

SHEBOYGAN COUNTY YMCA SOCCER COVID-19 GUIDELINES

Dear Coaches, Players and Parents,

Your health and safety is our most important priority during these times. For us to have a successful fall soccer season, we have put COVID-19 guidelines in place. Please follow these guidelines to help keep everyone safe and so the kids can keep playing soccer. If a player is diagnosed with COVID-19, please contact Ashley, Sheboygan Falls YMCA Youth Sports Director, at arietbrock@sheboygancountymca.org or 920-467-2464 x207 so the necessary steps can be taken. **The guidelines below are subject to change.**

General COVID-19 Guidelines:

- Athletes and coaches should check their temperature at home before attending practices or games. If an athlete or coach has a temperature of 100.4 degrees or above, they should not attend practices or games.
 - They must be fever free for at least 72 hours without using fever-reducing medication to return to practice or play in a game.
- Coaches are responsible for ensuring social distancing is maintained between players as much as possible during practices.
 - This includes stretching, warming up, team huddle and changing from one drill to the next.
- **Coaches must keep a contact log of all players at practices and on game days.**
- All players must bring their own water bottle. Water bottles must not be shared.
- **Team snacks and drinks after the game are not allowed.**
- Coaches, players and parents have 5 minutes after the game to talk to their team, then must leave the sidelines and the field. Gathering at the end of games is not allowed as equipment must be sanitized before the next game.

Game Day COVID-19 Guidelines for PLAYERS

- Pre-game equipment checks: players should remain 6 feet apart.
- Goalies are **NOT ALLOWED** to spit into their gloves.
- No spitting is allowed for any player. If a referee sees a player spit, they will receive a yellow card.
- Throw-ins are **NOT ALLOWED**. They have been replaced with an indirect "kick-in" of the ball on the ground. The ball cannot leave the ground. If this happens, the other team will get possession of the ball. Defense must be 10 feet back from the spot of the kick-in.
 - Players on the bench must maintain social distancing. **All players not on the field of play during a game are required to wear a mask.**
 - Coaches are required to wear a mask during games and during practices whenever possible.
- Huddles: it is recommended that social distancing be maintained, as much as possible, when the coach is communicating with the entire team.
- Team handshakes: players **CANNOT** exchange handshakes, before, during or following practices and competitions.
 - Players will meet in the middle to wave and tell the other team "good game".
- The game ball will be sanitized after each half.

Game Day COVID-19 Guidelines for PARENTS AND SPECTATORS

- **All spectators in attendance at the game are strongly encouraged to wear a mask.**
- Spectators should practice social distancing between different households and accept personal responsibility for public health guidelines.
- Parents may drop off their child early for warm ups. However, parents are not allowed on the sidelines until 5 to 10 minutes before the game starts.
- Players and parents of the same team will sit on the same side of the field during games. See diagram below or example.
- **Parents should not attend practice. They should wait in the car for their child.**

If a Coach or Player is Exposed to COVID-19

- If a coach or player is exposed to COVID-19, the entire team is shut down until further notice. No practice or games!
- The opposing team will also be shut down until test results come back. Further instructions will come if the test is positive.
- If a family member is being tested, the player cannot be at practice or games until the test results come back.
- If a player or coach is tested for COVID-19, please contact Ashley immediately so the necessary steps can be taken.

