



USA

SOCCER IS OUR LIFE.
HEALTH IS EVERYTHING.
WE ARE PARIS SAINT-GERMAIN ACADEMY USA.

KNOW HOW TO KEEP YOURSELF, YOUR FAMILY, TEAMMATES, AND COACHES SAFE WHEN RETURNING TO PLAY.

The safety and well-being of our members and soccer community are of utmost importance. Paris Saint-Germain Academy USA is strictly following the guidelines and recommendations set by the competent authorities.

BEFORE ANY TRAINING SESSION, CAMP OR COMPETITIVE EVENT (PREVENTION AND SCREENING)

COACHES & STAFF



- Educated and trained on the *Return to Play* protocols.
- Required to attend workshops aiming to continuously educate and train the staff on the *Return to Play* protocols.
- Mandatorily screened every 15 days.
- Disinfecting equipment every day. Coaches will use their own equipment and properly sanitize it before and after every training session using disinfectant products.



PLAYERS

- Adhere to all *Return to Play* protocols.
- Wash hands thoroughly before any session.

PARENTS



- Understand and adhere to guidelines and *Return to Play* protocols set by competent authorities and by Paris Saint-Germain Academy USA.
- Ensure their child is aware of the *Return to Play* protocols.
- Check their child's temperature and their own before coming to any training session.
- Ensure their children are visibly healthy and notice any cough and/or difficulty breathing or tiredness.
- Pay attention to symptoms including: Sore throat, congestion, headaches, muscle and joint pain, chills, nausea or vomiting, diarrhea, loss of sense of smell, etc. Please seek medical attention and do not come to the field if you experience any Covid-19 symptom.
- Notify the coach and club immediately if your child becomes ill for any reason.

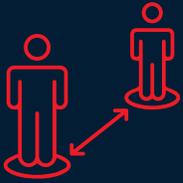
PLAYER

DROP OFF

CHECK-IN

PROCEDURES

COACHES & STAFF



- Check-in will only be through an established area outside of the field, easy to identify (Social distancing of 6 feet will be enforced at the check-in).
- Temperature checks will be conducted at the check-in daily, for coaches, staff, and players. Players who exhibit a temperature of 100 degrees Fahrenheit or more will be asked to leave.
- Ask each athlete how they are feeling and if they are experiencing any signs or symptoms of COVID-19. If the athlete shows any signs or symptoms of infection, they will be sent home. We will follow the standards of the CDC, identifying symptoms as shortness of breath, having a cough that gets more severe over time, and a low-grade fever that gradually increases in temperature and fatigue.
- Each field has a one-way entrance and a one-way exit, which must be respected.
- Ensure all athletes have their individual equipment (water, shin guards, etc.).
- At the beginning of every practice, coaches will take attendance.

PLAYERS



- Sanitize hands upon arriving (must be provided by parents).
- Wear facial masks at drop-off and during the check-in process.
- Players are highly encouraged to wear a mask until the start of physical activity.
- Respect and practice social distancing.
- Place equipment, bags, etc. at least 6 feet apart in the designated area.

PARENTS



- Adhere to social distancing guidelines.
- Masks are mandatory for parents at all times, while doing the check-in, as well as in the common areas or inside locations.
- Parents need to provide adequate preventive supplies for individual precautions, as well as the Safety Kit provided by Paris Saint-Germain Academy USA.

DURING ANY TRAINING SESSION, CAMP OR COMPETITIVE EVENT

COACHES & STAFF



- Ensure that drills/exercises provide for adequate social distancing.
- Coaches need to wear a face covering at all times in presence of players or staff and must follow all social distancing practices.
- Coaches are the only people to place/pick up/touch cones, discs, or training equipment.
- Encourage players to wash their hands or use hand sanitizer.

PLAYERS



- All players must adhere to social distancing guidelines set by competent authorities and Paris Saint-Germain Academy USA.
- Listen carefully to your coaches' instructions for appropriate social distancing measures to be maintained or to maximize social distancing during intensive soccer activities.
- Players CANNOT touch any training equipment before, during or after training.
- Do not share food or equipment.
- Players must have their own bottle of water. Sharing bottles will be strictly forbidden and we encourage players to bring enough water for the entire practice.
- Players are encouraged to bring and wear cloth face coverings/masks to use while inside locations with other players (i.e. lobby, video analysis room, hallways, restrooms, etc.) or during any breaks. Gloves and masks are allowed for players but are not required.
- Players are encouraged to bring towels to wipe off sweat.
- No physical contact between players is permitted (no high fives, hand shakes, knuckles, or group celebrations).
- Hand washing and sanitizing will be encouraged throughout the day by staff and coaches.

PARENTS



- Spectators (non-players and parents) will be requested not to be on-site for any training sessions or practices.

PLAYER

PICK UP

CHECK-OUT

PROCEDURES



PLAYERS

- Wash hands thoroughly after training. Mask will be required while waiting to be picked up.
- Wash & sanitize your training equipment after every training.
- No gatherings post practice will be allowed.

PARENTS

- Masks are mandatory for parents during pick-up.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment is sanitized before and after every training.
- Notify club/coach immediately if your child becomes ill for any reason.



PERSONAL HYGIENE



- Wash your hands frequently, before and after all practices, with soap and water for at least 20 seconds or use antibacterial gel with a minimum of 60% alcohol.
- When sneezing or coughing, cover your nose and mouth with the inner angle of your arm or with a disposable napkin if available, and proceed to wash your hands.
- Don't touch your face, including your mouth, ears, eyes and nose.
- Bring towels to wipe off your sweat.
- Use your own equipment (water bottle, towel, personal hygiene products, etc.).

IN CASE OF A POSITIVE TEST

IF YOUR CHILD HAS HAD A DOCUMENTED CASE OF THE COVID-19 INFECTION:

- Alert all parents in the same attendance group over the last 14 days.
- A doctor's note is required to clear the player to participate in training sessions. (Child must not show signs or symptoms of COVID-19 in the past 14 days).

