

CHARLOTTE JR SOCCER RETURN TO PLAY Guide

Fall 2020

Charlotte Junior Soccer will use reasonable efforts to provide a safe recreational soccer opportunity, but Charlotte Junior Soccer does not and cannot guarantee the health and safety of participants (players, coaches, referees or family members), particularly with respect to the potential spread of the coronavirus which causes COVID-19. All those participating in Charlotte Junior Soccer's programs are doing so at their own risk and through their participation indemnifies and waives any and all claims against Charlotte Junior Soccer, its board members, employees, agents and volunteers, including coaches, referees and league coordinators. All participants must comply with the guidelines specified herein. Anyone who cannot or will not agree to and abide by these guidelines and indemnities is hereby directed to withdraw from league activities.

The guidelines are adapted from US Soccer, NCYSA and Mecklenburg County Parks & Recreation. While there is no way of eliminating risk of infection, the rules outlined below can minimize the risks of transmission. Players, coaches, parents, and Charlotte Junior Soccer (CJS) all share responsibility for making this season possible for the children.

For EVERYONE:

- **If you are sick for any reason, you must stay home.**
- Before you leave for each practice/game, if you have:
 - temperature above 100.4 (take your temperature at home), or
 - any symptoms of Covid-19 for past 14 days, or
 - been exposed to a confirmed case of Covid-19 for past 14 days, or
 - ANY other symptoms of any illness, THEN
 - **Please stay at home.**
- If anyone is confirmed of having Covid-19 and has participated in any CJS activities within the past 14 days, please advise CJS HQ at charlottejrsoccer@gmail.com. CJS will abide by ALL privacy protocols with this information as directed by County health officials, ADA, and other guidelines.

FOLLOW THE THREE W'S:

- **W**ear a Mask
- **W**ash your Hands
- **W**ait Six feet apart

For Players

1. Bring your equipment to all practices and games, when games are allowed. No sharing or borrowing.
 - Water bottle, face mask, and hand sanitizer—each one marked with player's name.
 - CJS will provide each player with a ball and practice pinnie (no pinnies for U5s) at the first team function. Mark both with your player's name.
 - For goalies: It is highly recommended that you bring your own gloves. If sharing gloves, use single use plastic/latex gloves as liners worn inside goalie gloves; sanitize hands before and after putting on goalie gloves; keep hand sanitizer close by while in goal.
 - CJS highly recommends that a soccer bag -clearly marked with the player's name-be used to keep all items together. These bags will be placed 6 feet apart on the sidelines and mark each player's sideline station for social distancing.
2. Mask worn to and from the field and while on sidelines (passive) but not required during practices and games (active). Bring a plastic bag for storing your mask when not being used, labeled with your name and kept with your equipment.
3. Wash or sanitize your hands at all water breaks and before and after practice/game.
4. Minimize close contact i.e. no huddles, high-5's, handshakes, hugs, fist bumps, elbow bumps, goal celebrations, etc. Clapping is OK!
5. Remain in your car with your parent or guardian until field is clear of the team practicing ahead of you.
6. Exit the field promptly upon completion of practice/game. No team meetings or team snacks.
7. Wash and sanitize all equipment and clothing after every session.

For Parents:

1. Help your child be ready for practices and games with all required items marked with name. Check players temperature and for other symptoms of illness.
2. Help wash and sanitize all clothing and equipment after practices and games.
3. Stay in your car at drop off and practice and wear a mask if outside the car.
4. Socially distance at games, if and when games are allowed. There may be a limit of one parent at games as required by County guidelines. Exit fields promptly after events.
5. Remain behind the red dotted markings on the sidelines. Keep a 6 foot buffer for social distancing while at the field.
6. Carpooling is not recommended.
7. Parents should wear masks if out of the car while escorting U5s, U6s, and U8s to and from the field and to socially distance while doing so.
8. **Spectators are not allowed at any events (practice, games, clinics) at this time.** EXCEPTION: Players participating in our U5 and U6 divisions are required to have one parent, guardian, or caretaker escort them to the field and remain at the field to sit with their player in a designated area on the sidelines to help coaches

maintain social distance among all participants throughout the duration of the session. Additionally, players who have circumstances which require their parent, guardian, or caretaker to escort them into and out of the Park or to the field and/or to remain at the field during the course of the event, then one parent, guardian, or caretaker per player may be permitted to remain at the field. Maintaining appropriate social distancing, the practice of good hygiene, and wearing face-coverings shall remain requirements without exception.

For Coaches:

1. Ask players how they are feeling at the start of each session (check for symptoms and ask if they've taken their temperature before coming to practice). You are not to take players' temperatures at the field.
2. Stay 6 feet away from all participants and/or wear a mask. A washable mask will be provided by CJS in your equipment bag.
3. Wash or sanitize hands frequently for you and the entire team. Hand sanitizer will be provided by CJS in your equipment bag. Players should have their own sanitizer in their bags. Do not allow spitting and direct them to cough or sneeze into elbow.
4. Player-centered training within your practice pod with frequent hydration & hand sanitation breaks.
5. No full field scrimmage or mixing with the other practice pod on other half of field at this time per the County. Keep your team/practice pod separate the entire time.
6. Minimize close contact (no huddles, no face to face conferences) especially during passive/non-training time.
7. If player(s) and/or coach(s) are on the sideline, masks should be worn.
8. Groups of 25 maximum per half a field (your practice pod) and no spectators except for U5 and U6 parents noted above.
- 9. Team small-sided activities and scrimmages are permissible within your practice pod.**
10. Discourage close 1v1 defense and encourage spacing in all activities. Limit any close contact to less than 5 minutes.
11. Don't allow anyone, player or parent volunteer, to touch team equipment (i.e. cones, game balls).
12. Wait until field is clear of prior group before setting up for your practice. Exit promptly to make way for incoming team. Make sure your sideline is clear of any team equipment or trash.
13. In inclement weather: seek shelter but try to avoid mass gathering in any one indoor facility (bathroom) or car; keep door open or windows cracked; all wear masks.

CJS will be:

1. Spacing practices and games to allow proper ingress and egress to field and parks.
2. Spacing teams on fields so no more than 25 in the group on half a field.
3. Painting a 6 foot buffer around fields for social distancing.
4. Providing portable toilets with sinks where needed in lieu of bathroom facilities.

5. Informing league participants as appropriate of any issues or positive cases directly affecting teams while following confidentiality and privacy rules.
6. Developing an Action Plan for pausing or terminating season if circumstances dictate.
7. Providing training, masks, 3 W's t-shirts and hand sanitizer, to coaches.
8. Adjusting training and games, when allowed, to minimize hands touching the ball, i.e. kick ins (free kick) rather than throw ins; no heading; no defensive walls or limit to 1 minute; substitutions stand 6 feet apart at midline.
9. Actively discouraging prolonged proximity and close contact even with masks by all participants and discouraging congregating in groups at any events.
10. Providing information to CJS participants about Covid-19.