



## INVICTUS FC: RESTART GUIDELINES

As Invictus programs resume, we ask all coaches, parents, and players to follow the restart guidelines to help ease everyone back into soccer activity in a safe and healthy manner.

### **Below is a list of guidelines we will be implementing:**

We would like all parents to check their child's temperature before practice. If players have a high temperature, please refrain from coming to practice that day and send an email to [info@invictusfc.com](mailto:info@invictusfc.com) letting us know your situation.

Upon arrival for training/games at Sportcenter 481 or Accelerate, players should check in at the table which will be located outside next to the training field. Players will then be shown where to go, and where they can put their drinks/bags in the designated safety area.

During training, players will be placed into small groups of approximately 10-12 players, which will be reduced further within each small sided activity they are involved in. These groups will be spread out to minimize contact and allow players appropriate amounts of space.

Face masks are not mandatory outside/on the field. Parents and players can wear them if they wish. If players or parents need to use the bathroom they will need to use a mask in order to enter the indoor facilities.

Players are asked not to touch equipment such as cones, goals, etc. Coaches will set up and collect all equipment. Equipment will be sanitized after every practice. We are also minimizing the use of pinnies. Please bring your practice and game jerseys to every training session.

Hand sanitizer will be available on the side of the field and at the check-in table. Use of Hand sanitizer is not mandatory, but available to our players, coaches, and parents.

Players, coaches, and parents are asked not to shake hands or high-five each other at practice.

Spitting is prohibited. We will be encouraging everyone in attendance to cover their coughs and sneezes with with a tissue or the use of the inside of their elbow. Any used tissues should be thrown in the garbage, and hands should be sanitized immediately.

Parents are encouraged to practice social distancing and respect the space of others while training practice takes place. We recommend maintaining a distance of at least 6 feet when in common areas.

These are simply guidelines that we ask everyone to follow. There may be occasions when these guidelines are inadvertently broken.