

IFC Return-to-Play Protocols

IFC has developed the following plans and protocols in advance of the winter season, ensuring all our actions align with guidelines provided by state and local health authorities (IDPH, CDC, IYSA, etc.). The health and safety of our players, member families, and staff remain our top priority as we plan for the coming season.

Training Criteria for participation for players, coaches, and staff:

- All team training will be in compliance with IDPH guidelines
- Training sessions will take place indoors.
- In conjunction with our practice facility, we will ensure that signage is displayed at entry with face covering requirements, social distancing guidelines, cleaning protocols, and any reduced capacity limit.
- We will ensure that we do not exceed 20% capacity or 50 individuals (whichever is less) within the facility.
- Squad sizes will be limited to 16 per group.
- Should we have 2 or more groups practicing within the facility, we will maintain a 30 foot distance between groups. In this case, groups will also be dismissed separately
- Non-competitive activities (activities in Level 1) will be set up to allow for 6-ft. of distancing between participants whenever possible. If social distancing cannot be maintained during activity, participants will still maintain 6-ft. of distancing while on the sidelines/ not directly involved in the activity.
- Scrimmaging rules will be adapted to meet activity level 1 standard. Tackling, as a form of gaining possession of the ball, will therefore be excluded.
- Spectators will be limited to 1 immediate household member or guardian only
- Because of increased activities and exposure risks, any individual with a pre-existing medical conditions is required to provide UPDATED written clearance from a physician for return to full participation. 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 not have above normal temperature readings. Anyone with a temperature of 100.4°F or above will not be permitted to remain on site. Staff will have touchless thermometers on site to record player temperatures before participation in practice sessions and as needed.
- Families/players are expected to do a health self-check before attending in-person IFC activities. If the player is experiencing any of the following COVID-related symptoms, they should not attend: fever of 100.4°F or above; cough, shortness of breath, sore throat; chills; loss of taste or smell.
- Upon arrival to training, coaches or staff will ask each player if they are experiencing any signs or symptoms of COVID-19. If a player has any signs or symptoms, the player will be sent home and the parent of that player will be informed and instructed to contact his/her healthcare provider as soon as possible.
- Infection prevention supplies will be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.)

- All players must use their own equipment and properly sanitize the equipment after every training session.
- Players will use their own water bottle, towel and any other personal hygiene products. IFC coaches will each have demarcated areas specifically dedicated to the items of the players within his/her team.
- Shared equipment will be disinfected before, during, and after training. We will ensure that equipment is disinfected at every 10min interval during training
- Masks are required to be worn by the players during training. Mouths and noses must be covered at all times. Coaches will factor short rest periods into their sessions to allow for masks to be removed briefly while socially distant. Players should also have proper fitting masks. Masks that are loose fitting tend to drop below the nose
- Moving indoors, IFC discourages the use of gaiter masks
- Coaches will maintain social distancing from all players.
- Coaches will wear masks at all times.
- Once our teams have been established, they will remain as is for the duration of the season. There will be no mixing of coaches or players between groups.
- To avoid hand contact with the ball, throw-ins will be prohibited during practice sessions
- Goalkeepers will be required to wear gloves in order to participate as a goalkeeper. Gloves will need to be disinfected regularly during practice sessions
- Practice sessions may be shortened at the discretion of the DOC and Coaches to accommodate Covid-19 regulations.
- IFC will maintain an attendance log for every session. The attendance log will be kept on file for duration of each season for tracing purposes.
- IFC will follow all of the Restore Illinois Phase 4 Youth Sports Guidelines.

Game criteria for participation for players, coaches, and staff (when applicable)

Until such time that it is recommended otherwise, IFC will only participate in local games or matches that do not require overnight stays. IFC games will be in compliance with all IDPH guidelines.

