

# COVID-19 Guidelines

Families, coaches, players and staff,

The guidelines below are effective immediately and will remain in effect until further notice.

## Requirements:

- All spectators and visitors must wear masks inside the soccer complex.
- Social distancing must take place off the field. This includes players/coaches on the sidelines & parents/guardians/siblings/etc. during their visit to the facility.

## Recommendations:

- Continue to follow proper precautions (i.e. wash/sanitize hands, stay home if sick, avoid touching face, wear a mask, etc.).
- Do not share sports equipment.
- Vulnerable populations are asked to stay home.
- If you get sick, the Johnson County Department of Health and Environment recommends you isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.
- Be aware of all travel-related quarantine mandates if you travel from out of state.

## Principles and Responsibilities:

### Coach Responsibilities:

- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure that the coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- All training should be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Always wear a face mask.
- Coaches should maintain social distance requirements from players based on state and local health requirements.
- Have fun, stay positive – players and parents are looking to you for leadership.
- If a coach gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.
- Provide substitute coach(es) in the event that a coach is unable to attend games due to illness.

## Parent Responsibilities:

- Ensure your child is healthy, and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Wear a mask if outside your car.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training and game.
- 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.
- If a parent gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

## Player Responsibilities:

- Take your temperature daily to ensure you are fever free.
- Wash hands thoroughly before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Wear a mask before and immediately after all training and games. Players are not required to wear masks during the games, warm-up and training.
- 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 every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities
- All participants should be required to bring and fill their own containers.
- Water containers/bottles must not be shared.
- Communal drink stations such as hydration carts should not be used. Participants are encouraged to bring larger than normal water containers to limit the need for refilling.
- Significant consideration must be given in devising plans for refilling personal water containers, if necessary, without contamination from participants. Extra care should be taken to sanitize any coolers used.
- Administrators should not assist with the personal water containers of participants and staff.
- If a player gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.