

# **Chicago Dynasty FC / Stickney Soccer Association**

## **Return to Activity Protocol**

### **Parent Guidelines**



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Dear Parents,

As the Stay-at-Home Order has been extended to May 31, our two organizations, Stickney Soccer Association (SSA) and Chicago Dynasty FC (CDFC), have collaborated on the following protocols; which are meant to provide a pathway for how youth soccer can resume in some shape or form this summer. Our organizations serve more than 300 participants. As you will be able to tell from the enclosed phased plan, the safety of all youth participants is and will always be at the forefront of our decisions.

Like other youth sports, soccer provides great physical and mental health benefits to the children of our community. Safely allowing soccer players the ability to get back to play will be a great way to bring our families back to normal. The professional staff of these two organizations have a detailed plan to bring our game back to outdoor activity while specifically addressing the needs of a safe environment.

We hope that this plan and guidelines given will be a great tool for all of us to train with ease and calmness. For your reference, we created a phased plan so you can see how we plan to return-to-play safely.

Sincerely,

Pierre Ramirez – Executive Director

Omar Torres – Technical Director

## Phase Overview

First and foremost, we will continue to abide by all guidelines and restrictions set forth by the State of Illinois and our sporting governing body, U.S. Youth Soccer. These phases are designed to ease our way back into soccer, allowing children within our programs to resume some activities outdoors in a safe manner. We will determine which phase is appropriate based on guidance from governmental authorities. Each phase works in conjunction with the phases laid out by the governor of Illinois.

- *Phase 1:* Stay Home! Make sure everyone is sheltered safely and healthy. Adjust to E-learning and ensure safety at home.
- *Phase 2* “Internet-only” soccer, where players do individual sessions at home guided by their organization.
- *Phase 3:* This phase allows for outdoor, 10-person trainings, with specific protocols in place to reduce the spread of COVID-19.
- *Phase 4 (Current):* This phase allows for the resumption of full team trainings, with specific protocols in place to reduce the spread of COVID-19.
- *Phase 5:* This phase allows for the resumption of League matches, with specific player and spectator protocols.
- *Phase 6:* This phase allows for resumption of youth soccer as we knew it prior to COVID-19. This includes tournaments.

*These Phases are fluid and will always follow government restrictions and guidelines as well as governing body guidance. The Phases are not linear as both the federal and state governments have indicated that varied levels of mitigation restrictions may be imposed to slow the transmission of the virus. We welcome input from the medical authorities and are currently seeking their advice.*

## Detailed Phases

### *Trainings*

Objective: Allow children to safely resume training activities outdoors with their teammates. All U.S. Youth Soccer and State of Illinois guidelines will be followed along with the following additions:

- *Phase 1: Stay Home! Flatten the curve and adjust to E-learning.*
- *Phase 2: (Current) : “Internet-only” soccer*
  - Where organization engages players to execute a wide-range of skills.
  - Limited efficacy due to limited social interaction.
- *Phase 3: Socially Distanced/Modified Training Environment*
  - **Social Distancing Training**
    - Trainings will consist of no more than 10 people at the training (9 players and 1 coach or trainer, 8 players and 2 coaches/trainers).
    - Trainings will have proper social distancing for each player and coach at all times.
    - Trainings limited to non-contact activities i.e. individual skills, fitness, etc.
    - No physical contact including huddles, handshakes, and high-fives.
    - Only 1 training session per field
    - Parents and spectators must follow government social distancing guidelines, i.e. parents to remain in vehicle.
    - **Mask are permitted but not recommended during actual training. Players may wear mask to the field and once training is over. If you plan on wearing a mask, please make sure to talk to the Technical Director before practice.**
  - **Equipment**
    - Players will bring their **own soccer balls** to training. Please contact us if you are need of purchasing a ball.
    - Equipment will be disinfected before and after trainings, equipment should be provided by the club when needed. Where possible, communal equipment should only be handled by the coach.
    - Balls should not be handled with their hands, by any player, with the exception of the goalkeeper with gloves on.
    - Player’s water and personal equipment should not be shared, and should be placed at least 6 feet apart to ensure breaks are also properly distanced.
    - Hand sanitizer should be used by each player before, during, and after trainings, supplied by the player.
    - Masks are required for coaches and/or trainers at the fields as long as they are still recommended by the State of Illinois.
  - **Training Schedule**
    - Teams entering fields for trainings should wait until all players from previous practice have left.

