

City of Huntsville Parks and Recreation
Youth Recreational Soccer Return to Play/COVID-19 Safety Guidelines
Fall 2020

Self-Screen

Before attending any COH Parks and Recreation training soccer session, camp, game or any activity/event all players, parents, coaches and volunteers must complete a COVID-19 self-screen. Screen yourself and your child by answering the following questions;

- 1) Have you or your child had a fever with a temperature over 100 degrees Fahrenheit in the last 48 hours?
- 2) Do you or your child have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath or difficulty breathing, muscle or body aches, loss of taste or smell, sore throat, fatigue or other flu-like symptoms?
- 3) Have you experienced any of the above described symptoms within the last 10 days?
- 4) Have you had exposure to a person under quarantine for COVID-19 within the last 10 days?
- 5) Have you had exposure to a person diagnosed with COVID-19 within the last 10 days?
- 6) Are you an at-risk individual? Immunocompromised?

If you answered **YES** to any of the screening questions, **STAY HOME!**

Pre-Session/Activity

Before entering the fields to attend a COH Parks and Recreation training session, camp, game, or activity/event, all players, parents, coaches, staff, and volunteers must adhere to the following:

- 1) Take your temperature and parents must take their player's temperature before entering the field. If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48 hours to return to soccer activity.
- 2) Players are not permitted to enter the field until 5 minutes before their scheduled session/activity time. Remain in your vehicle until you are permitted to enter the fields.
- 3) Where applicable, players will enter through a designated entrance.
- 4) Parents are not permitted to remain on the field after completing their player drop off.
- 5) You must wear a mask (players and parents) or facial covering (self supplied) that covers your nose and mouth to enter the field and keep it on unless you are actively involved in play.
- 6) Players must bring their own equipment (ball, water bottle, etc.).

Session/Activity

During a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 1) Maintain a minimum social distancing of 6 feet between individuals.
- 2) Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.
- 3) No physical contact between coaches and players.
- 4) You must wear a mask or facial covering at all times. Players may remove their mask when actively participating in soccer activities.
- 5) No sharing of water bottles, drink bottles, coolers, cups food or equipment.
- 6) Anyone not directly involved in the activity is not permitted on the fields during soccer activities. Parents and spectators are permitted to watch from their vehicles or outside of the field of play (minimum of 10 feet from touchline) while adhering to social distancing between households.
- 7) Soccer practice session or activity will last no more than 75 minutes and allow 15 minutes between session to allow players to arrive and leave without contact.

- 8) Only coaches are permitted to handle training equipment (balls, cones, goals etc.).

Post Session/Activity

After a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 1) There will be a minimum of 15 minutes to depart the field.
- 2) After completing the session/activity, players and coaches are required to apply hand sanitizer (self supplied) before leaving the field.
- 3) After completing the session/activity players will put on their masks to prior to leaving the field.
- 4) Players will leave the field under the coaches' direction and through a designated exit where possible.
- 5) Players should proceed directly to their vehicle after training/activity.
- 6) Players and coaches must sanitize their equipment after each session.

Restroom Use

Anyone using the restroom must adhere to social distancing, wear a mask and always wash their hands before leaving the restroom. Coaches, players, parents and volunteers must always sanitize their hands before returning to the field. Coaches will ensure their players sanitize their hands before returning to the field and soccer activities,

***Players must have personal hand sanitizer with them when attending all soccer sessions/activities.**

Return to Play Responsibilities-Coach

Ensure health and safety of players.

Notify the league if they or any of their players become ill.

Ensure all players have their own equipment (including hand sanitizer) at their own player station and keep each player station at least 6 feet apart.

Ensure all drills provide for social distancing.

Coaches must always wear a mask.

Required to have personal sanitizer and spray Lysol type disinfectant to use on all equipment (cones, balls, etc.) after every session/activity.

Return to Play Responsibilities-Parent

Adhere to all COH guidelines.

Complete the self-screen for you and your child before all session/activity.

Stay in your vehicle or away from the field of play and adhere to all local/state social distancing guidelines.

Ensure your player has personal hand sanitizer and face covering.

If possible, eliminate or reduce carpooling.

Return to Play Responsibilities-Player

Have personal hand sanitizer, face covering, ball and water at all sessions/activities.

Do not share water bottles, food or equipment with anyone.

Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.

Place bags or equipment at least 6 feet apart.

Adhere to social distancing requirements and wash hand when going to the restroom. Sanitize hands before returning to the field.