- Social distancing will be maintained before and after games and when allowable during training.
- Players on bench will be spaced out in an acceptable manner.
- As a sign of sportsmanship, IFC teams will engage in a round applause following the conclusion of the match as opposed to a handshake with opponents
- No pre-game team walkouts
- IFC strongly encourages families to limit the support to a maximum of 2 people per player during games. We will create "Family areas" at least 6 feet apart from one another and 6 feet off the sideline. Those in attendance must remain in their designated area and an attendance register will be kept by IFC. Bleachers will be removed from the spectator sidelines. IFC supporters are strongly encouraged to wear masks at all times.
- Because of increased activities and exposure risks, any individual with a pre-existing medical conditions is required to provide UPDATED written clearance from a physician for return to full participation. 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 not have above normal temperature readings. Anyone with a temperature of 100.4°F or above will not be permitted to remain on site. Staff will have touchless thermometers on site to record player temperatures before participation in games and as needed.
- Families/players are expected to do a health self-check before attending in-person IFC activities. If the player is experiencing any of the following COVID-related symptoms, they should not attend: fever of 100.4°F or above; cough, shortness of breath, sore throat; chills; loss of taste or smell.
- Upon arrival to matches, coaches or staff will ask each player if they are experiencing any signs or symptoms of COVID-19. If a player has any signs or symptoms of COVID19, the player will be sent home and the parent of that player will be informed and instructed to contact his/her healthcare provider as soon as possible. Staff will have touchless thermometers on site to take player temperatures as needed.
- Suitable infection prevention supplies will be present in on both team's bench areas
- Players will only be allowed to use their own water bottle, towel and any other personal hygiene products. No sharing will be permitted
- IFC coaches will maintain social distancing from all participants.
- IFC Coaches will wear masks at all times.
- FC will maintain an attendance log for every match. All attendance logs will be kept on file for duration of each season for tracing purposes.
- On-site benches will be sanitized at the end of the match after teams have left game.
- All players and spectators will be instructed to leave the field immediately following the conclusion of the match and proper cool down.
- As per IYSA guidelines - Minimal 60 minutes between matches at a field to allow teams to properly clear before players arrive for next match.

Club Responsibilities

- All players/parents must complete and submit the signed "IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement" document prior to every player's participation. This executed Agreement will be file by IFC for a minimum of seven (7) years and will be made available to the IYSA upon request.
- IFC will complete and submit to IYSA prior to the start of activities the "IYSA Organization Communicable Disease Agreement".
- IFC is sensitive and accommodating to parents who may be uncomfortable about returning to activity at this time. Participating the Fall season is discretionary
- Anyone who has an underlying health condition should consult with his/her doctor before participating in the activity. Medical clearance should be handed in to the IFC administrator and the coach will be notified
- Communicate insurance information, protocol and responsibilities to the parents prior to initial participation. IYSA does not provide any insurance coverage for Covid-19 related claims.

- Communication plans are in place.
- IFC will maintain an attendance log for all training sessions and games. The attendance log will be kept on file for duration of each season for tracing purposes when working 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.
- Player confidentiality will be maintained.
- 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.
- Anyone who has been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19 must self-quarantine for 14 days under the guidance of a medical provider.
- In case of notification of a positive test result, IFC will notify all participants who may have been in contact with the individual. This will be guided by the attendance log. IFC will advise the persons with whom the Covid-19 positive person has come in contact within one day of being informed but keep the name of the person(s) confidential.
- IFC will notify our local public health department within one day of being informed of any players/coaches testing positive for COVID-19.
- Anyone who tests positive for COVID-19 must quarantine for at least 14 days and not show any signs or symptoms of COVID-19, have no fever for at least 72 hours without fever-reducing medication or have 2 negative COVID-19 tests in a row with testing being done at least 24 hours apart and submit to IFC prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to participate.
- All IFC staff are trained and educated on protocols and requirements, in state and local regulations, CDC recommendations and other necessary safety information.
- Due to the nature of the pandemic, we may advise at short notice that our activities will shut down and stop operations.
- We may cancel outdoor activities for proper disinfection.
- Adequate field space for social distancing will be provided
- Hand sanitizing stations and waste receptacles at fields for individual participant use will be provided
- IFC will maintain a dialogue with local health officials.

