

## Wheaton Park District Wings SC/MFC Return to Play Guidelines – Phase IV

### General Guidelines:

- All players, parents, participants, volunteers, coaches and should conduct a health self-screening prior to attending practice/game and ask the following questions. Parents should conduct the health screening with their child.
  - Are you experiencing the following: fever (100.4° and above), cough, shortness of breath, chills, muscle aches, headaches not related to caffeine, diet, hunger, migraines, or tension?
  - Have you been in close contact with anyone that has tested positive for COVID-19 or has symptoms of COVID-19?
- **If the answer is “YES” to any of the above questions: Participant will not be allowed to participate.**
- All players, parents, participants, volunteers, coaches and trainers should wash hands with soap and water or use hand sanitizer before/during/after participating or attending practices and games.
  - We encourage all participants to have their own supply of hand sanitizer and disinfecting wipes.
  - We encourage everyone to sanitize hands regularly during participation.
- Post-activity group snack is suspended.

### Parent/Guardian Expectations – In addition to the General Guidelines listed above, parents/guardians are required to do the following:

- Must provide a mask for your child to wear to and from training/games.
- Carpooling is not recommended to and from training/games.
- No congregating in the parking lot.
- Parents/guardians are not permitted unless required for parental supervision (advanced approval will be required).
  - If must be present, maintain 6 ft of distance between teams and other spectators.
- Parents should remain in their vehicle when picking up and dropping player off at practice, when practical.
  - Leave at least 1 parking space between cars to minimize contact, when practical.
- Be sure your child has necessary sanitizing products with them at every training/games.
- Ensure child’s clothing is washed after every training/game.
- Ensure your child brings his or her own equipment including soccer bag, water bottle, soccer ball, shin guards and cleats.
  - Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training/game.
- Do not assist your coach with equipment before or after training/game.
- Notify the club immediately if your child becomes ill for any reason. Should you be called while your child is at practice/game, you must pick them up within 30 minutes. Coaches will notify parents of the designated pick up area.
- Please note, parent requirements may fall under the spectator category as well.

### Player Expectations - In addition to the General Guidelines listed above, players are required to do the following:

- Face masks are not required while training and game play.
- Face masks, covering nose and mouth, are required while on the sidelines if they are unable to maintain 6-ft social distancing.
- Participants must provide their own equipment (cleats, ball, shin guards etc.) to each practice.
  - Minimize sharing of high-touch equipment between non-household individuals. If equipment is to be shared, trainers should sanitize equipment before and after practices/games.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Players must bring their own source of water. Water fountains will not be available. No sharing drinks. No spitting.
- Players should not arrive to training more than 15 minutes in advance. Staggered start times will be implemented when practical.

### Coach/Trainer Expectations - In addition to the General Guidelines listed above, coaches/trainers are required to do the following:

- All coaches/trainers should wear face coverings over their nose and mouth when they are not able to maintain a safe social distance of 6-ft (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
- Before each practice/game coaches must designate an area for isolating anyone who feels ill or showing symptoms. Inform the parents of where this area is located.
  - When sensing a player may be ill, parents must be called immediately, and they are required to pick up their child within 30 minutes.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.).
- Do not use scrimmage vest or pinnies.
- Coach is the only person to handle all coaching equipment; do not enlist parents or other attendees to assist.

- Group/team sizes should be limited to 50 total participants, coaches/trainers and referees (i.e. excludes spectators).
  - Multiple groups/teams of 50 or fewer participants permitted at once as long as there is 30-ft of distancing maintained between groups/teams.
- Adhere to the training schedule provided and approved by the club do not have players arrive more than 15 minutes before scheduled practice time.

*Spectator Expectations - In addition to the General Guidelines listed above, spectators are required to do the following:*

- Spectators are not permitted at practice unless required for parental supervision (advanced approval will be required).
  - If spectators must be present (approved situations only) keep 6-ft. of distance from the team and other spectators.
    - Spectators should wear face coverings over their nose and mouth when they are not able to maintain a safe social distance (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
- Spectators are encouraged to bring their own additional seating (e.g., chairs) from home.
- Spectators from the same household should sit together.

The Wheaton Park District has issued the above Return to Practice Guidelines for use during “Phase IV” of the Restore Illinois Plan. These guidelines were compiled from resources and direct guidance from the Illinois Department of Commerce and Economic Opportunity (DCEO) Youth Sports Guidelines, Centers for Disease Control and Prevention (CDC) Considerations for Youth Sports Considerations, PDRMA COVID-19 Phase IV Youth Sports Re-Opening Recommendations and Illinois Youth Soccer Return to Play Protocol.

Helpful resources:

Restore Illinois Phase 4 Guidelines:

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

Restore Illinois Phase 3 Guidelines:

<https://www2.illinois.gov/dceo/Pages/RestoreILP3.aspx>

DCEO Youth Sports Guidelines:

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

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines3/youthsports.pdf>

DCEO Youth Sports Toolkit:

<https://dceocovid19resources.com/assets/Restore-Illinois/businesstoolkits4/youthsports.pdf>

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

Centers for Disease Control and Prevention Considerations:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>