

During this time, our goal is to ensure futsal remains an important outlet and activity for players, coaches, and families everywhere, whether in the gym or online.

### Columbus Futsal Youth Programs During COVID:

- Return to Play (RTP) guidelines from state and local orders will be applied.
- Ongoing monitoring and screening of players and coaches may take place daily upon arrival for symptoms and history of exposure.
- We will continue to promote healthy hygiene practices such as hand washing/sanitizing and employees wearing masks/face coverings when feasible. Do not touch your face anytime during practice
- We will encourage social distancing through increased spacing, small groups, and limited mixing between groups, as well as, staggered scheduling, arrival, and drop off, if feasible.
- To limit the sharing of items and equipment, every player must have their own SENDA futsal ball and pinnies/bibs are currently not to be used.
- We will continue to train all employees on health and safety protocols as they are made available.
- We will continue to encourage anyone who is sick to stay home. It is important to have a plan for team health, If an athlete has participated in training and becomes sick, notify the team immediately.
- We will continue to regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
- We will continue to monitor child and employee absences and have a pool of trained substitutes for both.
- We are ready to consult with the local health authorities if there are cases in the facilities or an increase in cases in the local area.

#### **Futsal Safety**

If you have not been training with regularity, on optimal surfaces or participated in virtual training, make sure you are taking the time to warm up, cool down, stretch, and condition. Attempting to literally jump back into regular play presents high risk for injury.

#### **Prioritize Life Skills & Mental Health**

Multiple cancelled competitions and required isolation will have left many of us, but especially our athletes, feeling lost, confused, and sometimes depressed. During these times futsal should be used not as a platform of competition, but as a platform for connection and communication. The primary goal of training, whether in-person or virtual, should be to help make everyone feel included, connected, and successful.

### **Promote Flexibility**

Acclimate your athletes to change. Set the expectation that events and training will invariably have to adjust throughout the course of the pandemic. Framing change as the natural state of things will help athletes adjust and cope better when it happens.

### **Parents, Recharge Your Own Tanks**

As your athletes' leader and role model, you represent a vital part of how they organize themselves within a team. While focusing on athlete mental health is important, so is paying attention on your own. Being aware of and paying mind to your own needs will benefit everyone around you.

### **Take the Opportunity to Re-imagine**

The reality of the coronavirus pandemic is one that is here and may be well into the future. While a disappointing reality on the outset, this offers a unique opportunity to recollect and re-imagine what your team can be. What positive changes can you make to team culture? How will you measure your success when returning to the gym? Patience, compassion, and understanding will go a long way.

### RESOURCE LINKS:

[Responsible Restart Ohio](#)

[8 Questions Families Can Ask About COVID19](#)

[General CDC Guidelines for Youth Sports](#)

**Lowest Risk:** Skill-building drills or conditioning at home, alone or with family.

**Increasing Risk:** Team-based or pool training.

**More Risk:** Within-team competition (inner-academy).

**Even More Risk:** Competition between teams from same local geographic area (League play).

**Highest Risk:** Competition between teams from different geographic areas (Regionals & Nationals).