

## COVID Update from Sept 4<sup>th</sup> Guidelines:

MAIN IDEA: Limit contact as much as possible including **time exposed** to one another, **proximity** to one another, **mask use**, **hand hygiene**. **Report** and prevent spread.

**Time Exposed** – limit exposure by limiting time:

- Players should come to practice and games ready to play, put on gear before getting on field when possible.
- Do not arrive more than 5-10 minutes early if possible, warmups prior to game should be brief and not near another group.
- Practices shortened when possible.
- Leave field immediately when practice or games commence.

**Proximity** – prevent contact physically whenever possible:

- We must adapt soccer as we previously knew it and teach our players a new “COVID” soccer, minimal to no contact whenever possible (all age groups).
  - Practice drills that have no contact whenever possible.
  - **Intentional body contact now considered a violation resulting in an Indirect Free Kick** during games and should be taught this way during practice as well.
  - **No coin toss** – away team shall be provided choice to kick off or defer to second half.
  - No slide tackling.
  - No defensive walls.
  - **No heading.**
  - **No throw ins** when ball crosses the sideline but rather restart will be an Indirect Free Kick from the spot on the touchline where the ball went out of play.
  - **No corner kicks**, to be replaced by an Indirect Free Kick, same rules for placement of ball for corner kick however all players must comply to 6 foot distancing.
  - **No use of drop ball**, Indirect Free Kick to be awarded to team whom referee deemed to be in possession when referee stops play.
  - **One spectator per player**, siblings under 18 allowed but must stay with spectator at all times and follow policies of social distancing.
  - Field set up with cones for each player space as well as spectators and designated areas for each per field layouts.

**Mask Use** – Must be worn:

- **ALL TIMES by coaches.**
- Spectators must wear at all times in addition to 6 foot distancing.
- Players must wear masks at all times with exception of water breaks in their designated areas, where they should be 6+ feet away from any other player, coach or spectator. Players may lower mask to take breathing breaks when 6+ feet away from other players, coach or spectator.
- Player masks **MUST BE ear loop masks**. Gaiter or around the head or neck masks are not allowed during competitive play due to the risk of entanglement and choking.

**Hand Hygiene** – frequent hand cleaning prevents spread:

- We will provide **hand sanitizer** to each player and encourage them to bring with them when possible. Each team will have sanitizer as well and encourage use prior to play, at every break and after play.
- **No handshakes, fist or elbow bumps** or any other physical contact.
- No spitting, nose clearing on the field or spitting on gloves during practices or games.

- Do not use hands except for goalie, i.e. use feet to dribble ball to spot of indirect kick, do not pick up ball.
- Coach(s) to be the only ones handling cones/gear.
- No sharing of any equipment with exception of soccer balls.
- No team snacks or drinks.

**Report:**

- If any signs of COVID-19 in the past 14 days or exposure to someone that has confirmed positive test in the last 14 days or signs of COVID-19.
- Ask each player upon arrival if any symptoms of COVID-19, if any, send home and instruct to contact health care provider, doctor's note required to return to play.
- **Take attendance** at every practice and game for contact tracing in case of positive case.
- **Immediately contact** President of SYSA, Brent Powers and COVID-19 Safety Officer, Allison Darlington if positive case on team or direct exposure to COVID 19 of any player and further action will be taken by board.
- If any questions or concerns, just ask! We would rather be over cautious and prevent spread.

**All of the above is subject to change if the state should implement any further changes during our season.**