

## **LOMBARD PARK DISTRICT MODIFIED YOUTH SOCCER LEAUGE SAFETY PRACTICES & PROCEDURES**

Below are the Safety Practices and Procedures for the Lombard Park District Modified Youth Soccer League. These practices and procedures are in accordance with the State of Illinois Phase 4 Restore Illinois “All Sports Policy” issued on July 29 and effective on August 15, 2020. These procedures apply to all individuals associated with the Lombard Park District Modified Soccer League. This includes staff, volunteer coaches, players, parents, spectators, etc.

This program will focus on skill development, drills, scrimmages, and as always, fun. The current State of Illinois “All Sports Policy” does not permit competitive games for soccer. Scrimmages are permitted, but only with members of your team. Team rosters will be a bit larger this season to allow for scrimmages within your individual team during practice time, per the policy. Practice/Scrimmage time and location will be determined by the team volunteer coaches.

### General Guidelines and COVID-19 Information

- All participants, parents, spectators, volunteers, and coaches should conduct a health self-screening prior to attending any team activities. Parents should conduct the health screening with their child.
  - Are you experiencing any of the following: fever (100.4 and above), cough, sore throat, difficulty breathing or shortness of breath, chills, muscle aches, head or muscle aches, new loss of taste or loss of smell, chills, or any other symptoms? Other symptoms include runny nose, diarrhea, nausea, vomiting or abdominal pain. For reported headaches, consider if new or unusual onset, not related to caffeine, dietary reasons (hunger), or history of migraines, cluster or tension headaches or headaches typical for the individual.
  - Is anyone in your household displaying any symptoms of COVID-19?
  - To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19 or has symptoms?
- **If the answer is “YES” to any of the above questions, please stay home. Do not attend team activities. Please follow CDC and local health department recommendations. Please also contact the Park District Program Manager. Additional COVID-19 information, procedures, and resources are available throughout this document.**
- If an individual does have symptoms, they should wait to enter premises or participate in any sporting activity for a minimum of 10 days after symptom onset and until feverless and feeling well (without fever-reducing medication) for at least 24 hours or confirmed to not have COVID-19 via two negative COVID-19 tests in a row, with testing done at least 24 hours apart.
- Where appropriate, the Park District will notify individuals who have been exposed to COVID-19. Individuals who tested positive will not be identified by name.
- Any individual who has had close contact (15 minutes or more) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infection individual and should seek a COVID-19 test. All other individuals should be on alert for symptoms.
- All participants, parents, spectators, volunteers, and coaches should sanitize their hands before/during/after participation.
  - Participants should provide their own hand sanitizer and use regularly during participation.
- Team snacks at the end of practice will not be permitted at this time.
- All participants are encouraged to use bathroom facilities before arriving to practice.
- Coaches and players are asked to conduct practice following the “All Sports Policy” and applicable social distancing and face covering guidelines.
- Participants and spectators should maintain at least six feet of distance from one another while on the sidelines.
- Face coverings are required for coaches and for participants on the sidelines. Participants that are actively participating in drills or scrimmages are not required to wear face coverings, but may still choose to do so. Per the State All Sports Policy for outdoor activities: Participants should wear face coverings over their nose and mouth whenever not actively participating in practices or competition (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
- All players will be encouraged to bring their own equipment to use throughout practice as much as practical and sharing of equipment will be minimized. Personal belongings should be placed at least six feet away from others.

### Coaches Precautions and Procedures:

- Coaches are instructed to maintain social distance and stay a minimum of 6 feet away from players as much as possible during practices and scrimmages.
- Face coverings are required for coaches on the sideline and practice field.
- Coaches should wash hands with soap and water or use hand sanitizer before and after practice. Sanitize regularly during practice.
- If a participant becomes ill at the program, coaches will remove that participant from the team area and notify the parent. If parents are not on site, they are asked to pick up their child as soon as possible and within 30 minutes.
- Teams may choose to practice/scrimmage 1-2 times per week. Coaches will decide on the format of practice (splitting the larger teams into smaller groups is acceptable). If coaches feel that extended scrimmage time or drills benefits the team, the coach can modify the lessons to fit the team's needs. Coaches within a team should work together to provide proper drills and equally matched teams for scrimmages. It is best to have a plan developed for each practice.
- Scrimmage teams can and should be continuously scrambled between all players on the team.
- Scrimmages also do not need to follow the typical team size. You may host 3v3's, 4v4's etc... to allow more playing time for the players. Lesson plans for Pre-K and Kindergarten are available. Please contact [jpawlak@lombardparks.com](mailto:jpawlak@lombardparks.com). There are resources for practices for leagues above Kindergarten as well.
- **Coaches should contact Jake Pawlak (Recreation Manager) for field space time.** Due to the format of the season we will have to schedule out field space. Please communicate the location and time to Jake Pawlak to confirm availability. Practice and scrimmages do not always need to be done on a game field, any open space is also acceptable. Please communicate practice time and locations to the rest of the team.
- Ensure all participants have their own equipment.
- Group sizes will be limited to 25 participants per field.
- Coaches are responsible for following all procedures and the State of Illinois All Sports Policy.
- Teams are required to be static and are not permitted to integrate with one another. You may not practice or scrimmage other teams.
- Maintain communication with the team and the Program Manager.

### Player/Participant Precautions and Procedures:

- Teams cannot play or practice against other teams. Only intra-team scrimmages are permitted.
- Face coverings are required for coaches and for participants on the sidelines. Participants that are actively participating in drills or scrimmages are not required to wear face coverings, but may still choose to do so. **Per the State of Illinois All Sports Policy for outdoor activities: Participants should wear face coverings over their nose and mouth whenever not actively participating in practices or competition (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).**
- Maintain social distance and stay a minimum of 6 feet away from players as much as possible.
- Players will be required to wash or sanitize before and after practice and regularly during practice.
- Players will bring own water and will be instructed to not share with others.
- Avoid touching facility accessories like soccer goals.
- No group celebrations, handshakes, high fives, fist bumps, etc.
- Participants should not arrive more than 10 minutes for their scheduled practice to allow time for the previous group to vacate the field before the next group enters.
- Lombard Park District reversible jerseys are available for purchase (\$18, exact change, no credit cards) will be available to purchase. If you do not want to purchase a jersey please bring a light and a dark colored shirt

### Player Items needed for the season:

- **Soccer Items to Bring:**
  - Soccer ball
  - Water bottle
  - Hand sanitizer
  - Face covering
  - Shin guards
  - Cleats
  - Park District Reversible Jersey or a light and dark colored shirt.
  - Coaches will be provided pop-up goals, balls, cones, first aid kits.

### Spectator Requirements

- There will be a 2-spectator limit for each participant.
- If spectators are present, they are required to remain in the designated spectator areas on each field and follow the proper social distancing protocols of at least 6 feet.
  - Face coverings for spectators are required when social distancing is not possible.
- Spectators are encouraged to bring their own form of seating.
- The capacity for each spectator area is 50 individuals.
- Spectators who may be high-risk are encouraged to remain at home.

### Rainout line

Please visit: <https://rainoutline.com/search/dnis/6309959491> for updates on weather related cancellations.

### Resources

Restore Illinois Phase 4 Guidelines:

<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/youth-and-recreational-sports-guidelines/>

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>

Please email or call me if you have any questions. Let's have a great season and thank you for volunteering.

Jake Pawlak

Phone: 630-953-2371

Email: [jpawlak@lombardparks.com](mailto:jpawlak@lombardparks.com)