

RETURN TO PLAY PARENT CHECKLIST



- Ensure player is healthy and does not display any of the symptoms of COVID-19. If your player appears sick, please stay home.
- Make sure pinnies are washed before every practice.
- Disinfect soccer balls and water bottles before and after every practice.
- Please leave all pets at home.
- Parents and volunteers must wear a mask at all times.
- Players must wear a mask when walking to and from their practice field. Masks are optional for players on the field during practice.
- Parents should remain in their cars during practices. At minimum, parents must stay 30 feet or more from any practice area. One parent may accompany each 4U/5U player on or within 30 feet of the practice field, if needed.
- Only non-contact verbal congratulations allowed. No fist bumps, high-fives, handshakes, hugs, etc.
- No sharing of snacks, drinks, or personal equipment.
- Do not linger on or near the fields before or after practice. Team members must exit the fields promptly at the end of each practice session.
- Sanitize hands regularly.



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COVID Positive Guidelines

Any player or volunteer who tests positive for COVID-19 must quarantine for fourteen (14) days and notify the Region's Safety Director via email at safety@ayso418.org.

In order to return to play or to volunteering, he/she must:

- Not show any signs or symptoms of COVID-19, **AND**
- Not have a fever for at least 72 hours without fever-reducing medication, **OR**
- Conduct 2 negative COVID-19 tests in a row with testing being done at least 24 hours apart, **AND**
- Obtain a signed written clearance from a medical doctor showing that the person has been cleared to participate.

Per the guidelines, when there is a coach or player positive case, that team's practices will be suspended for fourteen (14) days, and the entire team will need to quarantine for fourteen (14) days.

Any player or volunteer who has come in contact with someone *outside of the Region's community* who tests positive for COVID-19 must quarantine for fourteen (14) days and notify the Region's Safety Director. If that person shows any signs or symptoms of COVID-19, he/she must immediately contact their healthcare provider and get tested.

Regional COVID Hotline

For any safety concerns, please send any email correspondences to covid@ayso418.org and a member of COVID-19 response team will respond within 48 hours.



RETURN TO PLAY PLAYER CHECKLIST



- If you feel sick, tell your parents and stay home.
- Wash pinnies before every practice.
- Disinfect soccer balls and water bottles.
- Wear a mask to and from the field.
- Keep your equipment bag separated from others.
- Do not share any personal equipment, food, or beverages.
- Verbal congratulations only. No fist bumps, high-fives, handshakes, hugs, etc.
- Do not linger on or near the fields before or after practice. Team members must exit the fields promptly at the end of each practice session.
- Sanitize hands regularly.

RETURN TO PLAY COACH CHECKLIST



- Only non-contact verbal congratulations allowed. No handshakes, fist bumps or high-fives.
- Wear a mask at all times.
- Maintain 6 feet social distancing from players and other volunteers.
- Take player attendance through Team Manager app.

HEALTH SCREENING CHECKLIST



It is the responsibility of a player's parent to consider and answer all Health Screening Questions below on Saturday morning for each of your children playing soccer **BEFORE** leaving your home for practice.

If you answer **YES** to any of the questions below, **do not bring your child to practice**. Instead, keep your child at home and contact your healthcare provider for further instructions.

PARTICIPANT HEALTH

- Temperature 100.4 degrees Fahrenheit or higher when taken by mouth;
- Sore throat or nasal congestion;
- New Loss of taste of smell;
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
- Diarrhea, vomiting, or abdominal pain; or
- New onset of severe headache, especially with a fever.
- Taken fever reducing medicine within the last 24 hours.

CLOSE CONTACT/PONTENTIAL EXPOSURE

- Had close contact (within 6 feet of an infected person for at least 15 minutes throughout the course of a day) with a person with confirmed COVID-19 in the last 14 days
- Had close contact contact (within 6 feet of an infected person for at least 15 minutes throughout the course of a day) with person under quarantine for possible exposure to COVID-19 in the last 14 days
- Traveled internationally or to an area requiring quarantine after travel per Chicago's Emergency Travel Order in the last 14 days.

