



COVID GUIDELINES – PLAYERS AND COACHES

August 26, 2020

ALSO will prioritize safety of its players and coaches during the COVID-19 global pandemic. Participation in ALSO will require adherence to the most recent COVID-19 requirements as published by the Centers for Disease Control (CDC), the Ohio Department of Health, Lorain County Public Health, and the Ohio Travel Soccer League (OHTSL). This could result in changes to the ALSO start date, team rosters, practice and game structure, and practice and game dates and times. We appreciate your patience and understanding as we navigate this difficult situation.

On August 19, 2020, Ohio's Interim Director of the Department of Health ordered the following:

"All Sports are permitted to practice and engage in competition: Subject to their full compliance with all provisions of this Order, youth, collegiate, amateur, club, and profession sports (collectively "Sports") are permitted to practice and engage in competition within the State. Sports athletes, coaches, volunteers, staff, employees, venues, affiliated teams and schools, and spectators (collectively, "Sports Participants") shall comply with this Order, including compliance with the Social Distancing Requirements. For purposes of this Order only, "employees" shall also include volunteers and may also be referred to herein as "staff." – Director's Order (Ohio Department of Health)

Each set of player's and coach's requirements listed below are, at a minimum, in accordance with the governing bodies listed above. ALSO reserves the right to require more stringent guidelines for its travel coaches, teams, players, spectators, etc. ALSO further reserves the right to change these requirements at any time.

Further information can be found at the following websites:

Ohio Department of Health – <http://www.coronavirus.ohio.gov/>

Centers for Disease Control – <http://www.cdc.gov/>

Ohio Travel Soccer League (OHTSL) – <http://www.ohtsl.com/>

Lorain County Public Health - <http://www.loraincountyhealth.com/coronavirus>

PLAYERS AND COACH REQUIREMENTS:

1. All players and coaches must do a temperature self-check prior to each practice/game.
 - a. An ALSO coach has the right to complete a temporal temperature check on players prior to practices/games.
 - b. If a player/coach has a temperature, they cannot participate in practices/games.
 - c. Anyone who feels sick or has any symptoms of COVID should not attend practices/games.
 - d. Anyone who has had close contact with a COVID positive person should not attend practices/games.
 - e. Anyone who becomes sick during a practice/game must leave immediately.
2. There is to be no shared personal equipment.
 - a. Each player is responsible to bring their own equipment, including, but not limited to:
 - i. Soccer Ball
 - ii. Shin Guards
 - iii. Water Bottle
 - iv. Pinny/alternate color shirt
 - v. Goalie Gloves
 - vi. Mask/Gaiter
 - vii. Hand Sanitizer
 - b. Coaches are to have extra masks and sanitizer in the coach's bag in the event a player is without these items.

3. Players and coaches must remain in their vehicles until the designated time for a practice/game.
 - a. Players must be dropped off and picked up at designated start/end times.
 - b. In the event of inclement weather occurs during a practice/game, parents need to make every effort to pick their child up as soon as possible.
4. Face Coverings for Players and Coaches are required within the rules stated below. It is the responsibility of the coach(es) to ensure this is followed.
 - a. Coaches must have a face covering on at all times.
 - b. Players must wear a face covering between the parking lot and the field.
 - c. Players must wear a face covering when not actively playing and while on the sideline.
 - d. Players may remove face covering during active warm ups and while actively participating in the practice/game.
5. Social Distancing is required on the sidelines and at all times when off the field of play. It is the responsibility of the coach(es) to ensure this is followed.
 - a. Team benches are not permitted.
 - b. Tents or tarps may be used in the “bench area” to shield players from the sun and heat. It is recommended that teams provide enough tents to maintain the social distancing requirements.
 - c. Players and coaches must sanitize their hands each time they come off the field of play.
 - d. Hand contact of any kind is prohibited (handshakes, high fives, fist bumps, etc.).
 - e. Spitting is prohibited.

6. In the event of inclement weather:
 - a. Coaches are required to check forecasts and cancel practices by 4 p.m. in the event inclement weather has a greater than 50% probability.
 - b. If a practice/game needs to be suspended due to inclement weather, players and coaches must take cover AND maintain social distance protocols.
 - c. Groups are not permitted to wait together in cars.
7. If a report is provided with a positive COVID case to a player/coach on a team, ALSO will follow the recommendations set forth by the Lorain County Board of Health.
8. Follow general hygiene protocols:
 - a. Avoid touching eyes, nose and mouth with hands.
 - b. Cover mouths when coughing or sneezing (recommend covering mouth with the nape of the elbow).
 - c. Launder clothes, uniforms, pinnies, etc. immediately after practices/games.
 - d. Sanitize ball before and after each practice.

GAME SPECIFIC REQUIREMENTS

1. Coaches cannot exchange any documents with the referee(s).
 - a. There will be no pre-game check-in by the referee.
 - b. If a player is questioned for age, the coach will produce a player pass from 6 feet of distance and show it to the opposing team's coach or the player will not be allowed to compete.
 - c. Referee money should be provided in an envelope.
2. Travel coaches must submit a post-game roster of their players who were in attendance at each game to ALSO.
3. Teams should not cross the opposing team's half of the field during warm-ups.

4. During home games, ALSO must provide the game ball. The game ball must be sanitized prior to the start of the game, during halftime and at the end of the game.
5. There is no pre-game captain's meeting.
 - a. The away team will take the ball for the first half.
 - b. The home team will pick the side for the first half.
6. If the ball goes out of bounds, a player should retrieve the ball. Spectators, coaches and the referee are not to pick up the ball.
7. Players can wear a mask on the field of play during a game.
 - a. The mask cannot have any metal pieces.
 - b. The mask must fit around the ears.
 - c. For travel soccer players only, gaiters are not permitted on the field of play during games.