



# Lindenhurst Area Soccer Club



## COVID-19 Practice Protocols Arrivals & Departures

All players and parents MUST follow the below guidelines set by the state of Illinois, IYSA, YSSL, IWSL and LASC. This will allow us to continue training and create the safest possible environment and provide the best possible soccer experience.

Prior to arrival all players/parents must follow the guidelines below:

- Because of increased activities and exposure risks, any individual with 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.
- Notify the club immediately if your child becomes ill for any reason.
- 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 the Organization prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to participate.

Upon arrival all players/parents must follow the guidelines below:

- Parents are able to accompany their child to the check in area but then must return to their cars if they plan to stay. Ideally we would prefer ALL parents to DROP & GO. We can not allow parents to remain on the field to watch practice or gather together.
- Both Player and Parent must wear a mask to check in area.
- The player is to make his/her way to the Check-In area where the player will be asked a few questions, hand sanitised and temperature is to be taken. If temperature exceeds 100.4 the player will be asked to leave and parent will be contacted in regards to what to do next.
- The player must wear their mask until they sign in with their coach at their designated practice area.
- The player will then make their way to a designated field/group where they can sign in with the coach and are given a numbered cone to place their belongings. These player areas will be 6 feet apart from another players cone.
- The player will remove masks at cone and leave all belongings and then enter practice as normal.
- The player is to be made aware continuously throughout the practice when possible to stay social distanced.

Upon departure the player must follow the EXIT guidelines below.

- The player is to collect belongings from the designated cone and put on his/her mask before leaving the group/field.
- The player is to leave via the Entrance/Exit while staying social distanced.
- We can not allow post training gatherings of players or parents.

These guidelines are to be followed for all players, parents and guests to our training grounds. This will allow us to provide the safest and best possible soccer experience. As restrictions and requirements change, we will update our policies and practices to be in accordance with all guidelines set forth by our governing bodies.

If you have any questions regarding these protocols and guidelines please feel free to reach out via the contact below.

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Best Regards –  
LASC Board of Directors.