City of Huntsville Parks and Recreation
Youth Recreational Volleyball Return to Play/COVID-19 Safety Guidelines
Fall 2020

Self-Screen

Before attending any COH Parks and Recreation training volleyball session, camp, game or any activity/event all players, parents, coaches and volunteers must complete a COVID-19 self-screen. Screen yourself and your child by answering the following questions;

- 1) Have you or your child had a fever with a temperature over 100 degrees Fahrenheit in the last 48 hours?
- 2) Do you or your child have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath or difficulty breathing, muscle or body aches, loss of taste or smell, sore throat, fatigue or other flu-like symptoms?
- 3) Have you experienced any of the above described symptoms within the last 10 days?
- 4) Have you had exposure to a person under quarantine for COVID-19 within the last 10 days?
- 5) Have you had exposure to a person diagnosed with COVID-19 within the last 10 days?
- 6) Are you an at-risk individual? Immunocompromised?

If you answered **YES** to any of the screening questions, **STAY HOME!**

Pre-Session/Activity

Before entering the fields to attend a COH Parks and Recreation training session, camp, game, or activity/event, all players, parents, coaches, staff, and volunteers must adhere to the following:

- 1) Take your temperature and parents must take their player's temperature before entering the field. If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48 hours to return to soccer activity.
- 2) Players are not permitted to enter the field until 5 minutes before their scheduled session/activity time. Remain in your vehicle until you are permitted to enter the fields.
- 3) Where applicable, players will enter through a designated entrance.
- 4) Parents are not permitted to remain on the field after completing their player drop off.
- 5) You must wear a mask (players and parents) or facial covering (self supplied) that covers your nose and mouth to enter the field and keep it on unless you are actively involved in play.
- 6) Players must bring their own equipment (ball, water bottle, etc.).

Session/Activity

During a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 1) Maintain a minimum social distancing of 6 feet between individuals.
- 2) Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.
- 3) No physical contact between coaches and players.
- 4) You must wear a mask or facial covering at all times. Players may remove their mask when actively participating in soccer activities.
- 5) No sharing of water bottles, drink bottles, coolers, cups food or equipment.
- 6) Disinfect volleyballs between matches.

- 7) Anyone not directly involved in the activity is not permitted on the court during volleyball activities. Parents and spectators are permitted to watch from bleachers adhering to social distancing between households.

- 8) Volleyball practice session or activity will last no more than 75 minutes and allow 15 minutes between session to allow players to arrive and leave without contact.
- 9) Suspend protocol of teams switching sides indoor play.
- 10) Only coaches are permitted to handle training equipment.

Post Session/Activity

After a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 1) There will be a minimum of 15 minutes to depart the field.
- 2) After completing the session/activity, players and coaches are required to apply hand sanitizer (self supplied) before leaving the field.
- 3) After completing the session/activity players will put on their masks to prior to leaving the field.
- 4) Players will leave the field under the coaches' direction and through a designated exit where possible.
- 5) Players and parents should leave the gym as soon as reasonably possibly and avoid post play socializing.
- 6) Players and coaches must sanitize their equipment after each session.
- 7) Refrain from team snacks/drinks.

Restroom Use

Anyone using the restroom must adhere to social distancing, wear a mask and always wash their hands before leaving the restroom. Coaches, players, parents and volunteers must always sanitize their hands before returning to the court. Coaches will ensure their players sanitize their hands before returning to the court.

***Players must have personal hand sanitizer with them when attending all soccer sessions/activities.**

Return to Play Responsibilities-Coach

Ensure health and safety of players.

Notify the league if they or any of their players become ill.

Ensure all players have their own equipment (including hand sanitizer) at their own player station and keep each player station at least 6 feet apart.

Ensure all drills provide for social distancing.

Coaches must always wear a mask.

Required to have personal sanitizer and spray Lysol type disinfectant to use on all equipment (cones, balls, etc.) after every session/activity.

Return to Play Responsibilities-Parent

Adhere to all COH guidelines.

Complete the self-screen for you and your child before all session/activity.

Stay in your vehicle or away from the field of play and adhere to all local/state social distancing guidelines.

Ensure your player has personal hand sanitizer and face covering.

If possible, eliminate or reduce carpooling.

Return to Play Responsibilities-Player

Have personal hand sanitizer, face covering, ball and water at all sessions/activities.

Do not share water bottles, food or equipment with anyone.

Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.

Place bags or equipment at least 6 feet apart.

Adhere to social distancing requirements and wash hand when going to the restroom. Sanitize hands before returning to the field.

