

## COVID-19 Guidelines for Parents and Players

### Parent Responsibilities:

- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in care of adhere to the minimum 6 feet social distance requirement.
- All participants (players, coaches, referees, spectators and field administration) should wear a face covering that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps, whether indoors or outdoors. Face coverings are always required for players, coaches, referees, spectators, and field administrators. Players should have multiple masks with them to change masks throughout the game should they become sweat soaked.
- Ensure your child's clothing and any club issued pennies are washed after every training.
- Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training.
- Notify your coach immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- Spectators should be at least 6 feet apart from one another and 6 feet off the sideline. Fans in attendance must remain in their designated area and attendance of families attending should be kept coaches.
- When on the sidelines are a spectator, wear a mask that covers your nose and mouth. You will be asked to wear your mask, if choose not to, please leave the field and remain in your car.

### Player Responsibilities:

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training.
- All participants should wear a face covering that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps, whether indoors or outdoors. Face coverings are always required for players, coaches, referees, spectators, and field administrators. Players should have multiple masks with them to change masks throughout the game should they become sweat soaked.
- Do not touch or share anyone else's equipment, water, food, or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC and IDPH guidelines, as well as those of your local health authorities.

### Game Play IYSA COVID-19 Guidelines

#### Pre-Game

- Teams should have 6 feet of space between players on the sidelines.
- When possible players should bring their own chairs to sit in while not playing or sit on the grass instead of using benches. If benches are used, multiple benches should be placed to allow for 6-feet of space or greater between players.
- During player check-in 6 feet of distance should be kept at all time between players, coaches and referees
- The Pre-game meeting and coin toss must be limited to one (1) captain per team or one (1) coach per team. Each team representative shall stand on each side of the mid field line with a distance of 6 feet or greater maintained at all time.
- No Pre-Game handshakes

- Any ball to be used during gameplay should be sanitized prior to the match and not used for any warm-ups

### **During Game**

- Players not playing should be sat at least 6-feet apart from one another and must properly wear a mask
- Each player should have their own designated area for them to sit when they come off the field
- No sharing of water bottles, pinnies or other equipment.
- Group goal celebration including hugs, high fives, etc. should be suspended at this time

### **Post-Game**

- Post game handshakes are suspended. Teams can show good sportsmanship by sharing a round of applause at the conclusion of the match.
- Team should promptly leave the field following the conclusion of the match. NO post game team meetings