- Stagger trainings to allow ample time or in/out flow of traffic.
- Please review emails consistently to view times and modifications of your session when announced

- *Phase 4: Full Training Environment*

*All rules of Phase 2-3 apply to except where changes have been made below.*

- Full roster (and up to 2 coaches or trainers) may be present on the same field during trainings, but only one team per field shall occupy that field.
- Groups will consist of no more than 25 people.
- Scrimmages and contact drills will begin.
- Parents may come out and sit on the sidelines so long as they are 6ft. apart.

- *Phase 5: Matches/Games Begin*

*Matches would not resume until Phase 4 of this Return to Play plan. This phase builds on the previous three Phases and would allow matches between teams to begin. The safety precautions indicated below will mitigate risks.*

*While we are hopeful that match play is able to resume momentarily, we acknowledge that match play may not be feasible in the immediate term. Therefore, the details below are “high-level” as safety guidelines are ever-changing and evolving. That said, resumption of match play will fill a much needed social and physical need in the lives of players and families alike.*

- Safety policies and precautions
  - If a player/coach thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (i.e. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19 (which would follow state-mandated quarantine requirements). If a coach, administrator, or official has a concern about a player's health, they have the ability to send the player home.
  - During this phase, both League organizations will incorporate the above precautionary measures to manage the game day environment. This includes, but is not limited to:
    - Spectator social distancing protocols;
    - Scheduling of matches with in/out flow of traffic in mind;
    - Equipment and sanitization protocols;
    - Any other applicable measures to promote a safe and healthy environment.

- *Phase 6: Tournaments/Resumption of Normal Soccer Activities*

*Similar to Phase 4 above, and as the COVID-19 situation evolves, we will provide specific guidance related to the ability to host tournaments, which are larger gatherings in nature. Once we are able to reach this phase, Phase 5 & Phase 6 will likely be similar in nature. When we reach Phase 5, we will resume soccer activities as we did prior to COVID-19.*

## **Communication**

We will establish and communicate to our members a mitigation plan that addresses the primary components of the guidelines above, using agreed upon and aligned consistent language and protocols from the resources available through the established federal and state authorities.

We also understand that individual families within our organizations may have circumstances or views that compel them to refrain from participation and as leaders within our organizations, we understand this. No member should be penalized or otherwise pressured should they choose to not participate under these guidelines.

Please note that there will be forms and waivers that need to be filled out before the start of activity. Organization will be emailing those forms out to parents so they can be turned in.

### **Symptoms of COVID-19 Infection:**

*Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. The most common symptoms associated with infection include:*

- Fever ( $\geq 100.4$  degrees F)
- Cough
- Shortness of breath

*Less common symptoms that may still be evidence of COVID-19 infection include:*

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

## **Additional Protocols**

### **Return to Play Following Confirmed or Suspected COVID-19 Infection:**

*These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.*

*Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection:*

Cannot attend club events until:

- At least 3 days (72hours) have passed since resolution of fever (defined as
  - $\geq 100.4$  degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), AND...
  - At least 10 days have passed since symptoms first appeared.
- OR:**
- Resolution of fever without the use of fever-reducing medications, AND
  - Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND...
  - Negative results of an FDA authorized molecular assay for detection of
  - SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (two negative specimens).

Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms:

Cannot attend club events until:

- 10 days after date of their first positive COVID-19 diagnostic test assuming
  - no symptoms since that time. If symptoms develop symptoms, then management should be guided as above for symptomatic individuals.
- OR:**
- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (two negative specimens).

## **Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19**

*These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission.*

*Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptoms consistent with infection.*

*If asymptomatic after 14 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:*

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same house hold as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.

**OR:**

- Coming in direct contact with secret ions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example).

**Below is a copy of the Illinois Youth Soccer Phase Three guidelines for additional reference.**



**Restore Illinois Phase 4 - Return to Play Protocol Version 2 EFFECTIVE NO LATER THAN AUGUST 15**

**UPDATED AUGUST 14**

Illinois Youth Soccer Association (IYSA) is dedicated to protecting the health and safety of our soccer community. We understand that our member organizations want to get back on the field, but this must be done with strict focus on the safety of the players, coaches, referees and families and follow state and local guidelines for resumption of activities. The purpose of this document is to provide IYSA member soccer organizations and their athletes, parents, and coaches with information that they can use to assist them with developing their return-to-activity programming specific to their situation in context of the COVID-19 pandemic.

