

### Step 1: Prior to Arrival

Complete a symptoms assessment\* at home before coming to practice or a game.

Prepare your bag to include your regular soccer equipment and personal water bottle plus: FACE COVERING and hand sanitizer.

Limit carpooling : Per ODH guidelines, players are encouraged to only ride with members of your household.

### Step 2: Arrival to field

Please arrive to your practice no earlier than 5-7 minutes prior to practice to alleviate congestion entering the field. You should be dressed in all required gear by the time you leave your vehicle, please do not change on the field.

Proceed to the check in station to have your ball sanitized and then go directly to the socially distanced cones in the Player Equipment Zone (PEZ). (facial coverings required)

**DO NOT congregate with other players before practice.**

### Step 3: Training

Follow coach instructions to maintain social distancing at all times

Use personal hand sanitizers during breaks, if you've touched other soccer balls.

### Step 4: Departure from field

Return to the PEZ to collect equipment, take your gear off at your vehicle.

Proceed to the exit while observing social distancing requirements. **DO NOT congregate with other players** (facial coverings required)

All coach questions should be done via phone or email, NOT on the field.

### Step 5: Post-training

Limit carpooling : Per ODH guidelines, players are encouraged to only ride with members of your household.

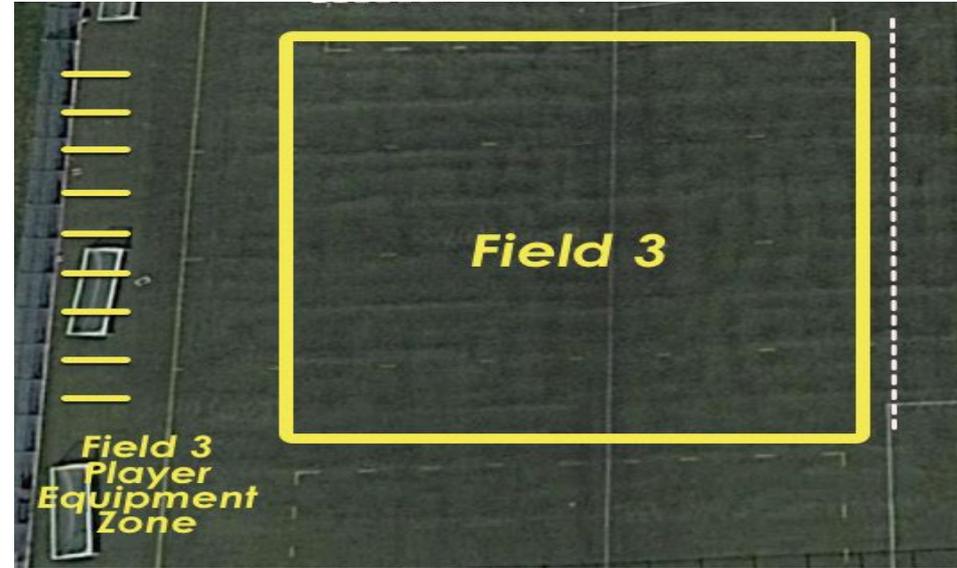
Promptly wash all training gear and sanitize all personal equipment.

\*Please refer to the [CDC website](#) for the latest guidance on symptoms.



## PEZ (Player Equipment Zone)

- Each field has a PEZ where players will leave their bags and water bottles.
- Cones will designate where gear should be placed. (They will be at least 6 feet apart)
- Each player should choose one cone and stay at the cone (with their facial covering on) until the Coach calls players onto the field of play.
- Players should proceed to their cone during water breaks avoiding congregating with other players.



SYSA



## What Our Players Can Do To Help

- ✓ Players with fevers or other symptoms\* are not permitted to practice or attend any club events/activities.  
Stay home and follow CDC guidance.
- ✓ Limit carpooling: Per ODH guidelines, players are encouraged to only ride with members of your household.
- ✓ Players must use hand sanitizer before practices/ games and as frequently as possible during practices.
- ✓ Players should sanitize their soccer ball & all equipment prior to and after training. (Coaches have a sprayer to sanitize balls.)
- ✓ Players must not share any equipment or personal items with others, including goalie gloves.
- ✓ Players must maintain social distancing (6 ft) at all times when not on the field of play
- ✓ Players should wear facial coverings when not actively training; This includes walking to and from the field.\*\*
- ✓ Abide by the **No Congregating Policy** in parking lots, at entrance / exit areas of fields, during water breaks, and before/ after training sessions.

