



# **McLean Youth Soccer Summer Camps Handbook**

*Public Version*

Camp Set-Up

Check-In

Check-Out

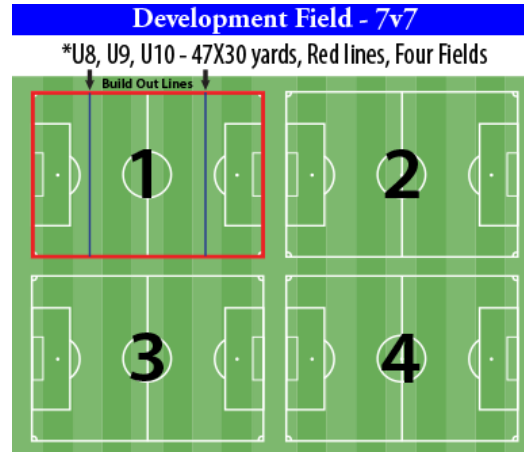
Contacts

As of Summer 2020 (July 16, 2020)



## Set-Up - Field

There will be a 1 coach to 10 camper ratio for all Summer 2020 camps, and as such each group will be given a quarter of each field. The field will appear just as it does when there are 4 7 v 7 grids on the field.



Each mini-field will measure 47-50 yards by 30 yards with 5-10 yards in between each field.

PLEASE REMEMBER ONLY COACHES CAN TOUCH EQUIPMENT, and items will be sanitized in between am and pm sessions.

If space allows each group will be given half of the field in this configuration:





## **Check-In Procedure**

Camp registration will close at 12:00 noon the day before the camp begins.

***There will be NO on-site camp registration or payment collection - registrations must be paid in full before attending the camp.***

The check-in process will be as follows:

1. MYS staff directs parents and campers to form an orderly line beginning 6ft away from the camp check-in table, and also allowing for 6ft in between each family
2. At 8:30am (12:30pm for PM camp and 4:30pm for evening camp) camp-check-in will begin
3. Each camper will be checked in one by one, even if the campers are siblings or otherwise related to each other
  - a. The parent or relative of each child may accompany each camper to the check-in
4. When the camper approaches the table the camper (can have aid from a parent) must answer the following questions:
  - a. Has the camper had any contact with a sick individual or anyone with a confirmed case of COVID-19?
  - b. Has the camper had a confirmed case of COVID-19 in the last 14 days?
  - c. Is the camper currently demonstrating or suffering from any ill symptoms or have a temperature?
  - d. Has the camper traveled outside the Metro DC area within the last 14 days?
    - i. **The camper MUST answer NO to questions A-C to attend camp**, a YES answer will result in immediate removal from camp.
    - ii. If the camper answers YES to question D, the MYS staff will notate where the player has traveled, and monitor for any COVID-like symptoms.
5. The camper's temperature will then be taken using the temperature gun. The camper MUST have a temperature below 100.4 degrees fahrenheit.
6. Once the camper has been COVID-screened, temperature checked and successfully passed, the parent/guardian MUST sign the child in with a signature and date on the check-in sheet.
  - a. ***If your child will be dropped off or picked up by someone other than a parent, please make sure to write a note indicating that***



***you approve this - include the name of the player, name and phone number of the person who is picking up, and which days this will be applicable.***

***b. For campers who arrive via a carpool the parent/guardian dropping the child off may sign for all campers - with a note from the parent, but the parent/guardian MAY NOT answer the COVID-screening questions for the camper.***

7. Campers will be asked to use hand sanitizer at the check-in table
8. Campers will then be given their group number that they will stay within for the duration of the week - the group number will be pre-assigned by the Camps Admin
9. After the campers are checked-in they can proceed to the field.
10. Check-in will close promptly 30 min after the beginning of camp at:
  - a. 9:30am for AM camps
  - b. 1:30pm for PM camps
  - c. 5:30pm for evening camps

**General Reminders:**

- All campers **MUST** supply his or her own equipment (ball, water bottle, towel, hand sanitizer and mask) - **ALL EQUIPMENT SHOULD BE LABELED**
- Masks **MUST** be worn during check-in and check-out, in the parking lot, on the sidewalks to the field and when going to the restroom.
- The camp **DOES NOT** have access to the Rec Center to use the restrooms, so campers **MUST** use the designated porta-a-john located adjacent to the field if need be. The unit will have a handwashing station located inside.



## **On-Field Protocols**

The following protocols are to be followed for all MYS activity, as directed by our current Phase 3 protocols:

Effective July 1, Governor Northam is moving forward with Phase III for reopening the State of Virginia. MYS will continue to impose adjustments to this third “phase” to ensure the safety of our players and staff.

