

RETURN TO PLAY

Phase 4 Return to Play Protocol:



Requirements:

1. Complete and submit the designated Communicable Disease Release of Liability and Assumption of Risk Agreement Form.

Girls - [IYSA COMMUNICABLE DISEASE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT](#)

Boys - [NISL COMMUNICABLE DISEASE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT](#)
2. **During Phase 4, parents must be available to pick up their child if the session has been canceled.**
3. Players & Coaches that are displaying COVID19 symptoms are not permitted to participate (temperature of 100.4 or greater, persistent cough, or other indications of not being well and healthy.)
Before participating in the activity, parents should take participants' temperature.
4. All participants should maintain a 6 foot distance between each other when participating in non-competitive activities.
5. Group celebrations, high fives, hugs, handshakes, fist-bumps, etc. are not permitted.
6. Coaches are required by Elite S.C. to wear masks during training. Coaches are permitted to remove their mask when giving instruction, while maintaining a 15 ft. distance from others.
7. Masks for players are permitted but not required to be worn during training. It is a personal choice by the players parent/guardian whether their child should wear a mask during training. All participants are recommended to wear their masks upon arrival, departure, and when not physically active during activities.
8. Hand Sanitizer: Players are required to have hand sanitizer for personal use and should sanitize their hands before and after each training session.
9. Players should have their own individual equipment (Ball, Water, Bag, Pinnie and/or Shirt, etc.). Minimize sharing of high-touch equipment between non household individuals. If equipment is to be shared, the equipment should be sanitized before and after use.
 - a. Personal items (Pinnies, shirts, water bottles, towels, etc.) should not be shared.
10. The handling of all equipment is limited to the coaching staff.

Training Environment:

1. In Phase 4 of the Restore Illinois Plan, soccer is considered a "medium risk" sport. Medium risk sports can currently play at "Level 1" & "Level 2" as outlined in the IDCEO Restore Illinois Guidelines. In Level 1 & Level 2 Intra-team scrimmages are allowed, with parental consent for minors as well as training with up to 50 participants (total number includes participants, coaches, referees, and spectators); competitive play (games against other teams/clubs), tournaments, and out-of-state play are not permitted.
2. Full team training is allowed in compliance with all IDPH guidelines.
 - a. Social distancing should be maintained before and after practice and when allowable during training.
3. Group sizes should be limited to 50 total participants, coaches, and referees (i.e. excludes spectators)
 - a. Any additional team members not participating in gameplay should sit on the sidelines 6-ft. apart from one another
4. During practice as well as competitive games, multiple groups of 50 or fewer participants permitted at once as long as:
 - a. Venue allows for social distancing of participants, employees and spectators
 - b. 30-ft of distancing is maintained between groups/ opposing teams on the sidelines
 - c. Areas for each group are clearly marked to discourage interaction between groups outside of competitive game play
5. All players must stay in their cars until 5 minutes before their scheduled practice.
 - a. Players are to head directly to their training area upon exiting their vehicle.
 - b. Social distancing is required when in the parking lot and when walking to the training area.
 - c. Players should leave their vehicles ready to play (wearing cleats, shin guards, etc.)
6. Players and parents are to follow all Elite S.C. signage.
7. Players will have a designated training group. All personal items and equipment should be placed 6 ft. apart.
8. Coaches will maintain 6 ft. distancing between players, parents, staff, etc at all times.
9. Physical contact outside of competitive play is not permitted.
10. Scrimmaging, small-sided games, rondos, possession games, etc. are permitted in Phase 4.
11. Participants should use their own equipment when possible and properly sanitize the equipment after every training session.
12. Practices and games will be staggered. Upon completion of practice and games, players are asked to head directly towards their vehicle and exit the facility.

