



Rockford Raptors Return to Activity Protocol

As the State has entered into Phase 3 of the Restore Illinois Plan making it be possible to hold in person training sessions, the IYSA has specific guidelines for resumption of play by which we must abide. While we all want to get back on the field and resume training activities, it must be done so with the strict focus on the safety of the players, coaches, and families. The Club takes the risk to individuals seriously and will follow all IYSA guidelines closely to minimize the risk of spreading the virus.

This document will explain the expectations and procedures that must be adhered to by all Raptors players, parents, and coaches. Key elements include:

- Training will be limited to a maximum of 10 players and distancing is required with all activities (specific details below).
- Players will be assigned to a specific group of 10 players for training – no switching is possible once the group assignments are made
- Parents need to follow specific drop off and pick up instructions, as well as certify that players do not have a fever or other symptoms associated with COVID-19 and have not been exposed to anyone who is ill or has been diagnosed with COVID-19.

I. Before you're allowed to practice:

- Every participant must have signed the "IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement" PRIOR to participation in training. The waiver must be returned electronically to the team coach and manager and may not be handed in in person.
- You must verify that your child does not have a fever, defined as a temperature of 100.4 or higher immediately prior to training activities.
- Players must not have displayed symptoms that are consistent with COVID-19 or have been diagnosed with COVID-19.
- Anyone who has tested positive for COVID-19 must submit to the Club prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to participate.

II. Before you leave for practice:

- Do not allow your child to travel or participate in activities if they have any of the symptoms listed below (Per US Soccer "Play On")
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4F
 - Chills
 - Headache
 - Sinus congestion
 - Cough persistent and/or productive
 - Joint aches and soreness
 - Rash

- Players must bring their own water bottle (already filled) and hand sanitizer.
- Wash and sanitize all equipment (including cleats and shinguards) before every training.
- We recommend not carpooling if at all possible or very limited carpooling.
- Follow the State guidelines for wearing a mask (when maintaining distancing is not possible).

III. When you arrive at training:

- No early drop offs. Players will not be allowed in until the previous group has left.
- No drop-offs or pickups in the circle.
- Players should leave the car **READY TO PLAY** (wearing all their equipment and have their own ball clearly marked with player name)
- Players must enter the facility through the designated entrance.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any symptoms of COVID-19. If an athlete has any signs or symptoms of COVID-19 the athlete will be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Each player will have a specific designated area to place their personal belongings, at least 6 feet away from any teammate or coach.
- Parents must park in marked parking spots only and should stay in vehicles during the entire session adhering to guidelines regarding social distancing and for wearing a mask.
- Parents are not allowed inside the facility.

IV. What will training sessions look like:

- NO scrimmages or small-sided games (2v2, 3v3, etc.) allowed!
- Each player will train inside a 10 x 10 grid, with grids placed a minimum 6 feet apart.
- Sessions will run 45 minutes for 10U and below, and 60 minutes for 11U and above.
- Players will mostly work on individual technique, fitness, and agility.
- Passing between 2 or more players that are practicing social distancing is allowable.
- Heading and handling are to be avoided during this phase.
- Shooting on goal with a goalkeeper should be avoided during this phase.
- All participants must maintain at least a 6 feet distance between each other at all times.
- Training groups will be fixed, with no mixing of employees/coaches or participants between groups for the duration of the season. No interaction is permitted between groups.

V. Player responsibilities at training:

- Bring and use hand sanitizer with you to every training.
- Face covering should be worn to and from the practice field, but are not required to be worn by the players during training.
- Place your bag in designated area, at least 6 feet apart from teammates.
- Do not touch or share anyone else's equipment, water, food or bags.
- Each player will need to collect their own ball if it leaves their grid, and must ensure distancing is maintained when doing so.
- No contact is allowed with other players. This includes group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Do not assist coach with picking up any cones, gear, etc.

VI. The coaches' responsibilities at training:

- Ensure the health and safety of the participants.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.)
- Always wear a face covering.

- Coaches should maintain at least 6 feet social distance requirements from players.
- Have fun, stay positive!

VII. After practice ends:

- Players should pick up their equipment and return directly to their vehicle. There should be no group gathering or team meetings on or off the training area.
- Players must leave the facility through the designated exit gate.
- Use hand sanitizer or hand wipes before getting into your car.
- Participants should properly sanitize their equipment after every training session.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) is sanitized after every training.
- Notify your club coach immediately if your child becomes ill for any reason.