IFC Coaches' Responsibilities

- Ensure the health and safety of all participants.
- Wear a mask during all in-person activities.
- Masks are required to be worn by the players during training.
- Inquire how the players are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.
- Ensure all players 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 parental or attendee assistance.

- Training will be conducted outdoors and compliant with social distancing per state or local health guidelines.
- Coaches are responsible for keeping players safe.
- Coaches should maintain at least 6 feet social distance requirements from players based on state and local health requirements.
- Do not use scrimmage vest or pinnies –Players will be given their own pinnies for the duration of the season.

IFC Parent Responsibilities

- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to minimum 6 feet social distance requirement.
- Follow the state orders for wearing a mask. IFC strongly encourages parents and other family members to wear masks at all times when attending in-person activities.
- Ensure child's clothing and any club issues pinnies are 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.
- Stay within designated "family area" for watching any games or practices.

IFC Players Responsibilities

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training.
- Masks must be worn by players before, during and after training.
- 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 (via IYSA):

To be covered by Illinois Youth Soccer (IYSA) insurance for practice/training only during Illinois Restore Phase 4, the IYSA Member club/league must abide by the following requirements:

1. The practice must be a formal, organized practice/training 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 IYSA does not provide any insurance coverage for Covid-19 related claims.
5. The practice/training must abide by all the requirements listed in the IYSA Return to Activity Protocol.
6. The IYSA Member club/league must complete and submit to the IYSA prior to its first practice/training the "IYSA Organization Communicable Disease Agreement".
7. 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.
8. 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, 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".

Positive Covid-19 tests: IFCs Plan of Action

Should a player's pre-practice screening indicate potential symptoms, the following steps will be taken:

1. The coach must notify the parent immediately and request that the child be picked up and taken home
2. Inform the DOC and Club administrator of the incident
3. Make a follow-up call to the parent to check up on the child
4. Request that the player test for covid-19
5. Should the player be symptom-free, return to training with a medical clearance
6. If the player tests positive, the child should follow the physician's advice and keep the club informed. Upon receipt of 2 negative Covid-19 tests, the child will be allowed to return to play. Medical forms should be submitted to the Club Administrator

Should a parent report that a player has been diagnosed with Covid-19 and may have been in contact with fellow players during practice, the following must take place:

1. Notify the DOC and Club Administrator immediately

2. The Administrator will notify the coach and all players in the team, as well as those who he/she may have been in contact with
3. Suspend team training until further notice. In keeping with a responsible approach, an immediate 14-day quarantine period comes into effect
4. Request that the coach and all contacted players return with 2 negative test results upon resumption of practice. Players and coaches who previously tested positive for Covid-19 may only return with 2 negative test results post contact
5. Player confidentiality will be maintained
6. IFC will notify the CUPHD within 24 hours of being informed that a player or coach has tested positive

Additional precautionary measures:

- All coaches must be tested twice per week
- Parents are encouraged to educate their children on the IFC return to play guidelines. Should a child display any signs of illness, we strongly advise that he/she stay home
- All soccer drill will factor in covid-19 precautionary measures throughout
- Scrimmages will be limited to small sided games. This de-densification measure limits the number of players on the field, limits the probability of headers and allows for shorter game duration. Throw-ins are also prohibited. All of these measures are taken with a view of reducing the risk of potential transmission.
- Sanitisers and waste bins will be strategically allocated for hygiene and infection control purposes
- IFC will maintain dialogue with the CDPHD and will stay abreast of emerging information related to Covid-19. IFC is also open to adapting to the changing knowledge
- IFC strongly discourages non-essential Out-of-State travel

By committing to the season, all coaches, players and parents are making a pledge to follow day-to-day health and safety guidelines. In doing so, we are also committing to promoting the health and wellbeing of our community in light of Covid-19

Resources:

[Restore Illinois Phase 4 Youth Sports Guidelines](#)
[Restore Illinois Phase 4 Return to Play Protocol](#)
[Centers for Disease Control](#)