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Scrimmages:

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2. Intra team scrimmages are allowed in compliance with all IDPH Guidelines.
3. competitive play (games against other teams/clubs), tournaments, and out-of-state play are not permitted.
4. Players & Coaches that are displaying COVID19 symptoms are not permitted to participate (temperature of 100.4 or greater, persistent cough, or other indications of not being well and healthy.)
Before participating in the activity, parents should take participants' temperature.
5. Social distancing should be maintained before and after scrimmages.
6. Players on bench should be spaced out at least 6-feet apart as allowable.
7. No pre or post game handshakes, instead for sportsmanship teams should engage in a round of applause following the conclusion of the match.
8. No pre-game team walkouts.
9. "Family areas" for spectators from the same residence will be created for scrimmages and will be at least 6 feet apart from one another and 30 feet off the sideline. Fans in attendance must remain in their designated area.
10. Spectators should not exceed 20% of seating capacity (bleachers).
11. It is recommended to remove benches and bleachers from sidelines and have players and spectators bring their own chairs that can properly be spaced at least 6-feet apart.
12. Players and spectators should leave the field immediately following the conclusion of the scrimmage and proper cool down.

Parent Responsibilities:

1. Spectators and participants should bring their own additional seating (e.g., chairs) from home.
2. Ensure your child is healthy and check your child's temperature before activities with others.
3. Consider not carpooling or very limited carpooling.
4. Stay in car or adhere to minimum 6 feet social distance requirement.
5. Follow the state orders for wearing a mask. When on the sidelines as a spectator, wear a mask that covers your nose and mouth.
6. Ensure child's clothing is washed after every training session and scrimmage.
7. Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training session and scrimmage.
8. Notify your club immediately if your child becomes ill for any reason.
9. Do not assist your coach with equipment before or after training and scrimmages.
10. Be sure your child has necessary sanitizing products with them at every training session & game.
11. Scrimmages: Stay within the designated family area for the duration of the game.

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Health Requirements & General Considerations:

GENERAL HEALTH:

1. If you are sick or have symptoms of an illness:
 - a. Stay home. Stay home regardless of what is causing your illness.
 - b. If you are confirmed or suspected to have COVID-19 practice self-quarantine measures and contact your physician.
 - c. To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider.
2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19:
 - a. Begin self-quarantine for 14 days.
3. Advise your instructor, club or coach if any possible exposures have occurred in your team, training or club environment. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.

MEDICAL CLEARANCE:

1. For individuals with a pre-existing medical condition, written clearance from your physician for return to full participation in sport & activity is recommended.
2. For individuals who have tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician for return to full participation in sport & activity.
3. For individuals who have experienced known COVID-19 exposure in the past 14 days, the following is recommended:
 - a. Home quarantine for 14 days
 - b. Written confirmation of COVID-19 negative status by your physician to return to play
4. For individuals who experienced any illness during shelter-in-place, written clearance from your healthcare provider that you are COVID-free is recommended.
5. Be prepared to report the onset of any new symptoms immediately. Contact your physician and follow the recommendations above for return to play.
6. Individuals who may be at increased risk of COVID-19 (including but not limited to age >65y/o, chronic cardiac or respiratory conditions including hypertension or diabetes, or have an immunocompromised state) should seek guidance by their medical professional as to their participation.

GENERAL HYGIENE:

1. Avoid touching your eyes/mouth/nose as much as possible.
2. Wash or sanitize your hands often.
 - a. Use soap and water for a minimum of 20 seconds.
 - b. When soap and water is not available, use hand sanitizer.
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
 - a. Follow with washing or sanitizing your hands.
 - b. Dispose of tissues in a sealed trash can.
4. Avoid spitting and coughing.
5. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers)

DAILY TRAINING/GAME MEDICAL CONSIDERATIONS:

1. The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training/game.
 - a. If thermometers are not available, conduct a daily health questionnaire in line with the "[Coronavirus Self-Checker](#)," made available by the CDC.
2. Do not participate in activities if you have any of the symptoms listed below.
 - a. COVID exposure in past 14 days
 - b. Sore throat
 - c. Shortness of breath/difficulty breathing
 - d. Fever >100.4 F
 - e. Chills
 - f. Headache
 - g. Sinus congestion
 - h. Cough persistent and or productive
 - i. Joint aches and soreness
 - j. Vomiting or diarrhea
 - k. Rash
3. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to coaches, instructors, team administrators, or medical staff within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance. Speak to a physician and follow CDC guidelines on self-quarantine. Should a member of your household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document.
4. Maintain all recommended [hygiene habits outlined by the CDC](#).

