



Guidelines for return to play

REMINDER that this is an ever evolving and fluid situation and what guidance we have laid out in accordance with guidelines from CDC and Health Officials (HO) could change from day to day.

The precautions we will be taking will include at least:

- Allow adequate time for good habits and compliance with Covid-19 protocol (sanitizing hands before, during and after practice and games)
- Teams will have clear enter and exit strategies as to not come in contact with other groups
- Game times will be staggered. There will be time in between games to make sure fields are open for next groups to enter
- Teams on separate sides
- It is STRONGLY suggested that there is NO spectators over 65 (limited parental spectator attendance at games)
- No parents at practices (they must stay off the fields but can be at their cars)
- No team snacks
- Parents will be held accountable for their own child's temp checks before practices/games
- All spectators must be wearing masks (in compliance with City and CDC guidelines)
- Players/Referees are not required to wear mask as it could cause respiratory distress (but will follow current CDC guidelines where applicable)
- All players/spectators on the sidelines will be practicing social distancing with spectators remaining 10 feet from touchline and not encroaching the bench area.
- Hand sanitizers (preferably each player or parent should have hand sanitizer with them) at the fields
- COACHES will be the only ones handling coaching equipment at games and practices ie: cones, fitness equipment, coaching sticks, etc. We are also looking to assign each player their own personal training bibs
- CARPOOLING to practice and games as well is not allowed (we understand this may be difficult for some families but with the guidelines in place it follows all recommendations)
- One-way traffic patterns in high-volume walking areas or entrance/exits to fields (utilizing signage and visual clues)
- Bathrooms will be open at games and practices where there is one and it is extremely important that hands are washed after using restroom thoroughly and then use hand sanitizer as well

We have been changing these current guidelines that fall under the National, State, County HO's, City HO's and CDC recommended youth sport activities suggestions for re-opening youth sports. We will be following the National AYSO policies as well as the city's guidelines. Everyday we get more information and we will adjust the list as things change.

Training/Practice Guidelines

- Allow adequate time for good habits and compliance with Covid-19 protocol (sanitizing hands before, during and after practice and games)
- Parent/Guardian obtain temperature prior to practice; (>100.4 should refrain from going to practice). NO PLAYER should come to practice sick, if they are sick they will be sent home as a precaution for them and all others.
- Once at the practice location, players will only go to their designated practice area
- Coach, with assistance of parent/guardian, will guide players (especially younger) where to leave their equipment. Players will be instructed to find their own space, at least 6 feet from other players equipment.
- At first practice, clear instruction from the coach about appropriate spacing/social distancing will be given. Coaches will have already sent this information to parents.
- Only small group trainings with players and one coach allowed (assistant coach is allowed to help facilitate and organize trainings and games but must maintain social distancing as well)
- NO Sharing of Pinnies, Clothing (ie gloves, goalie shirts etc), Equipment, or water bottles.
- Maintain social distancing during training (this will change with phased approach but will be in place until said time)
- Practice guidance will emphasize one player with one ball to decrease close contact (i.e. individual drills as opposed to groups)
- Allow for increasing group size based on local health department guidance
- During breaks, coach will ensure players only go to their equipment area to obtain liquids (no sharing) and not to congregate
- Parents/Guardians will be allowed to remain at the practice (only if they are in their cars or off the permitted field area). Players (especially younger) who need assistance during practice (i.e tying shoes), should be instructed to go to parent/guardian rather than coach
- After practice has concluded, players should have hand sanitizer available and applied even before being released to parent/guardian.

Game Guidelines (when allowed under the Local Guidelines/Protocols)

- Allow adequate time for good habits and compliance with Covid-19 protocol (sanitizing hands before, during and after practice and games)
- Parent/Guardian obtain temperature prior to games; (>100.4 should refrain from going to game). NO PLAYER should show up to a game if they are sick, they will be sent home as a precaution for them and all others.
- Games will be similar to practice in terms of spacing/distancing while on sidelines and during team talks , games are open play
- Spectators will be limited to ONE (suggested) parent/guardian per player (more info to follow)
- Sidelines will be painted in 6 feet increments to designate a 'one-spectator per area' rule to ensure social distancing
- Masks will be required if players and coach are not able to social distance while in designated sideline location
- NO Sharing of Pinnies, Clothing (ie gloves, goalie shirts etc), Equipment, or water bottles.
- Encourage hand sanitizer use after a player is substituted
- NOT ALLOWED: group celebrations, high fives or any 'non game' related contact
- No post game handshakes - but a distance clapping for appreciation would work well

- Post game, players will be released individually to parent/guardian and encouraged to not congregate at the field.
- Hand sanitizer use is encouraged post game before players reconnect with parent/guardian.
- No team snacks, players will be responsible for their own food/liquid replenishment
- No competitions or tournaments (TBD in accordance with guidelines and phased approach)

In Cases of Infection or Suspected Infection with COVID 19 -Injury risk prevention strategy

- Parent/Guardian shall be instructed to immediately notify coach
- Coach will notify league administrators/board members for direction
- The involved team may be instructed to postpone upcoming practices until confirmation or testing has taken place (based on variables and individual circumstances)
- If a player, who may have been an asymptomatic carrier, played in a game, the opposing team shall be notified of the situation
- Region will acknowledge and support decision of players and parent/guardian who are uncomfortable playing

Health Protocol for Confirmed Cases of COVID-19

Do not allow volunteers or players to return until:

- 1) At least 3 days have passed since resolution of fever without the aid of fever reducing medication;
- 2) The individual has improvement of symptoms (i.e. cough, shortness of breath);
- 3) At least 10 days have passed since symptoms first appeared

ALL VOLUNTEERS and COACHES/REFEREES will be trained in the Health protocols and implementation of guidelines. We truly want this to be a positive/safe experience for all the kids and parents but it will take all of us following what is stressed so diligently above to make this happen.

Player Name _____

Date of Birth _____

Parent/Guardian Signature _____

Date _____

*This must be filled out and turned in at 1st training. Players may NOT participate without this signed and handed to the Trainer/Coach. NO EXCEPTIONS!