



Restore Illinois Phase 4 House Soccer League Guidelines
July 15, 2020

Summer 2020 is different than any of us had expected. We are excited to be in Phase 4 of the Restore Illinois Plan. The safety of our staff, patrons, and participants is of the utmost importance, and it's vital that we follow the state guidelines as well as recommendations put forth by health officials. *Please note as guidelines change, we will make changes and communicate them with you.*

In Phase 4, youth sports activities are limited to:

- Drills, practices, lessons, and competitive gameplay.
- Non-competitive activities (e.g., practices, drills, lessons) should be set up to allow for 6 feet of distancing between participants whenever possible.
- Group sizes should be limited to 50 total participants, coaches, and referees (i.e., excludes spectators).

Best Practice Guidelines:

General

- Practice social distancing (at least 6 feet) whenever possible.
- Stay home if you are sick or do not feel well. (See health monitoring section below).
- Wash hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching hand/nose/mouth.
- Cover coughs and sneeze with a tissue or direct into your elbow.
- Teams/groups/volunteers should be static, with no mixing of volunteers or players between groups for the duration of the season.
- Teams/groups do not add new participants once the season has started.
- Players should bring their own water bottle with names written on their bottles, so they don't get mixed up.
- Players should avoid touching facility accessories (e.g., fences, goal posts, flags, etc.).
- Please clean and police the field area removing all refuse, litter, etc. that has accumulated as a result of your use.
- No Spitting. Spitting will result in automatic removal from the field.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

Face Masks

Face masks are required where 6 feet of social distancing is not possible (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face mask). If you qualify for an exemption, please contact Josh Handelsman, so we are aware of your unique situation. All players should arrive at practices and games wearing face masks; however, they are not required when participating in practices and games.

Social Distancing

The Bartlett Park District is committed to our participant's well-being and providing a safe environment. Social distancing practices will be implemented during practices and on team benches during games to minimize and avoid contact. We will manage the situation, but unfortunately, we cannot guarantee a 100% socially distanced environment.

Drop-off/Pick-up for Practices

Parents dropping-off or picking-up players should wait at a designated area away from the practice and arrive during the appointed time. Spectators are allowed to stay at practice as long as they observe proper social distancing, are not feeling ill, and do not interfere with practice (cleaning equipment, talking to players, etc.). Face masks are to be worn if social distancing can not be maintained.

Health Monitoring

Coaches or players should stay at home if they are sick or do not feel well. If a coach or player can respond "Yes" to any of the questions below or shows symptoms, they should stay home.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or shortness of breath?
- Do you have muscle aches?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

If a coach/player does have symptoms, they should wait to resume practices until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10

days have passed since their symptoms first appeared and are feeling well (without fever-reducing medication) for at least 72 hours or have two negative COVID-19 tests in a row, with testing done at least 24 hours apart.

If a coach/player does contract COVID-19, we will contact the proper authorities and follow the appropriate protocol.

If a player or coach becomes ill at practice, they will be immediately be isolated from the group.

Supplies and Equipment

Supplies, equipment, and sharing will be limited.

- Minimize the sharing of high-touch equipment.
- If equipment is shared, coaches should sanitize equipment before and after use.
- Encourage frequent hand sanitizing or handwashing if equipment is shared.
- Players should use their own soccer ball as much as practical. If your child is a goalie, we would also suggest purchasing a pair of keeper goals.
- Players should place personal belongings at least 6 feet away from others' personal belongings.
- Players are allowed to wear PPE items if they choose, as long as the items do not compromise the safety of any players.

Practices

- Activities (e.g., practices, drills, lessons) should be set up to allow for 6 feet of distancing between players whenever possible.
- Group sizes should be limited to 50 total participants, coaches, and referees (i.e., excludes spectators).
- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Display visual markers 6 feet apart at any queue points (e.g., check-in, along sidelines).
- The coaches should be the only person to handle equipment (e.g., cones, disk, etc.); do not enlist parental or player assistance.
- Multiple groups permitted at once as long as:
 - 30 feet of distancing is maintained between groups
 - Areas for each group are clearly marked to discourage interaction between groups.
- Do not use scrimmage vests or pinnies – plan ahead for players to wear specific colors.

Games

- Group sizes should be limited to 50 total participants, coaches, and referees (i.e., excludes spectators).

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Display visual markers 6 feet apart at any queue points (e.g., check-in, along sidelines).
- Multiple groups/teams are permitted at once as long as:
 - 30 feet of distancing is maintained between groups
 - Areas for each group are clearly marked to discourage interaction between groups.
- Any team members not participating in gameplay should still maintain 6 feet distance apart from one another while on the sidelines.
- No team huddles on the field during the game.
- No pre-game team walkout.
- Players and coaches must keep proper social distance from officials and vice versa.
- Only one game ball is to be used throughout the match.
- No pre or post-game handshakes, instead, for sportsmanship teams should engage in a round of applause following the conclusion of the match.
- If you have a team meeting after a game, please take your team away from the field and others and distance your group. While still maintain 6 feet distance apart from one another.
- Players and spectators should leave the field immediately following the conclusion of the match and proper cool down.

Spectators

- Bleachers can only be used at 20% of capacity (maximum seven people) and ensure at least 6 feet between seats occupied by spectators that are not members of the same household or party.
- Spectators will not be permitted in the areas behind team benches and the goals.
- If practical, limit spectators to immediate household members or guardians of players. To keep the number of spectators to a minimum, we recommend that you limit the number of spectators to 2 per player.
- If you are a spectator, please do not enter the park until it is your team's time to play. This will allow the other groups to clear out and open up space for you to join.
- It is encouraged spectators to bring their own seating (e.g., chairs) from home and utilize any available field space to promote social distancing between spectators.
- Spectators from the same household should sit together.
- When on the sidelines as a spectator, a mask must be worn when social distancing cannot be maintained.

Attendance

Coaches will maintain a written attendance log of participants and coaches for each practice and game. Coaches should retain these logs and turn into the park district at the end of the season.

Any non-player or coach who attends a practice/game must be logged on the attendance sheet to the best of your ability. This includes any parents who approach the field for any reason that is less than 6 feet away for more than 15 minutes.

Personal Hygiene

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Each player should bring a personal hand sanitizer to use at every practice & game.

Restrictions

Post-activity group snacks, usage of water fountains, or shared water jugs/coolers and handshakes/hi-fives are currently prohibited.

Have fun!

We encourage other creative shows of sportsmanship and goal celebration with no contact (e.g., bow or social distant “air” high fives).

We are looking forward to a fun & safe Fall season. If you have any questions or concerns, please contact Josh Handelsman, Recreation Manager at jhandelsman@bartlettparks.org or 630-540-4843.