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Elite S.C. makes no representation and assumes no responsibility for the completeness of this information. Further, participants and families are expected to strictly comply with the Center for Disease Control (CDC), state and local guidelines for the resumption of play and seek advice from medical professionals and/or public health officials in your area if you have specific questions. These guidelines address only early phases of return-to-play and additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

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DAY OF TRAINING & SCRIMMAGE:

GETTING READY FOR TRAINING & Scrimmages:

1. Prepare and pack your water bottle for training & scrimmages.
 - a. Each player is recommended to bring at least two bottles of water to training and games, to limit the need for refills. You should not share water bottles and are not recommended to use public water fountains.
 - b. Clearly mark your name on your water bottle.
2. Get dressed at home in your uniform so that you can arrive to the training site or game field ready to play, without needing to use locker rooms or changing areas.
3. Participants are recommended to pack and bring to training and games personal sanitizing supplies, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.
4. Follow PPE (face mask) procedures outlined.
5. Wash your hands before departing for training and games.
6. Conduct a daily temperature check for low grade fever (>100.4.) at home before training and games. If you have a fever, do not go to training or game. Consult your physician.

TRAVEL TO TRAINING & SCRIMMAGES:

1. Travel with as few people as possible to training and scrimmages (ex: one parent and one child).
 - a. Carpooling or ride sharing is highly discouraged. For families who must ride together with no other alternatives:
 - i. Only rideshare with a family or individual who has practiced appropriate distancing and sheltering requirements established by their local government or public health officials.
 - ii. Rideshare with the same individuals each training.
 - iii. Ensure that all passengers have passed both the preliminary and daily clearance requirements outlined in this section.
 - iv. Maintain safe distancing within the vehicle during loading, transport and unloading.
 - v. Limit the number of stops between departure site and training destination.
 - vi. Wear your PPE in the vehicle.
 - vii. In accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance, minor and an adult who is not the minor player's parent/legal guardian should not be alone in the vehicle together.

FOR PARENTS AND GUARDIANS:

1. Parents and guardians should be thoroughly aware of all safety recommendations, and ensure their family follows them.
2. Parents and guardians should support the coach and organization in adhering to all safety recommendations.
3. During Phase 4, parents must be available to pick up their child if the practice or scrimmage has been canceled.
4. Parents and guardians should not congregate together and should follow social distancing guidelines.
5. Parents or guardians should have the contact information of relevant staff.

GENERAL RECOMMENDATIONS:

General hygiene practices to reduce the risk of spread of infection:

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face mask or covering when outside if you have any symptoms of upper respiratory infection.
- Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- Avoid contact with other individuals (shaking hands, for example).
- Maintain a distance of 6 feet between you and others.
- Stay home if you feel sick and contact your health care provider.

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TRAVEL QUARANTINE REQUIREMENTS:

The Cook County Department of Public Health currently has an emergency travel guidance in effect that **requires anyone visiting or returning to Cook County (which includes Chicago and several surrounding suburbs) from one of the 17 states listed below to self-quarantine for two weeks (14 days).**

As such, **any Elite S.C. Player who has traveled to one of these states and is currently enrolled in any programming must notify the Club** by completing the following form - [Elite S.C. Travel Notification Form](#).

List of states included in the Emergency Travel Guidance...

- Alabama
- Arkansas
- Arizona
- California
- Florida
- Georgia
- Idaho
- Kansas
- Louisiana
- Mississippi
- Missouri
- North Carolina
- North Dakota
- Nevada
- Nebraska
- South Carolina
- Tennessee
- Texas
- Utah
- Iowa
- Oklahoma
- Wisconsin

Thank you for your cooperation!

For any questions, please contact Shawn Mongoven, smongoven@elitesoccer.net

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