

2020 Covid-19 Fall Youth Soccer Guidelines

I. Introduction

This document outlines the Covid-19 guidelines for participation in First Friends Sports' Fall Soccer League.

II. General Code of Conduct

As a reminder, returning to play is a personal choice, and you should feel comfortable determining for yourself if you would like to resume activities with safety precautions in place. We recommend all participants (coaches, parents and players) communicate with First Friends Sports to better understand the safety policies in place and work together to protect against the spread of COVID-19.

- If you are sick or have symptoms of an illness, please stay home. Stay home regardless of what is causing your illness. According to the CDC, Covid-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. The CDC will continue to update symptoms and as we learn more about Covid-19. The CDC's list of symptoms and a "self-checker" is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19 within two weeks of a practice/game, please stay home.

III. Check-In

Athletes and coaches will be required to check-in before they can participate in each practice and game. Participants will not be allowed to practice and/or play games if they have not checked in. The check-in table will be located on the East side of the field at the top of the stairs.

What can you expect at check-in?

1. **Temperature checks:** Any child with a temperature of 100.4 or higher within the last 72 hours of a practice/game will not be permitted to participate.
2. **Questionnaire:** Each participant will be asked about their contact/exposure to Covid-19 within the last two weeks.
3. **Masks:** Masks will be required for anyone approaching the check-in table.

IV. Practice & Games

Facial coverings

1. Employees, staff, and volunteers must wear a cloth face covering at all times.
2. Due to the current mask requirement in the State of Ohio, we will be requiring masks to be worn in all common spaces and when 6ft social distancing cannot be maintained.
3. Athletes will NOT be required to wear masks while participating in practice or a game.
4. Coaches will be required to wear masks when interacting with other coaches, players and parents within 6 feet.

Spectators

1. Anyone experiencing symptoms must stay home. For a detailed list of symptoms related to Covid-19, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. We are highly encouraging that each family unit and household consider limiting the number of spectators attending a practice or game.
3. In attendance, family and household members should sit together socially distanced from other individuals/family/household groups.

Physical Interaction

1. Maintain “social distancing” of at least six feet when possible.
2. Coaches and players will avoid activities involving high levels of group interaction (ex: team huddles).
3. Coaches will limit time spent on activities where players are in close proximity for extended periods of time (i.e., repeatedly practicing corner kicks)
4. Avoid general physical interaction including hugging, “high fives” or passing objects by hand.
5. Participants and any additional persons on site (employee, volunteer, parent) should avoid close contacts and follow all social-distancing guidelines.

Equipment & Training Gear

1. Where possible, use individual equipment.
 - a. Do not share personal equipment or gear (e.g. water bottles, food, towels or facial coverings)
 - b. Soccer balls may be shared provided players only touch the ball with their feet.
2. We will disinfect sports or exercise equipment after each training session and game.
3. We will wash all training gear after each training session, if necessary.

General Hygiene

1. Avoid touching your eyes/mouth/nose as much as possible.
2. Wash or sanitize your hands often.
 - a. Use soap and water for a minimum of 20 seconds.
 - b. When soap and water is not available, use hand sanitizer.
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
 - a. Follow with washing or sanitizing your hands.
 - b. Dispose of tissues in a sealed trash can.
4. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) when possible.

Disclosure

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, First Friends Sports and First Friends Church makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to sports.