

COVID-19 Guidelines for Coaches and Games Spring 2021

Coach Responsibilities:

- Ensure the health and safety of the participants.
- 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 administration. Players should have multiple masks with them to change masks throughout the game should they become sweat soaked.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Coaches should take attendance at practices & games.
- Follow all state and local health protocols and guidelines. <http://www.dph.illinois.gov/restore>
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- Training should be conducted outdoors when possible and compliant with social distancing per state or local health guidelines. <http://www.dph.illinois.gov/restore>
 - Please follow all COVID-19 Guidelines at the location you are practicing.
- Coaches are responsible for keeping players safe.
- Coaches should maintain at least 6 feet social distance requirements from players based on state and local health requirements.
- Do not use scrimmage vest or pinnies – Plan ahead for players to wear specific colors
- Have fun, stay positive – players and parents are looking to you for leadership.
- Upon arrival, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Coaches should provide their own hand sanitizer
- Any ball to be used during gameplay should be sanitized prior to the match and not used for any warm-ups

Game criteria for participation in for athletes, coaches and staff:

- Social distancing should be maintained before and after games and when allowable during training.
- Players on bench should allow 6-feet of space or greater.
- No pre or post game handshakes, instead for sportsmanship teams should engage in a round of applause following the conclusion of the match.
- No pre-game team walkouts
- 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 players should be kept by coaches.
- Because of increased activities and exposure risks, any individual with a pre-existing medical condition is required to provide UPDATED written clearance from a physician for return to full participation.
- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.

- Participants must not have above normal temperature readings. Anyone with a temperature of 100.4°F or above shall not be permitted to remain on site.
- Upon arrival, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Appropriate infection prevention supplies should be present in both team's bench areas. Extra infection prevention supplies will be in the metal bins across the complex. If supplies are running out, please let PCSL staff know.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Coaches must maintain social distancing from all participants.
 - Coaches should maintain at least 6 feet social distance requirements from players based on state and local health requirements.
- Coaches should maintain an attendance log for every match and keep the attendance log on file for duration of each season for tracing purposes should the league request.
- On-site benches should be sanitized at the conclusion of the match after teams have left game.
- Players and spectators should leave the field immediately following the conclusion of the match and proper cool down.

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