

COVID-19 Guidelines for Coaches and Games

Coach Responsibilities:

- Ensure the health and safety of the participants.
- Masks are permitted but not required for coaches. If a coach is within 6ft of an athlete, a mask should be worn.
- Masks are permitted but not required to be worn by the players during training.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- 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

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

- Intra-team scrimmages are allowed in compliance with all IDPH guidelines. <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>
- Social distancing should be maintained before and after games and when allowable during training.
- Players on bench should be spaced out as allowable.
- 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 are allowed only in “Family Areas” and 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 by club. Bleachers should be removed from the spectator sidelines.
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- 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 COVID-19, 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.
- Maintain an attendance log for every match. Club should keep the attendance log on file for duration of each season for tracing purposes.
- On-site benches should be sanitized at the conclusion of the match after teams have left game.
- Organization must follow all of the Restore Illinois Phase 4 – Return to Play Protocol Version 2 Youth Sports Guidelines. https://illinoisyouthsoccer.demosphere-secure.com/_files/forms/covid-19-resources/IYSA%20RTA%20Phase%204%20Version%202.pdf
- Players and spectators should leave the field immediately following the conclusion of the match and proper cool down.
- Minimal 60 minutes between matches at a field to allow teams to properly clear before players arrive for next match. Players for any preceding matches should wait in car until all players have left the field.