

# Pulaski County Parks and Recreation Covid-19 Policy and Procedures Soccer

## General Guidance:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry
- Avoid touching your eyes, nose and mouth
- Players are encouraged to bring their own hand sanitizer for personal use
- Coaches will have adequate supply of hand wipes, gloves, and alcohol wipes

## On-Field Guidelines:

- **No Handshakes/Personal contact celebrations:**
  - Players and coaches should take measures to prevent all but the incidental contact necessary to play the game. This should include refraining from handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
  - Players and families should vacate the field as soon as reasonably possible after the conclusion of their game to minimize the unnecessary contact with players, coaches, and other spectators from the next game.
  
- **Drinks and Snacks**
  - Players, coaches, and officials should bring their own personal drinks. Drinks should be labeled with player's name.
  - There should not be shared or team drinks.
  - There should not be any team snacks before or after games. Players must bring individual snacks if they choose.
  
- **Game/practice play:**
  - Practices should be limited to coaches and players. Patrons should sit in their cars.
  - During games patrons must bring chairs and proper physical distance between others. There will not be any spectators allowed to sit in bleachers.
  - Patrons must sit at least 5 yards off playing field.
  - Players/families/spectators are instructed to not show up no more than 15 minutes before game time. Players must wait in their care until previous game has concluded and field is clear.
  - Ensure that practices and games follow all local and state directives regarding the number of people allowed to gather in one place.
  
- **Public Restrooms:**
  - Access to public restrooms should be limited if possible

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- A “one-in-one-out” police, where only one individual is permitted within the restrooms at one time, should be implemented to ensure adequate distancing in the confined restroom space.
- Prior to and after any league activity restrooms will be thoroughly cleaned and disinfected. Restrooms will be disinfected on a regular basis.
- **Game operations:**
  - VHSL soccer rules apply other than:
    - Throw ins- Throw-ins will be eliminated to limit individual contact with the soccer ball. In place of throw-ins there will be a free indirect kick that must be played back from the spot which it went out.
  - Coaches will be required to partake in pre-game coin toss. (1 coach per team)
  - Game ball should be changed out and sanitized as often as possible.
  - Goalies will be required to wear gloves.
- **Stay Home:**
  - All players, coaches, parents/guardians, and spectators should stay at home if not feeling well or displaying any of the following symptoms.

<b>Chills</b>	<b>Shortness of breath</b>	<b>Vomiting</b>
<b>Fever over 100 degrees</b>	<b>Sore throat</b>	<b>Loss of smell</b>
<b>Coughing</b>	<b>Headaches</b>	<b>Diarrhea</b>
<b>Runny nose</b>		

**Players, Coaches and parents must understand that they are at risk of the COVID-19 virus no matter how many pre-cautions that we may implement to try and keep everyone safe during this pandemic.**

**Players, Coaches, Parents and Spectators that display any symptoms of COVID-19 will not attend practices or games until being cleared by a NRV Health District.**

**Player or Coach signature:\_\_\_\_\_**

**Date:\_\_\_\_\_**

**Parent/Guardian signature:\_\_\_\_\_**

**Date:\_\_\_\_\_**