

**GLENDALE SOCCER ASSOCIATION
RETURN TO PLAY GUIDELINES
SPRING 2021 SOCCER SEASON**

As we begin to return to play, all Glendale Soccer Association coaches and volunteers will be required to implement the following Indiana Soccer Association protocols. These protocols, along with the guidelines we receive from local health professionals, the U.S. Centers for Disease Control and Prevention (CDC), and Marion County Health Department, along with the recommendations from the Metropolitan School District of Washington Township School District and Indy Parks Department, should be followed and taken seriously to be considered an official league activity until further notice, regardless of the date or current level of the governor's phased plan.

Return to Activities Minimum Requirements:

Symptoms

Any coach, player, parent, referee and or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill will be prohibited from participating/attending practice or games. Any coach or league volunteer who sees any adult spectator who displays any of these symptoms will be politely asked to leave. Any participant who is displaying any of these symptoms should be safely removed from practice/game and their parent/guardian should be alerted or contacted, if not present at the practice/game.

Physical Touching

High fives, fist bumps, pats on the back, elbow bumping and other sports related physical touching is prohibited. Our organization always encourages permission-based touching and discourages unwanted touching from both our volunteers and participants. However, we know that children will high five, hug, and initiate a myriad of other potential physical touching despite instruction to avoid that type of contact during this time. We ask all of the adults and volunteers associated with our programs to be vigilant and continue to prevent physical touching for the safety of our participants and their families.

**The only exception applies where physical contact is permissible within the rules of the game. Participants are still encouraged to avoid contact when they can. Coaches should limit physical contact for practice to the end of practice.*

Face Coverings

Coaches are required to wear appropriate face coverings during all practices and games. Participants will also be permitted to wear face coverings except when deemed unsafe due to a specific activity. It is the responsibility of the participants' parents/guardians to ensure the face covering is properly secured. Volunteer coaches should not adjust or handle participants' face coverings or other personal protective equipment. Any other individuals who assist with the practice/game are required to wear appropriate face coverings and follow social distancing guidelines.

Practice/Game Equipment

Coaches will continue to bring team balls, cones, goals and other league-provided equipment to facilitate games or practices. The gathering of that equipment should be handled exclusively by the coaches and/or league volunteers present. Participants should not touch any league-provided practice/game equipment unless it is essential protective gear or specialty item required for competition.

Shared Equipment

For sports that require protective gear or specialty items, it will be the responsibility of the coaches to wipe down any league-provided equipment that will be shared after each participant uses it. A participant should bring as much of their own equipment that is allowed to minimize the sharing of equipment. Participants should not share their personal equipment or water bottles for any reason.

Hand Sanitizer

It is the responsibility of the participants' parents/guardians to provide each participant with a personal supply of hand sanitizer (the hand sanitizer should be greater than 60% ethanol or 70% isopropanol). When and where applicable, the league will provide hand sanitizer and/or cleaning wipes for participants or volunteers who need it.

Practice Grouping

Coaches should avoid having players stand or assemble in lines or cluster in small groups. Coaches should alter their practice plans to incorporate appropriate social distancing (maintaining 6 feet distancing between players when providing instruction,

etc.). At facilities where benches are present, participants are required to maintain appropriate social distancing which may result in participants taking turns sitting during breaks. A sample Social Distance Training Session Program can be viewed [HERE](#).

Game Grouping

Coaches should avoid having players stand or assemble in lines or cluster in small groups during warm-ups. During competition, the bench area should still incorporate appropriate social distancing (maintaining 6 feet distancing between participants). Families are encouraged to bring lawn chairs or other seating for their participants because the bench areas may not be able to accommodate all participants. At the end of the games, coaches are reminded to not engage in “break down” circles or require their team to “circle up/gather around” for a recap of the game unless proper social distancing is observed.

Park and School Facilities

Any facilities that are utilized during practice and/or games will be cleaned in accordance with the policies of the Metropolitan School District of Washington Township School District and Indy Parks Department. Volunteers, participants and spectators are encouraged to visit the bathroom facilities individually instead of in groups (when age appropriate). Some locations may require portable restroom facilities instead of permanent ones. Glendale Soccer Association encourages the usage of these facilities in an emergency capacity only due to the lack of running water for handwashing. All portable restrooms will be outfitted with hand sanitizer and additional hand sanitizer can be provided by a coach. If bleachers are available, spectators should maintain 6 foot distance from non-family members. Lawn chairs and other portable seating is encouraged.

Social Distancing Enforcement

At locations such as Clearwater Elementary School and Riverwood Park, a league volunteer (board member on duty) should enforce the above social distancing guidelines and protocols. These volunteers are encouraged to contact their league president if an issue arises. At all other locations (Rec Plus divisions), it is the responsibility of the coaches, participants and spectators to observe and enforce the proper protocols and social distancing guidelines.

Scheduling

In an effort to minimize the interaction of other participants and teams, practices and games will be more spaced out than in previous seasons.

- On practice days, participants and parents/guardians should remain in their vehicles until 10 minutes prior to the beginning of the scheduled practice or until there are no remaining participants present from the previous practice. At the completion of practice, participants, coaches and spectators should promptly pick up their belongings and return to their vehicles.
- On game days, participants and parents/guardians should remain in their vehicles until 15 minutes prior to the beginning of the scheduled games. At the completion of the game, participants, coaches and spectators should promptly pick up their belongings and return to their vehicles. Coaches are encouraged to utilize email to communicate with the team after the game.

Questions: Any questions, concerns or ideas can be sent to Jonathan Levenshus at glendalesoccer@socceroffice.com or (317) 210-1811 or speak with any board member on duty at your location.