



**Restore Illinois Phase 4 House Soccer Guidelines**  
**August 18, 2020**

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, currently Soccer activities are Medium Risk/Level 2 and is limited to:**

- Intra-team scrimmages allowed; no competitive play (No games, no officials, no mixing of teams.)
- Non-competitive activities (e.g., practices, drills, lessons) should be set up to allow for 6 feet of distancing between participants whenever possible.
- Team limit for medium risk sports should not exceed 25 participants, excluding coaches.
- Group sizes will be limited to 50 total persons including participants, coaches, and 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).
- 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 group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.

## **Face Masks**

When playing soccer outdoors, participants should wear face coverings over their nose and mouth whenever not actively participating in the sport (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering). Face masks are required where 6 foot social distancing is not possible.

## **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 the sidelines during scrimmages to minimize and avoid contact.

## **Drop-off/Pick-up**

Parents dropping-off or picking-up players should wait at a designated area away from the practice/scrimmage and arrive during the appointed time.

## **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 remain isolated at home for a minimum of 10 days after symptom onset AND until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

If anyone reports having any COVID-19 related symptoms, they are encouraged to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, park district will notify local health department.

If anyone 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 gloves.
- 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 and Intra Team Scrimmages**

- Activities (e.g. practices, drills, lessons) should be set up to allow for 6 feet of distancing between players whenever possible.
- 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 of 50 or fewer participants are permitted at once as long as:
  - Venue allows for social distancing.
  - 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 play should still maintain 6 feet distance apart from one another while on the sidelines.
- No team huddles on the field.
- Only one ball is to be used throughout the scrimmage.
- No handshakes, instead, for sportsmanship groups should engage in a round of applause following the conclusion of the scrimmage.
- If you have a team meeting after a scrimmage, please take your team away from the field and others and distance your group. While still maintaining a 6 foot distance apart from one another.
- Players and spectators should leave the field immediately following the conclusion of the scrimmage and proper cool down.

## **Spectators**

- Spectators are allowed to stay at practices/scrimmages as long as they observe proper social distancing, are not feeling ill, and do not interfere with play.
- 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
- 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 should maintain a written attendance log of participants/coaches/spectators at practices and scrimmages, in case they need to be used for contact tracing. Coaches should retain these logs and turn them into the park district at the end of the season.

## **Personal Hygiene**

- Everyone should wash hands with soap and water or use hand sanitizer before participating.
- Each player should bring personal hand sanitizer to use at every practice & game.
- Athletes should be encouraged to shower and wash their workout clothing immediately upon returning home.

## **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](mailto:jhandelsman@bartlettparks.org) or 630-540-4843.