\*Please refer to the [CDC website](#) for the latest guidance on symptoms.

\*\* Players under the age of 10 are excluded from mandatory masks but can choose to wear one.

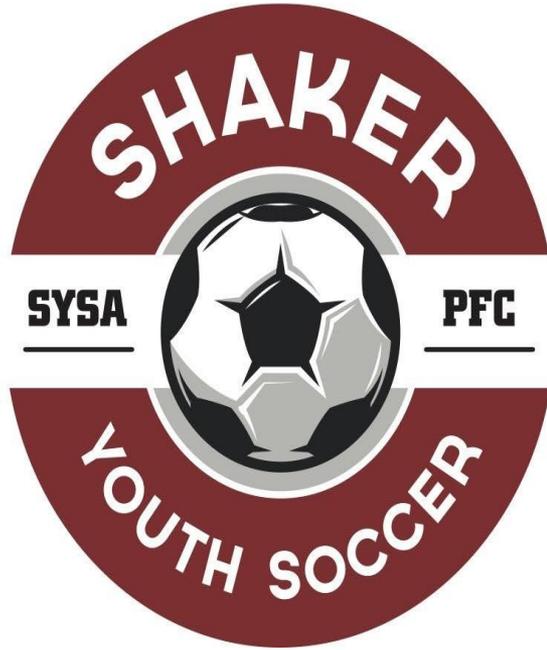
# PLAYER RESPONSIBILITIES



## What Our Parents Can Do To Help

- ✓ Assist your child with daily health assessments and keep them home if fever or other symptoms\* are present.
- ✓ Model proper behavior (i.e. facial coverings; social distancing; following all guidelines etc.)
- ✓ Must wear proper facial coverings and maintain social distancing (minimum 6 feet) between spectators while on the premises. Wait in the car whenever possible.
- ✓ Ensure your player brings appropriate PPE and water to practices and games
- ✓ Limit carpooling: Per ODH guidelines, players are encouraged to only ride with members of your household.
- ✓ Help us reinforce the **No Congregating Policy** for players in parking lots, at entrance / exit areas of fields, during water breaks, and before/ after training session.
- ✓ Assist with making sure your child sanitizes their ball and training equipment. (Coaches have a sprayer to sanitize balls.)
- ✓ Please notify COVID compliance officer, [Sara Schiavoni](#) if you or someone in your household receives a positive test result.

\*Please refer to the [CDC website](#) for the latest guidance on symptoms.



## What You Can Expect from SYSA

- ✓ Our coaches will conduct daily health assessments and will not attend training if fever or any other symptoms\* are present.
- ✓ Coached will wear a mask at all times with the exception of brief removal to either blow a whistle, sip water and/or provide brief instruction at distance when they need to be heard. Coaches should make every effort to maximize the wearing of masks.
- ✓ Coaches or volunteers will set up appropriate PEZ with cones spaced 6 feet apart and disinfect player balls upon arrival.
- ✓ Coaches should maintain a 6-foot distance and should not engage/play in field activities with players other than to feed balls and demonstrate technique or tactics.
- ✓ Coaches and volunteers will not congregate before or after games/practices and will enforce the **No Congregating Policy** for players.
- ✓ SYSA will promote good hand hygiene and will make hand sanitizer available at practice.
- ✓ SYSA will communicate to players/ teams any known exposure in a timely manner and will follow all applicable policies regarding return to play.\*\*

\*Please refer to the [CDC website](#) for the latest guidance on symptoms.