On July 29, Governor Pritzker and the Public Health authorities, announced a change to the allowable sports activities. In the July 29 revision, soccer was designated as a “medium risk” sport which allows for trainings and intra-team scrimmages. **On August 14, we received confirmation from the IDPH and DCEO about changes to the July 29 Guidelines that included 1) limiting the number of players on a team to 25 for trainings and intra-team scrimmage 2) allowing out-of-state play. A team is no more than 25 players. A group is 50 people that includes a maximum of 25 players and coaches, trainers, spectators.**

- [Illinois All Sport Policy](#)
- [DCEO All Sport FAQ \(See Page 7 Sports Related Questions\)](#)

**However, social distancing should NOT be taken lightly, and all aspects of the training environment must be assessed and modified to identify and reduce the risk of spreading the virus.**

**This Protocol is based on the [Illinois Department of Public Health Sports Guidelines](#), [US Soccer](#) and [US Youth Soccer guidelines for soccer organizations, clubs and teams that have reached the Restore Illinois Phase 4 Restore](#), the [Public Health Approach to Safely Reopen the State](#). The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Illinois Youth**

Soccer Association makes no representation and assumes no responsibility for the completeness of this information. Further, your organization is expected to strictly comply with the Center for Disease Control (CDC), state and local guidelines for the resumption of play and seek advice from medical professionals and/or public health officials in your area if you have specific questions. Additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering return-to-activity.

### **Allowable Activities**

- Intra-team (within team) scrimmages
- Training with up to 25 players and a total of 50 people – 25 players + an additional 25 people  
that includes coaches, referees and spectators
- Out-Of-State Play – teams and players should abide by local travel bans and quarantine orders

### **Activities Not Allowed**

- Games against other teams or clubs played in Illinois
- In-State Tournaments
- Tryouts

### **Criteria for participation in for athletes, coaches and staff:**

- Intra-team scrimmages and training are allowed but limited to 25 player per team in compliance with all IDPH guidelines.
- Social distancing should be maintained before and after practice and when allowable during training.
- Training sessions should take place outside.
- Because of increased activities and exposure risks, any individual with a pre-existing medical

conditions is required to provide UPDATED written clearance from a physician for return to

full participation.

- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.

- Participants must not have above normal temperature readings. Anyone with a temperature

of 100.4°F or above shall not be permitted to remain on site. If practical before participating in the activity, sport organizer should take participants temperature via a touchless thermometer.

- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Appropriate infection prevention supplies should be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.).
- Participants should use their own equipment when possible and properly sanitize the equipment after every training session.

- Participants should use their own water bottle, towel and any other personal hygiene products.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- Ensure participants are abiding by the State of Illinois' ordinance regarding appropriate personal protective equipment, (gloves, face mask, etc.) Masks are permitted but not required to be worn by the players during training.
- Coaches must maintain social distancing from all participants.
- Players on bench should be spaced out at least 6-feet apart as allowable.
- Teams / groups should be static, with no mixing of coaches or participants between groups

for the duration of the season.

- Minimum 30 feet of distancing space must be maintained between groups. Area for each

group must be clearly marked.

- Maintain an attendance log for every session. Club should keep the attendance log on file

for duration of each season for tracing purposes.

- Gatherings should be restricted to 20% of capacity outdoors (multiple groups of 50 including the 25 maximum number of players and 30 feet between groups) and the lesser of 50 people including the 25 maximum number of players OR 20% capacity indoors, inclusive of athletes, coaches, referees, and spectators. Organizers should ensure at least 6-ft. between seats occupied by spectators that are not members of the same household or party. Everyone must wear face coverings at all times. Organization must follow all of the [Restore Illinois Phase 4 Sports Guidelines](#).

