

Please see the OSAA league rules below regarding our new playing protocols for Fall 2020

### **OSAA Sports League Return to Play Guidelines Coaches**

- Participants should have no signs or symptoms of Covid-19 in the past 14 days or exposed to anyone that has been ill.
- Send players home if you believe they look or act ill or if they have any of the following symptoms:
  - Fever over 99, chills, muscle pain, shortness of breath or difficulty breathing, cough, sore throat, loss of taste or smell, nausea, vomiting or diarrhea.
- Players do not need to wear masks during the game, but should wear them to and from field.
- Before joining the team for practice and games, players must sanitize their hands.
- Goalies must sanitize hands before entering the game.
- Arrive 10 minutes before the game. If you are early, wait in the car until the appropriate time.
- Players are encouraged to keep social distancing during warm-up.
- Players on the bench must keep social distance or wear masks.
  - Utilize cones or benches to establish proper 6ft distancing for belongings and players on the bench.
- No thrown-ins, kick-ins will be used instead.
  - Referees will place the ball for kick-ins and set pieces (corner kicks, goal kicks, direct kicks, etc).
- No heading the ball.
- Game balls will be sanitized before and after the game and at halftime.
- Benches will be sanitized at the end of the game by coaches.
- No snacks or drinks can be provided to the team.
- No sharing of water bottles.
- No high fives, hugs, handshakes etc.
- No team line-ups for game congratulations at the end of the game.
- Coaches are encouraged to wear masks when on the sideline if unable to maintain 6ft social distancing from players/assistant coach.
- No pennies or goalie shirts to be provided by the league. Have the goalies bring their own shirt/gloves (do not share gloves between goalies).
- Coaches are to handle all equipment (cones, disc, etc).

Thank You!