Per VYSA and the Governor’s office, clubs are permitted to play matches, however; MYS will introduce scrimmaging at practice sessions on a gradual basis. From 7/1-7/10 we will emphasize social spacing and other Phase III return-to-play protocols. We will introduce Rondos, small-sided play (no 11 v11), beginning 7/11.

Coaches may offer limited full-team training sessions with the following restrictions/guidelines to be followed:

- Any training session is optional for players
- Prior to attending any training session, each player should check his or her temperature at home and refrain from participation if he/she has a fever of >100.4 degrees.
- Prior to participation, staff will obtain verbal communication from the player/parent that:
  - The player has not had any/no contact with a sick individual or anyone with a confirmed case of COVID-19.
  - The player has not had a documented case of COVID-19 in the last 14 days.
  - The player is not currently demonstrating or suffering from any ill symptoms.
  - The player will confirm any travel outside of the Metro DC area.
  - Players will remain within the same group throughout Phase III.
  - Training will include individual and group work, tactical walk-through and NO physical contact.
  - Goalkeepers should not use their hands and should train as field players.
  - Each group will be assigned to train in a designated area and at a minimum of 10 ft. from other groups
  - Physical/Social distancing to and from the field – masks required to and from the parking lot - 10 ft. apart



## MYS Summer Camps

- No physical contact permitted, including celebrations, handshakes, high-fives, etc.
- No handling or sharing of equipment.
- EVERY coach and player should have their own sanitizer to use prior to, during and after the session.
- Players must bring their own ball, water bottle, towel (ALL labeled) and appropriately spaced (6 ft. apart) on the sidelines.
- No spitting or gum chewing.
- No heading of the ball nor handling of the ball.
- NO SPECTATORS ON THE FIELD - MASKS ARE STRONGLY RECOMMENDED OF SPECTATORS IF OUTSIDE YOUR VEHICLE.
- NO use of port-a-johns
  - Again please see above about the exception to this protocol for camps
- Arrival/departure times will be staggered at 30-minute intervals.



## **Check-Out Procedure**

The check-out process will be as follows:

1. MYS staff will walk campers up the sidewalk to the check-out table
  - a. Campers will be spaced 6 ft apart while walking
2. Campers will wait space apart until his or her ride comes
  - a. If carpooling kids will be released one by one
3. Each camper must be signed-out with a signature and date
4. Campers will be given hand sanitizer at the check-out table upon leaving

### **General Reminders:**

- Masks **MUST** be worn during check-in and check-out, in the parking lot, on the sidewalks to the field and when going to the restroom.
- All staff and coaches **MUST** stay until **ALL** campers are picked up
- All equipment, including the check-in/out tables and chairs will be sanitized/cleaned **BEFORE** the next session **AND** at the end of the day before being placed back into the storage box.

## **Emergency Procedures**

In the event of any injury (serious or non) the Lead Coach will fill out the [MYS Injury Report Form](#).

If the injury is deemed serious 911 will be called immediately.

Minor injuries (cuts, bruises, abrasions) will be handled by the MYS coaches on-site using the provided medical kit. The injury report form will still be filled out and the parents will be notified of the injury when picking up the child at the end of the session.

Gloves and a mask will be used to clean up any injuries, and all medical waste will be put into a plastic bag before throwing it away in the trash.

If a camper displays COVID-like symptoms or any of the following, the camper will be removed immediately from camp and the parents/guardians will be notified to pick up the child.



## MYS Summer Camps

- Fainting (heat exhaustion or heat stroke)
- Visible confusion
- Distorted speech
- Vomiting
- Cough (of any variety)
- Abnormal rash/hives (including any kind of allergic reaction)

### **Weather**

In the event of Lightning/Thunder during camp - MYS staff will IMMEDIATELY move players off the field to shelter, the awning in front of the Spring Hill Rec Center (due to COVID restrictions we cannot enter the Rec Center). We will not return until 30 minutes after last lightning has been seen or thunder heard.

IF the storm progresses longer than 30 min, all families will be asked to pick up his or her child early. The MYS Camp Admin will notify families via EMAIL.

IF there are storms that are expected to last the entirety or part of a day of camp, camp will be CANCELLED, and families will be notified via EMAIL no later than 1 hour before the start of camp.

In the event of excess heat, MYS staff will determine if camp can be held on a certain day. Families will be notified up to 1 hour before the camp begins.

Campers will be given extra water breaks and time to apply additional sunscreen and hand sanitizer.





MYS Summer Camps

**Contacts**

<b><u>Contact Name</u></b>	<b><u>Position</u></b>	<b><u>Email</u></b>	<b><u>Phone</u></b>
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Annie Gavett	Director of Operations	annie.gavett@mcleans occer.org	(240) 988-1907
General Info & Inquiries	MYS Admin	admin@mcleansoccer. org	(703) 527-8068

**Please only call or text day of, otherwise it is best to email.**