The complete Return to Play Protocols as mandated by the IYSA can be found on their website:

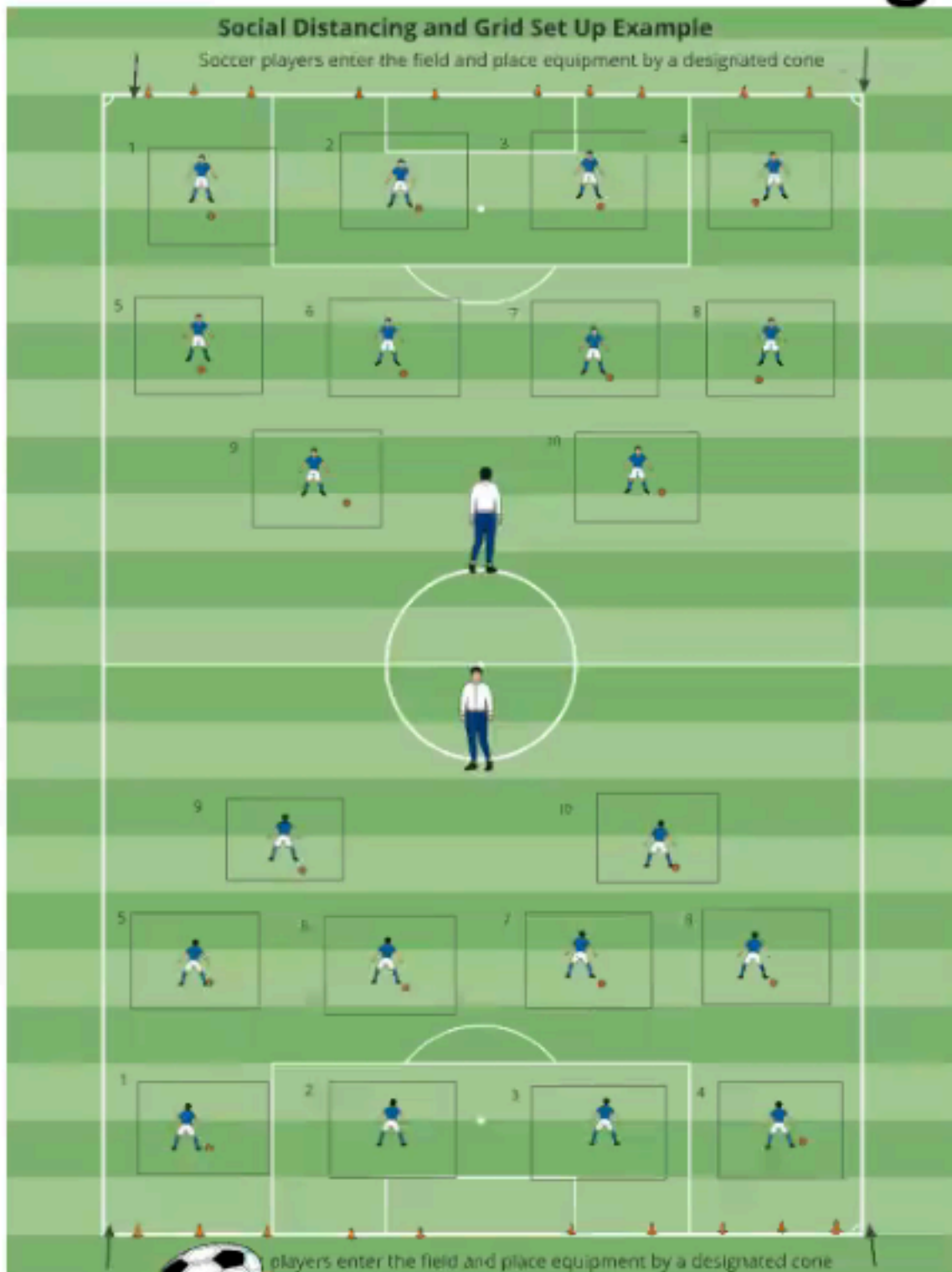
https://illinoisyouthsoccer.demosphere-secure.com/_files/forms/covid-19-resources/IYSA%20RTA%20Update%205-28-20.pdf

Our ability to provide training opportunities depends on how well we abide by the rules mandated by the IYSA. The practice must be a formal, organized practice with drills only and no contact or games. 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 our Club under the IYSA insurance placements.

The 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 that involve more than 10 participants and involve contact, 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".

We greatly appreciate your understanding and full cooperation in adhering to these guidelines. If you have any additional questions please contact one of the club administrators.

SOCIAL DISTANCING GRID SET UP RECOMMENDATION



6/18/20