



PARKS & REC GUIDELINES

- Parks & Rec will communicate policies and guidelines to coaches, players and parents, and provide regular updates and reminders.
- Parks & Rec will communicate immediately with the local health department in the event of a confirmed COVID-19 case within a team and take the steps outlined in the COVID exposure section of these guidelines.
- Parks & Rec will schedule practice time slots so that one team can conclude and depart prior to the next team arriving, avoiding high traffic times.
- Parks and Rec will make available resources to coaches should they need them as part of their COVID protection procedures.
- Parks and Rec will abide by and help to enforce all State, Local and Federal guidelines.



COACH GUIDELINES

Coaches will wear masks:

- Walking to training or game; walking from training or game.
- During initial instruction and greeting to team.
- Anytime they would come within 6' feet of a player, coach, or parent.
- During all pre-game introductions with opponent coaches and referees.
- On the sideline during games.

Coaches may remove masks, but have masks readily available:

- When they are greater than 6 Feet from a player, coach, or parent.
- When addressing the team with players being at minimum 6 feet away from coach not exceeding 10 minutes.
- When giving sideline instruction or coaching points to a player greater than 6 feet away.
- While consuming food or drink.



COACH GUIDELINES

- Coaches should have a designated side-line space for their personal & team equipment that complies with social distancing best practices.
- Coaches should always have a pair of gloves on their person just in case the coach needs to attend to an injured player. When attending an injured athlete, the coach must wear their mask and gloves.
- Coaches should be the only individuals handling team equipment (cones, training sticks, portable goals, etc.).
- There should be no physical contact between players, coaches or referees pre- or post-game.
- Coaches will not allow players to share practice vests, other equipment, or water bottles.
- Coaches will require parents to confirm their child is symptom free before attending practice.
- Coaches will report confirmed cases of COVID-19 to Division Manager immediately and cease practice.
- Coaches will comply with all local and state guidelines.



PLAYER GUIDELINES

Players will wear masks:

- Walking to practice or game; walking from practice or game.
- During games, reserves on the sideline should be a minimum of 6' apart. If they are closer, they are required to wear their mask.

Players may remove masks:

- When practice/warm-ups and when the games begin.
- During games, reserves on the sideline should be a minimum of 6' apart. If they are a minimum of 6' apart, they do not have to wear their mask.
- While consuming food or drink.



PLAYER GUIDELINES

- Players should have a clearly marked side-line space, designated for them to place their personal equipment in compliance with the 6' minimum social distancing protocol.
- Players are not to share drink containers, even from their own family.
- Players are to keep socially distanced apart when gathering to listen to a coach.
- There should be no physical contact between players, coaches or referees pre or post game.
- Players for practice: arrive at the field 5 minutes before practice is to begin.
- Players for games: arrive at the field 15 minutes before game is to begin.
- Players with fever, cough, or other symptoms of respiratory illness are not permitted to practice.
- Players that have family members with fever, cough, or other symptoms of respiratory illness are not permitted to practice.
- Players are recommended to use hand sanitizer before and after practice.
- Players must bring their own soccer ball to practice.
- Players should sanitize their soccer ball before and after practice with household disinfectant or soap and water.
- Players are recommended not to carpool to and from practice.
- Players are recommended to wash all clothing items promptly after practice.
- Players should not be congregating in parking lots, at drop off zones, entrances/exits, before or after practice.



REFEREE GUIDELINES

- Referees are required to wear a mask (bandanas are acceptable) when going to or from the field.
- On the sideline, when there is more than one referee working the game, social distance yourself from the other referees (minimum of 6' apart).

Wear a mask during:

- Field inspection
- Introducing yourself to the coaches (stay a minimum of 6' apart).
- Team check-in (stay a minimum of 6' apart).
- Referees and assistant referees ARE NOT REQUIRED to wear a mask during the game.
- Keep a mask in your pocket in case you need to be within 6' of a player. Maintaining 6' social distancing when practical.
- During the half-time break, if the referees can maintain social distancing (minimum of 6'), they are not required to wear their mask.
- There should be no physical contact between players, coaches or referees pre- or post-game.
- When leaving the game or moving to another field, referees are required to wear their mask.



PARENT/SPECTATOR GUIDELINES

- We ask all individuals who are 65 and above or who have an underlying at-risk health condition to stay home.
- Spectators are required to wear masks (bandanas are acceptable) when making their way to the designated side-line space for spectator seating. Parks and Rec will have clearly marked areas that comply with social distancing protocols for spectator seating.
- Only family members living in the same home should be sitting closer than required by the social distancing protocol when attending games and practices.
- Spectators are not required to wear their masks when sitting in their designated viewing area as long as they are sitting a minimum of 6' from another household.
- Masks are not required while consuming food or drink.
- When a spectator moves from their designated seating area, they are required to wear their mask.
- If spectators are interacting with other spectators (other families) at the field/complex, they are required to wear their mask and maintain the minimum social distance 6' apart.
- Spectators for practices and games: arrive at the field 5 minutes before the training or 15 minutes before the game is to begin.
- Parents should model proper behavior (masks, social distancing, and following Parks and Rec guidelines).



PARENT/SPECTATOR GUIDELINES

- Parents should keep their child at home if player or another family member has fever, cough, or other symptoms of respiratory illness.
- Parents should communicate with the club officials if player or another family member has fever, cough, or other symptoms of respiratory illness.
- Parents should encourage that child uses hand sanitizer before and after practice.
- Parents should encourage that child wears mask when not actively training before and after practice.
- Parents should not be congregating in parking lots, at drop off zones, at entrances/exits, before or after practice.
- Parents should assist in making sure your child sanitizes their ball and training equipment immediately after returning home from training with a household disinfectant or soap and water.
- There will be **NO** team refreshments allowed post-games by parents/coaches this year. This is to help minimize the instances of exposure during COVID.



COVID-19 EXPOSURE

- If a player or member of the same household as the player, tests positive for COVID, or is quarantining due to exhibiting COVID symptoms or being around someone who has tested positive, please inform the coach. Coaches, when informed, please notify your Division Manager right away. The CDC guidelines for return to play are changing daily so your Division Manager will receive the proper protocols to follow from Parks and Rec administration.
- If there is a positive case on the team, we will notify all households on the team. Opposing teams played during the period of exposure will also be notified.
- If a player exhibits 2 or more signs of COVID (COVID Signs and Symptoms page), a coach has the right to ask that the player does not participate until the above parameters are met. If there is an issue, please contact your division manager.



COVID-19 Signs and Symptoms

COVID Signs and Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



COVID-19 Signs and Symptoms

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Bluish lips or face
- Severe and constant pain or pressure in the chest
- Extreme difficulty breathing (such as gasping for air or being unable to talk without catching your breath)
- Severe and constant dizziness or lightheadedness
- Serious disorientation (acting confused)
- Unconscious or very difficult to wake up
- Slurred speech or difficulty speaking (new or worsening)
- Seizures
- Signs of low blood pressure (too weak to stand, light headed, feeling cold, pale, clammy skin)