document, social distancing is equivalent to a minimum of six (6) feet between people.

### PRE-TRAINING

- Players, coaches, and staff should check their temperature before arriving at a training session. Temperature maximum to participate is less than 100.4 degrees Fahrenheit.
- Player's soccer equipment, cleats, shin guards, ball, bag, goalkeeper gloves, etc. should be sanitized prior to each training session.
- Player's clothing should be washed prior to each training session.
- Instructions for training location on a field along with the designated area for equipment, backpack, etc. must be communicated prior to training sessions. Social distancing will be enforced. TeamSnap is used for this information.
- Training session times should be staggered when possible to lessen the number of players arriving at the same time.
- Players must wear a face mask when exiting their transportation and wear until they step onto the field to train.
- It is recommended to not share rides with other players/families at this time.
- All parents, family members, and spectators are to be prepared to remain in their vehicle if staying for the duration of training. If you must exit the vehicle and enter the facility, to use the restroom for example, you must wear a mask and social distancing is required.

### TRAINING

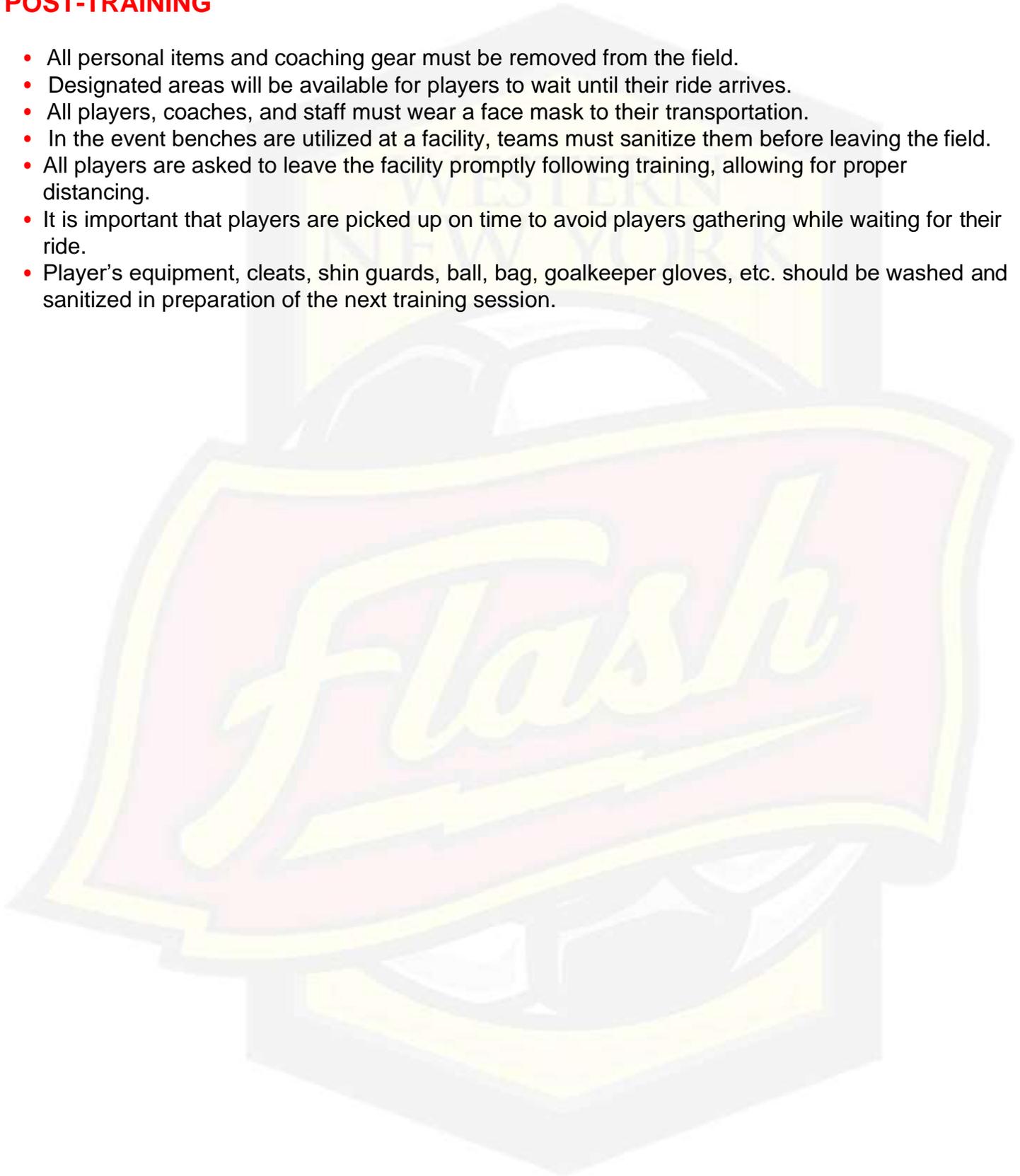
- All training will be conducted outdoors when possible and players will be training, currently, in groups of no more than 10 participants, which includes a coach. The number of groups allowed on a field is determined by the size of the field and the current health regulation mandates.
- Temperature maximum to participate is less than 100.4 degrees Fahrenheit. If your temperature is 100.4 degrees Fahrenheit or higher, you should not attend training and follow directions for 'ILLNESS' at the end of this document.
- Players and coaches must always respect social distancing during training.
- The coach is the only person authorized to touch training tools such as balls, cones, and discs.
- No spitting whatsoever. Goalkeepers should refrain from spitting on their gloves.
- If pennies or vests will be used, they are for single-use and must be washed at the end of day.
- Players must socially distance during hydration breaks and may not share water.
- Players will need to ask permission to use the restroom, to ensure proper distancing.
- Players will be directed off the field to a designated area for any type of injury or exhaustion and will remain socially distant.

