

## **RETURN TO PLAY GUIDELINES/Covid Guidelines fall 2020**

### **Northeast United Soccer Club**

Families, coaches, players and referees

We are working to get everyone back playing in the safest way possible for everyone. Please understand that this means some adjustments will need to be made for practices as well as games. Your cooperation and assistance in making sure that we are being as safe as possible is greatly appreciated. There may be additional changes or adjustments that have to be made as the season begins and progresses, based on the current rules/mandates of the State of Kansas, County and City health depts, and the cities in which we practice and play our games.

These guidelines are effective immediately and will remain so until further notice.

All spectators and visitors must wear masks if they are on the sidelines during practices and games. Masks must cover both the nose and mouth. Masks should remain in place when arriving or departing from the field to the parking lot, as well as when you cannot socially distance yourself from others. Social distancing must take place, on the sidelines...allowing social distancing space for players and coaches on the sidelines.

Follow the proper precautions, (wash/sanitize hands, stay home if not feeling well, avoid touching your face and wear a mask).

Vulnerable populations are asked to stay at home, to decrease their risk.

If you get sick, the Johnson County Department of Health and Environment recommends that you isolate at home for 10 days after onset of symptoms, and until you are fever free for 72 hours without the use of fever reducing medication, and have significant improvement in symptoms.

Be aware of quarantine mandates if you travel out of state.

### **PARENT RESPONSIBILITIES**

Ensure that your child is healthy....if not feeling well, running a temperature, etc. Keep your child at home.

Consider limiting or not carpooling

Wear a mask if outside of your car.

Ensure that all of your child's equipment, shoes/cleats, ball, shin guards are sanitized before and after practices and games.

Consider sending larger than usual water bottles (or multiple bottles) to ensure that your child has sufficient water and does not share with others.

**Notify the coach immediately if your child becomes ill for any reason.**

DO NOT assist with equipment before or after practices.

Consider sending hand sanitizer with your child to every practice and game.

If a parent becomes ill, follow the recommendations of the Johnson County Health Dept....isolate at home for 10 days after onset of symptoms, until fever free for 72 hours without fever reducing medication and until significant improvement in symptoms.

### **PLAYER RESPONSIBILITIES**

Do not come to practice or games if you do not feel well.

Wash your hands with soap and water before and after practices and games.

Bring hand sanitizer to practices and games if possible.

Bring your own ball to use for drills, individual skill practices

Arrive at practice wearing a mask...You do not have to wear it during practice, warm ups or during the game.

DO NOT TOUCH OR SHARE anyone else's equipment (water bottle, food, ball or bag). Your water bottle, ball, bag should be sanitized before and after practices and games.

Practice social distancing, place your equipment at least 6 feet from other players.

Maintain social distancing when listening to instructions from your coach.

NO GROUP CELEBRATIONS (HIGH 5'S, HUGS, HAND SHAKES, FIST BUMPS)

If player becomes ill, isolate at home for 10 days after onset of symptoms, until fever free for 72 hours without fever reducing medication and a significant improvement in symptoms is noted.

## **COACH RESPONSIBILITIES**

Ensure that you are fever free for all practice and games. Have a plan for someone else to coach if you are ill. COACHES AND ASSISTANT COACHES MUST WEAR A MASK AT ALL TIMES.

Wash hands thoroughly before and after practices and games.

You will be provided with a bottle of hand sanitizer for your team for practices and games....

Ensure the health and safety of all participants.

Ask each player how they are feeling, anyone not feeling well, or that you believe looks or acts ill, must be sent home.

Practice social distancing, bags, balls, equipment must be at least 6 feet apart. Players should social distance during instructions/directions, and coaches should be socially distanced from players.

NO group celebrations (high 5's, hugs, handshakes or fist bumps)

Each player should have their own waterbottle and ball for use during individual drills/skills.

Only the coach (or assist coach) should handle equipment (cones.markers) ...do not enlist the help of a parent or attendee.

If a parent notifies you that their child has become ill, please notify NEU, ([neusoccer@gmail.com](mailto:neusoccer@gmail.com))

Confidentiality will be maintained.

If a coach becomes ill, isolate at home for 10 days after onset of symptoms, until fever free for 72 hours without fever reducing medication and a significant improvement in symptoms is noted. Be sure that you have a substitute/ assistant coach to take over if you are ill. Notify NEU ([neusoccer@gmail.com](mailto:neusoccer@gmail.com))

**Have fun, stay positive....players and parents are looking to you for leadership.**

**Being outside has been shown to lessen the chances of spreading Covid, along with social distancing, wearing of masks and following good handwashing/sanitizing practices.**

## **CLUB RESPONSIBILITIES**

NEU will post on our website the guidelines for Return to Play/Guidelines.

Maintain participant confidentiality regarding Health status

Have a plan in place (notification of the appropriate Health agencies) should there be a positive test result.

Be prepared to shut down and stop all games and practices should that become necessary (state, city mandate)