

# Return to Play - Guidance for Parents and Players

## Glenview AYSO - Region 362

### 1) Before/After

- a) Ensure your child is healthy. Test your child's temperature before departing for soccer practice or game (if above 100.4, do not attend, Notify Team).
- b) Wash your child's clothing after every training/activity (recommendation).
- c) Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.

### 2) Travel/Arriving/Pickup

- a) Follow specific drop off and pickup instructions for each field (available soon)
- b) Drop off and pick up players with special care given to the presence of children coming to and from the activity and receive verbal acknowledgement from the coach each time.
- c) Practice Drop off/pick-up: Please wait in your car. Adhere to social distance requirements, based on state and local health requirements and as requested by your coach or AYSO officials.
- d) Do not use of carpools or van pools, limit passengers to household members.
- e) Do not assist the coach with equipment before or after training. Parents should remain in their car for pick up and drop off of practices and maintain physical distance of 6 feet during games.

### 3) Game Time

- a) Procedures for Games: Parents are required to maintain a physical distance 6 feet from the sidelines as well as 6 feet from the next family. In addition, it is recommended that players sit with their families when not playing or they will be required to maintain 6 feet distance from others that are not in the game.
- b) Per Illinois' Phase 4 guidelines, please limit spectators to immediate household members or guardians of participants.
- c) Do not assist the coach with equipment before or after training. Parents should remain in their car for pick up and drop off of practices and maintain physical distance of 6 feet during games.

### 4) General

- a) Face masks are required. Proper face mask wear includes covering the nose and mouth.
- b) Clearly label your child's water bottle and personal items with name and phone number. Players are instructed not to share and or handle each other's equipment.
- c) 14-day quarantine recommended for persons entering suburban Cook County, Illinois, from states with high incidence of COVID-19 infections. See [cookcountypublichealth.org](http://cookcountypublichealth.org) for Suburban Cook County\* Travel Quarantine List

## 5) Communications

- a) Notify your team/club immediately if your child or family member becomes ill for any reason.
- b) Check Region and Coach communication regularly. Follow us on Instagram and Facebook for regular updates.
- c) No physical greetings with players and other parents (verbal acknowledgement is expected and encouraged).

## 6) Players

- a) Inform your parent if you are feeling unwell. Feeling unwell may include fever, cough, shortness of breath, etc. Parents, please see CDC information below with regard to symptoms and discuss and monitor with all children.
- b) Wash hands before and after training. Refrain from touching face.
- c) Clean all required equipment after each training sessions (ball, cleats, shin guards, etc.).
- d) Bring and use your own labeled hand sanitizer at every session.
- e) Do not touch or share anyone else's equipment.
- f) Practice social distancing, place bags and equipment at least 6 feet apart.  
No sharing drinks or use of water fountains at the facility (players should mark their own water bottles).
- g) No physical greetings with their teammates or other families (verbal acknowledgement is expected and encouraged). No postgame handshakes with other team. Verbal appreciation of the referee is expected.

## 7) General Guidance

- a) The Centers for Disease Control and Prevention offers recommendations on how members of the public can limit the spread of the coronavirus. They currently include:
  - i) Clean and disinfect frequently touched surfaces and exercise equipment (including balls).
  - ii) Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - iii) Wear a cloth face covering that covers your nose and mouth in public settings.
  - iv) Stay at least 6 feet away from non-household members. Note: research is ongoing on appropriate physical distance for bodies in motion.
  - v) Cover your mouth and nose with tissue when coughing or sneezing.
  - vi) Stay at home if you are sick. Notify your team of any illness or symptoms

## 8) The Centers for Disease Control and Prevention provides this information about COVID-19 :

- a) COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.
- b) Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
  - i) Fever or chills
  - ii) Cough
  - iii) Shortness of breath or difficulty breathing
  - iv) Fatigue
  - v) Muscle or body aches
  - vi) Headache
  - vii) New loss of taste or smell
  - viii) Sore throat
  - ix) Congestion or runny nose

- x) Nausea or vomiting
  - xi) Diarrhea
- c) Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:
- i) Trouble breathing
  - ii) Persistent pain or pressure in the chest
  - iii) New confusion
  - iv) Inability to wake or stay awake
  - v) Bluish lips or face

\*\*\*\* Call your medical provider for any other symptoms that are severe or concerning to you.\*\*\*\*

## 9) Protocol for Exposure:

- a) Contact your coach immediately if your player or anyone in the household has tested positive for COVID-19.
- b) If your player or any family member shows symptoms of COVID-19 or has been in immediate contact with a COVID-19 positive person, notify your coach and the player must remain home until testing can be completed and negative result reported for player and immediate family members.
- c) If a player, coach or persons involved in the program tests positive for COVID-19 notification will be made as follows:
  - i) The players, staff, and family members of those identified as having close contact will be notified and asked to self-quarantine for 14 days, which includes not attending any AYSO programs.
  - ii) Those who did not have direct exposure but were in contact with someone that was exposed (secondary exposure) will also be notified. Those with secondary exposure are permitted to participate in programs or teach/coach as long as they are asymptomatic and have not otherwise tested positive for COVID-19.
  - iii) If a player or volunteer of Glenview AYSO has tested positive notification will be sent to the entire program with information regarding the age group. No identifying information will be shared.