# TRAINING PROTOCOLS

WESTERN NEW YORK FLASH ACADEMY

## POST-TRAINING

- All personal items and coaching gear must be removed from the field.
- Designated areas will be available for players to wait until their ride arrives.
- All players, coaches, and staff must wear a face mask to their transportation.
- In the event benches are utilized at a facility, teams must sanitize them before leaving the field.
- All players are asked to leave the facility promptly following training, allowing for proper distancing.
- It is important that players are picked up on time to avoid players gathering while waiting for their ride.
- Player's equipment, cleats, shin guards, ball, bag, goalkeeper gloves, etc. should be washed and sanitized in preparation of the next training session.



# TAKING RESPONSIBILITY

WESTERN NEW YORK FLASH ACADEMY

It is important our RTP is well planned and executed. This takes all of us working together; players, families, coaches, and staff, to ensure a successful return to on-field training. If we all do our part following these new protocols and supporting each other, we can all enjoy the sport we love again.

## CLUB

- Be understanding of a family's choice as to when it is appropriate for their player to return to the field.
- Post and distribute the RTP Plan adding amendments as regulatory changes occur and providing updates to players, families, coaches, and staff as soon as possible.
- Fields:
  - Ensure proper waste receptacles at fields.
  - Provide rest room facilities following regulatory guidelines.
  - Provide adequate field space (grids) and time for social distancing.
- Stagger training schedules when possible to lessen the number of players entering and exiting fields.
- Provide coaches with a list of players authorized by their parents through waiver submission prior to training sessions.
- Provide hand sanitizer for each team.
- Know and communicate additional requirements posted at or required by facilities and fields we rent/utilize.

## COACH

- It is your responsibility to understand, implement, and monitor all RTP protocols, while ensuring such protocols are being followed by you, your players, and their families. Assist others not necessarily on your team when you can.
- Have fun and stay positive - players are looking to you to stay calm, organized, and supportive.
- Wash hands thoroughly before and after each training session. Use sanitizer when hand washing is unavailable.
- Maximum temperature to participate in a training session is less than 100.4 degrees Fahrenheit.
- Wear a face mask to and from your training sessions, as well as at all times during training when you cannot maintain Social Distancing.
- Be organized and prepared:
  - Training session start and end times must be communicated in advance to maintain organized entering and exiting of fields.
  - Designate an area for player backpacks while players are training and communicate ahead of time.
  - Use TeamSnap to communicate all information to your players.
- Structure social distancing in your training session for you and your players.
- Refrain from making contact with other players, coaches, and staff members.
- You are the only person to handle balls, cones, discs, etc.
- Notify the club immediately if you become ill or develop symptoms for any reason.
- You can wear a mask when you think it is necessary even if it is not required.

