



FC 1974 Return to Play Protocols

Criteria for participation in FC 1974 Return to Play Training Sessions conducted at LTSC

- ~ Group size must be limited to ten (10) participants or fewer per every coach.
- ~ All participants must maintain at least a 6 feet distance between each other at all times.
- ~ 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 live in training location/community and have not travelled for at least 14 days prior to beginning training/activity.~~
- ~ 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.
- ~ Temperature checks must be done by families. prior to attending every training session.
- ~ If an athlete has any signs or symptoms of COVID19, the athlete will be sent home and instructed to contact his/her healthcare provider.
- ~ Participants must use their own equipment and properly sanitize the equipment after every training session.
- ~ Participants must use their own water bottle, towel and any other personal hygiene products.
- ~ Ensure participants are wearing appropriate personal protective equipment, (gloves, face mask, etc.)
- ~ Coaches must maintain social distancing from all participants at all times.
- ~ Teams / groups should be static, with no mixing of employees or participants between groups for the duration of the season.
- ~ The minimum space per group is 50 yards x 50 yards or half of an 11v11 full size field.
- ~ Minimum 30 feet of distancing space must be maintained between groups

LTSC Complex Restrictions and Protocols

- ~ Training facility access will be restricted to staff and players participating in workouts - parents should remain in cars or practice social distancing.
- ~ Cars must be staggered upon arrival with a minimum of 1 parking space between vehicles.
- ~ Player use of personal protective equipment (mask) from parking lot to field and field to parking lot.
- ~ Staff use of personal protective equipment for duration of training, while maintaining minimum distance of 6 feet from players at all times.
- ~ Disinfectant hand sanitizer stations will be available around LTSC for players before and after workouts.
- ~ Restrooms on field 1 will be open for emergencies only, players must go to the bathroom at home before attending a training session. These restrooms will be cleaned daily.

Club Responsibilities

- ~ Collect from each participant the IYSA COVID-19 Participation Waiver PRIOR to every athlete's participation.
- ~ Session participation is optional, GLSA is sensitive and accommodating to parents who may be uncomfortable

about returning to play at this time.

- ~ Provide adequate field space for social distancing.
- ~ **Anyone who has an underlying health condition should consult with his/her doctor before participating.**
- ~ Training Sessions will be 45 minutes in length for u8-u10 teams and 60 minutes for u11-u19 teams
- ~ Sessions will be staggered with 20 minutes in between to allow for players to come and go with minimal to no interaction between groups and to allow staff to disinfect equipment.
- ~ Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- ~ Work with public health officials to notify adult leaders, youth and their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.
- ~ Maintain participant confidentiality regarding health status.
- ~ **Anyone who tests positive for Covid-19, must submit to the Organization prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to participate.**
- ~ Communicate insurance information, protocol and responsibilities to the parents prior to initial participation.
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- ~ Be prepared to shut down and stop operations.

Coach Responsibilities

- ~ Ensure the health and safety of the participants.
- ~ Take attendance of participants at training sessions.
- ~ 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.
- ~ 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 parent/player assistance.
- ~ **Always wear a face mask, within 10 feet of participants.**
- ~ Coaches maintain at least 6 feet social distance requirements from players based on state health requirements.
- ~ No use of scrimmage vests.
- ~ Prior to players arrival, coaches will grid out boxes for player use, and put down cones for the session.
- ~ Will disinfect cones between multiple sessions of the same coach.
- ~ Coaches will designate an area for players to place bags upon arrival, maintaining social distance, then direct players to go to a designated training area.

Parent Responsibilities

- ~ Ensure your child is healthy and check your child's temperature before activities.
- ~ Consider not carpooling or very limited carpooling.
- ~ Be prompt when dropping off and picking up players from training.
- ~ Stay in car or adhere to minimum 6 feet social distance requirement within parking lots. No spectators are permitted to stand around fields or training areas.
- ~ Follow the state orders for wearing a mask.
- ~ Ensure child's clothing is washed after every training.
- ~ Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- ~ Notify your club 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.

Player Responsibilities

- ~ Stay in car until 10 minutes prior to training time.
- ~ Wash hands thoroughly before and after training.
- ~ Bring and use hand sanitizer with you at every training.
- ~ Masks are permitted but not required to be worn by the players during training, however, players are required to wear masks to and from the field sessions.
- ~ 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.

Insurance

To be covered by Illinois Youth Soccer (IYSA) insurance for practice/training only during Illinois Restore Phase 3, the IYSA Member club/league must abide by the following requirements:

1. **The practice must be a formal, organized practice/training, drills only, no contact and no games, by an IYSA Member club/league for IYSA Member League players only.**
2. The participants including players and coaches must be registered with and have a current, valid pass from the IYSA Member League and must be on file with the IYSA.
3. The Member club/league must have a signed IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement on file for each participant including but not limited to the players, coaches, staff, volunteers prior to the start of the first practice/training.
4. The practice/training must abide by all the requirements listed in the IYSA Return to Activity Protocol.
5. The IYSA Member club/league must submit to the IYSA prior to its first practice/training the IYSA Organization Communicable Disease Statement of Understanding.
6. Failure to follow the state and local government public health orders, Centers for Disease Control guidelines and IYSA protocol involving COVID-19 or any other communicable disease may void medical and liability coverage for your organization under the IYSA insurance placements.
7. IYSA continues to suspend all Tournament Passes, Travel Permits, Out-of-State Permits, sanctioned tournaments, and insurance coverage for all activities including but not limited to games, tryouts, tournaments and participation in US Youth Soccer or US Soccer Member sanctioned tournaments or games in another state even if that state is considered "open".