\*\*Please refer to [Responsible Restart Ohio](#) for guidelines on suspected and confirmed



## COVID SUMMARY

- ✓ SYSA is committed to complying with state and local mandates and this document provides a summary of basic protocols but it is not comprehensive.
- ✓ We encourage our families to read the State of Ohio mandate [HERE](#) and visit the [CDC website](#) for further information on the disease, risk factors, warning signs, and steps you can take to mitigate your risk of contraction both on and off the field.
- ✓ We are all in this together and if you SEE SOMETHING that is not consistent with state, local and/or SYSA guidelines, SAY SOMETHING by letting Kristin MacPhail at [kristin.macphail@shakeryouthsoccer.org](mailto:kristin.macphail@shakeryouthsoccer.org) and Sara Schiavoni at [sara.schiavoni@shakeryouthsoccer.org](mailto:sara.schiavoni@shakeryouthsoccer.org), know immediately.

- Demarcate 6-foot buffer zone between the field and spectator area.
- Place the facemask required signs at field ingress and egress.
- Check-in players by: watching players sanitize hands and soccer balls, conduct symptom check, directing to the Player Equipment Zone (PEZ) and recording attendance.
- Coaches must wear a mask to check in players and during pre-game and should adhere to ODH guidelines regarding masks during the game, which allows masks to be removed temporarily when using whistles or to be heard when coaching.
- No post-game talk and remind parents and players not to congregate
- Adhere to all protocols in the SYSA COVID-19 Coaches Checklist



- Players must wear face coverings when not on the field of play, including when arriving and departing from the field and when sitting on the sideline.
- Players must maintain 6-foot social distancing when not on the field of play. Teams are not allowed to bring a bench. Players are allowed to bring their own chair.
- Post-game "high five" lines are prohibited. Coaches and players are encouraged to find alternative ways of communicating respect to the opposing team.
- Player Equipment zones will be established on the “home” and “away” sides of the field. Players should leave their bags and other equipment in their zones, which will be designated by cones placed 6 feet apart. Players may not congregate before or after the game.
- Players should bring hand sanitizer and they should sanitize their hands when they arrive and as much as possible during the match.
- Do not share (i.e, equipment, water bottles, drinks, towels, food, etc.).
- No spitting on the field or sidelines.
- Avoid touching eyes, nose, and mouth with hands.



- Conduct daily symptom check and if you exhibit symptoms, you must stay home. Symptoms can be found at [CDC.gov](https://www.cdc.gov).
- Six-feet social distancing must be maintained between individuals/family groups at all times. Please be aware of spacing when you enter the field.
- Spectators must wear face coverings at all times.\*
- Cover mouth in your shirt or crook of elbow when coughing or sneezing (with facemask on)
- Please leave the field as soon as the event is over.
- Carpooling is discouraged.
- Do not sit in the 6-foot buffer zone between field and spectator area.

\*\* Spectators under the age of 10 are excluded from mandatory masks but are allowed to wear one if they so choose.



- Do not provide team snacks or drinks
- Anyone experiencing symptoms must stay home.
- No congregating before or after practices or games is permitted.
- No pre-game check-in by the referee and player passes will not be passed between adults unless a challenge is made and then the pass will be presented at 6 ft distance.
- No pre-game captains meeting, away team will take the ball first and home team will pick sides.
- Teams will be given a one-time warning for non-compliance (this includes spectators) and a second offense will result in the season canceled with a pro-rated refund.
- Coaches, players and parents are encouraged to follow state COVID mandates while in public and at home.
- OHTSL add-on: Coaches are required to enforce state mandates for their teams (players, coaches, spectators and if anyone is not willing to follow the mandates, the coach should cancel the game with no reschedule. If communities do not follow the state mandates, the community will be given a one-time warning and then upon a second offense, ALL games for our community will be canceled.
- Players are encouraged to wear a mask while at home to protect family members.
- Contact the Club COVID Representative, Sara Schiavoni at [sara.schiavoni@shakeryouthsoccer.org](mailto:sara.schiavoni@shakeryouthsoccer.org) and Club Administrator, [kristin.macphail@shakeryouthsoccer.org](mailto:kristin.macphail@shakeryouthsoccer.org) with suspected cases and/or exposure.



## Game Guidelines-- General