# TAKING RESPONSIBILITY

WESTERN NEW YORK FLASH ACADEMY

## PARENTS

- When you are ready for your player to return to training, you must electronically sign the **RTP Waiver/Release for Communicable Diseases (Waiver)**. All families will receive an email invitation to this document which will be processed on your LeagueApps Account.
- Coaches will have a list of those players authorized (waiver completed on LeagueApps) to participate in their training session prior to the start of the session. Players not on the list will not be able to participate in the session and will need to complete the waiver on LeagueApps to attend the next session.
- Follow pre-training and post-training protocols.
- Notify your coach or club immediately if your child becomes ill or develops symptoms for any reason.
- TeamSnap must be updated with your player's availability. If they will not be in attendance, you must enter a comment indicating the reason why they are not in attendance for health documentation requirements.
- Supply your player with individual hand sanitizer.
- Review your child's player responsibilities with them so they are prepared for these new changes and are prepared to do their part. Support them with all the new protocols to be safe and successful!
- You can wear a mask when you think it is necessary even if it is not required.
- All parents, family members, and spectators are to be prepared to remain in their vehicle if staying for the duration of training. If you must exit the vehicle and enter the facility, to use the restroom for example, you must wear a mask and social distancing is required.

## PLAYERS

- Wash hands thoroughly before and after each training session. Use hand sanitizer when hand washing is not available.
- Bring hand sanitizer to each training session and use periodically throughout training.
- Have your temperature taken before arriving at the training facility.
- Wear a face mask to and from your training sessions.
- Follow social distancing requirements by remaining at least six (6) feet apart all at times from other players, coaches, and staff members when entering and exiting your session, during your session, when you use the restroom, during hydration breaks, etc.
- High-fives, handshakes, knuckles, and group celebrations are not permitted at this point in time.
- Place your backpack/equipment six feet apart on the field in the location designated by your coach.
- Bring your own bottle of water or other hydration drink and do not share it with others.
- Ask permission to use the restroom, then follow social distancing requirements.
- Sanitize all of your equipment, cleats, shin guards, ball, bag, goalkeeper gloves, etc.
- Wear training clothing that is freshly washed to your session.
- Notify your coach or club immediately if you become ill or develop symptoms during training.
- You can wear a mask when you think it is necessary even if it is not required.
- Step up and assist your parents with the added responsibilities in our RTP Plan. Help your family support the sport YOU love!

# TAKING RESPONSIBILITY

WESTERN NEW YORK FLASH ACADEMY

## ILLNESS

The WNY Flash Academy Primary Contact for infectious diseases, including COVID-19 is Renee Meier, Flash Administrator - (716) 655-7529. See the CDC for all details of their guidelines.

- What to do if you become ill or have a fever (non COVID-19 illness):
  - If you have a fever, cough, or other COVID-19 symptoms, contact your healthcare provider for instructions.
  - Players, let your coach know as soon as possible.
  - Coaches, let your director know as soon as possible.
  - Remain home until you are 100% and with no symptoms/fever for 24 hours.
- What to do if you have COVID-19 or suspect you to have it:
  - Contact your Health Care provider immediately.
  - Players, notify your coach immediately.
  - Coaches, notify Renee Meier, Flash Administrator immediately.
  - When results of testing are available, contact Renee Meier, Flash Administrator.
  - Remain home 14 days.
  - Bring an authorization from your Medical Office/Doctor indicating your return to work authorization.
- What to do if someone you have been in contact with or a family member has been diagnosed/has symptoms of COVID-19:
  - Remain home 14 days since last exposure.
  - Contact your Health Care provider immediately.
  - Players, notify your coach immediately.
  - Coaches, notify Renee Meier, Flash Administrator immediately.
  - When results of testing are available, contact Renee Meier, Flash Administrator.

Please speak directly with your director and/or coach when you have questions, concerns, or need clarifications.