City of Huntsville Parks and Recreation
Youth Recreational NFL Flag Football Return to Play/COVID-19 Safety Guidelines
Fall 2020

Self-Screen

Before attending any COH Parks and Recreation training flag football session, camp, game or any activity/event all players, parents, coaches and volunteers must complete a COVID-19 self-screen. Screen yourself and your child by answering the following questions;

- 7) Have you or your child had a fever with a temperature over 100 degrees Fahrenheit in the last 48 hours?
- 8) Do you or your child have any of these symptoms: cough, headache, diarrhea, nausea or vomiting, shortness of breath or difficulty breathing, muscle or body aches, loss of taste or smell, sore throat, fatigue or other flu-like symptoms?
- 9) Have you experienced any of the above described symptoms within the last 10 days?
- 10) Have you had exposure to a person under quarantine for COVID-19 within the last 10 days?
- 11) Have you had exposure to a person diagnosed with COVID-19 within the last 10 days?
- 12) Are you an at-risk individual? Immunocompromised?

If you answered **YES** to any of the screening questions, **STAY HOME!**

Pre-Session/Activity

Before entering the fields to attend a COH Parks and Recreation training session, camp, game, or activity/event, all players, parents, coaches, staff, and volunteers must adhere to the following:

- 7) Take your temperature and parents must take their player's temperature before entering the field. If the temperature is over 100 degrees Fahrenheit, you are not permitted to enter the field. You must be temperature free for 48 hours to return to soccer activity.
- 8) Players are not permitted to enter the field until 5 minutes before their scheduled session/activity time. Remain in your vehicle until you are permitted to enter the fields.
- 9) Where applicable, players will enter through a designated entrance.
- 10) Parents are not permitted to remain on the field after completing their player drop off.
- 11) You must wear a mask (players and parents) or facial covering (self supplied) that covers your nose and mouth to enter the field and keep it on unless you are actively involved in play.
- 12) Players must bring their own equipment (ball, water bottle, etc.).

Session/Activity

During a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 11) Maintain a minimum social distancing of 6 feet between individuals.
- 12) Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.
- 13) No physical contact between coaches and players.
- 14) You must wear a mask or facial covering at all times. Players may remove their mask when actively participating in soccer activities.
- 15) No sharing of water bottles, drink bottles, coolers, cups food or equipment.
- 16) Anyone not directly involved in the activity is not permitted on the fields during flag football activities. Parents and spectators are permitted to watch from their vehicles or outside of the field of play (minimum of 10 feet from touchline) while adhering to social distancing between households.
- 17) Teams must be on opposite sides of field.
- 18) The officials will keep score on the field.

- 19) Flag Football practice session or activity will last no more than 75 minutes and allow 15 minutes between session to allow players to arrive and leave without contact.
- 20) Only coaches are permitted to handle training equipment (balls, cones, etc.).

Post Session/Activity

After a COH Parks and Recreation training session, camp, game or activity all players, parents, coaches or volunteers must adhere to the following;

- 8) There will be a minimum of 15 minutes to depart the field.
- 9) After completing the session/activity, players and coaches are required to apply hand sanitizer (self supplied) before leaving the field.
- 10) After completing the session/activity players will put on their masks to prior to leaving the field.
- 11) Players will leave the field under the coaches' direction and through a designated exit where possible.
- 12) Players should proceed directly to their vehicle after training/activity.
- 13) Players and coaches must sanitize their equipment after each session.
- 14) Refrain from giving team snacks/drinks.

Restroom Use

Anyone using the restroom must adhere to social distancing, wear a mask and always wash their hands before leaving the restroom. Coaches, players, parents and volunteers must always sanitize their hands before returning to the field. Coaches will ensure their players sanitize their hands before returning to the field and flag football activities.

***Players must have personal hand sanitizer with them when attending all flag football sessions/activities.**

Return to Play Responsibilities-Coach

Ensure health and safety of players.

Notify the league if they or any of their players become ill.

Ensure all players have their own equipment (including hand sanitizer) at their own player station and keep each player station at least 6 feet apart.

Ensure all drills provide for social distancing.

Coaches must always wear a mask.

Required to have personal sanitizer and spray Lysol type disinfectant to use on all equipment (cones, balls, etc.) after every session/activity.

Return to Play Responsibilities-Parent

Adhere to all COH guidelines.

Complete the self-screen for you and your child before all session/activity.

Stay in your vehicle or away from the field of play and adhere to all local/state social distancing guidelines.

Ensure your player has personal hand sanitizer and face covering.

If possible, eliminate or reduce carpooling.

Return to Play Responsibilities-Player

Have personal hand sanitizer, face covering, ball and water at all sessions/activities.

Do not share water bottles, food or equipment with anyone.

Physical contact is not permitted, high fives, handshakes, fist bumps, hugs, player huddles, group celebrations and the like.

Place bags or equipment at least 6 feet apart.

Adhere to social distancing requirements and wash hand when going to the restroom. Sanitize hands before returning to the field.