### **Introduction of Principles and Responsibilities**

#### **Club Responsibilities:**

- Collect from each participant the signed “IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement” PRIOR to every athlete’s participation. Keep the executed Agreement for a minimum of seven (7) years and make it available to the IYSA upon request.
- Complete and submit to IYSA prior to the start of activities the “IYSA Organization Communicable Disease Agreement”.
- Do not mandate participation - be sensitive and accommodating to parents who may be uncomfortable about returning to activity at this time.
- Anyone who has an underlying health condition should consult with his/her doctor before participating in the activity.
- Create and distribute updated Phase 4 protocols to members prior to the start of activities.
- Communicate insurance information, protocol and responsibilities to the parents prior to

initial participation. IYSA does not provide any insurance coverage for Covid-19 related

claims.

- Have an effective communication plan in place.
- Identify strategies for working with public health officials to notify adult leaders, youth and

their families if the organization becomes aware of a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity.

- Maintain participant confidentiality regarding health status.
- Be sensitive and accommodating to parents who may be uncomfortable with returning to

play at this time.

- Have an action plan in place, in case of notification of a positive test result.
- Anyone who tests positive for Covid-19 must quarantine for at least 14 days and not show

any signs or symptoms of Covid-19, have no fever for at least 72 hours without fever-reducing medication or have 2 negative COVID-19 tests in a row with testing being done at least 24 hours apart and submit to the Organization prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to participate.

- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations and other necessary safety information.
- Be prepared to shut down and stop operations.
- Develop plans for temporary closure of indoor facilities and cancellation of outdoor activities

for proper disinfection.

- Provide adequate field space for social distancing.
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Develop a relationship and a dialogue with local health officials.
- **If allowing spectators to watch, create an adequate number of “Family Areas”. These should**

**be marked boxes for spectators from each family that should be at least 6 feet apart from one another and at least 6 feet off of the sideline. SPECTATORS WITHIN 30 FEET OF TRAINING COUNT AS THE THE NON-PLAYER COMPONENT OF THE GROUP TOTAL.**

#### **Coach Responsibilities:**

- Ensure the health and safety of the participants.
- Masks are permitted but not required to be worn by the players during training.
- Inquire how the athletes are feeling. Send home anyone you believe acts or looks ill.
- Follow all state and local health protocols and guidelines.

- Ensure all athletes have their own individual equipment (ball, water, bag etc.)
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist

parental or attendee assistance.

- Training should be conducted outdoors when possible and compliant with social distancing

per state or local health guidelines.

- Coaches are responsible for keeping players safe.
- Coaches should maintain at least 6 feet social distance requirements from players based on

state and local health requirements.

- Do not use scrimmage vest or pinnies – Plan ahead for players to wear specific colors or

players should be given their own pinnies for the duration of the season

- Have fun, stay positive – players and parents are looking to you for leadership.

#### **Parent Responsibilities:**

- Ensure your child is healthy and check your child's temperature before activities with others.

- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to minimum 6 feet social distance requirement.
- Follow the state orders for wearing a mask.
- Ensure child's clothing and any club issues pinnies are washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every

training.

- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- If the club has set-up a "family area" for you to watch, stay within your designated area.
- When on the sidelines as a spectator, wear a mask that covers your nose and mouth.

#### **Players Responsibilities:**

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training.
- Masks are permitted but not required to be worn by the players during training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC and IDPH guidelines as well those of your local health authorities.

**Insurance:**

To be covered by Illinois Youth Soccer (IYSA) insurance during Illinois Restore Phase 4, the IYSA Member club/league must abide by the following requirements:

1. The practice/training/game must be a formal organized activity by an IYSA Member club/league for IYSA Member League players only.
2. The participants including players and coaches must be registered with and have a current, valid pass from the IYSA Member League and must be on file with the IYSA.
3. The Member club/league must have a signed "IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement" on file for each participant including but not limited to the players, coaches, staff, volunteers prior to the start of the first practice/training/game.
4. The IYSA does not provide any insurance coverage for Covid-19 related claims.
5. The practice/training must abide by all the requirements listed in the IYSA Return to Activity

Protocol.

6. The IYSA Member club/league must complete and submit to the IYSA prior to its first

practice/training/game the "IYSA Organization Communicable Disease Agreement".

7. Failure to follow the state and local government public health orders, Centers for Disease

Control guidelines and IYSA protocol involving COVID-19 or any other communicable disease may void medical and liability coverage for your organization under the IYSA insurance placements.