



## CENTRAL INDIANA AMATEUR SOCCER ASSOCIATION

[www.ciasa.org](http://www.ciasa.org)

# **CIASA Covid-19 “Return to Play” Guidelines & Recommendations**

This guidance document outlines the practical recommendations of prevention strategies to reduce the risk of the spread of COVID-19 during the CIASA “*return back to play*” action plan. Be aware that although restrictions are eased when Indiana State move from Phase Four to Phase Five of the Phased Comeback, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.

**Requirements and recommendations for CIASA’s required COVID-19 safety plan are outlined below and must be followed by everyone participating in CIASA games:**

1. Our recommendations to any team captain/manager, player, referee and/or spectator who is showing new pattern of mild to severe respiratory illness with fever, a persistent cough, difficulty breathing, or other symptoms identified by the CDC such as cold, flu, or suspected symptoms of corona virus, (displaying any symptoms suggesting that the individual may be sick but not as a result of an ongoing old illness) and/or have been in contact with someone with COVID-19 in the last 14 days, will be prohibited from participating in any CIASA games and should not attend at all without exceptions. The individual must notify their team and/or officials immediately.
2. All should be expected to minimize or avoid physical contact with others - All players and team captains/managers must avoid “high fives,” handshakes, hugging, or any other types of physical touching before, during and after games. Avoid touching your eyes, nose, and mouth with unwashed hands. Please avoid any spitting. Everyone need to be diligent at enforcing this protocol for health and safety of our players and their families.
3. All team captains/managers, players, and officials are required to wear appropriate face coverings during game sessions especially during check-in and during half times. However, players will be allowed to wear masks during live games on the fields as a personal choice.
4. All participants should avoid touching their face after handling a ball or sharing other equipment (such as pennies or touching goal posts etc.). Washing hands promptly with soap & water or hand sanitizer. It is advisable that everyone should bring their own hand sanitizers, antibacterial wipes, facial mask, and/or water & soap for personal use.



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5. Teams should have a designated “*Ball Master*” with the responsibility of sanitizing all the games balls wearing disposable gloves before and after games. Players should use their own soccer ball but must always be responsible for sanitizing & cleaning them thoroughly.
6. Social distancing should be practiced always without exceptions. Players may welcome each player as they come to the field but should not make physical contact with one another (such as handshakes/hugs) staying a minimum of 6’ away. Each team will have their designated areas. Referees will have their own area. Everyone will have designated side-line space between them. Players not in the game should follow social distancing guidelines.
7. Players must bring their own water, food, and chairs. No sharing. No communal water coolers. No sharing equipments and clothing items by players.
8. There should be a minimum of 15 minutes between the end of one game session and the beginning of the next game session. Players waiting for their games should remain in their cars until 15 minutes before the beginning of their scheduled match. The less player congregation the better.
9. All players arriving late should be wearing a mask to the field and to follow the guidelines in place as well as the proper sanitization process (sanitize hands).
10. It is recommended for team captains/managers to wear disposable gloves when collecting used jerseys after games and place them in clean sanitized plastic bags. Then sanitize hands when possible.
11. No Spectators will be permitted before, during or after games on the fields or sidelines. Spectators should always remain in their cars. Social distancing must always be practiced.
12. All players must leave the field locations after games as soon as reasonably possible. Teams should not have extra-curricular or social activity after their games. Avoid any team congregation after playing.
13. Some field facilities will require added safety requirements so everyone must abide by their guidelines when applicable.
14. Referees will have their own guidelines to follow. They will need to wear a facial mask during field inspections, team/player check-in, and team captain/manager meetings. One Team captain/manager at a time adhering to social distancing. The referees must not have any physical contact between players.
15. For Sub rotations – Players must line-up at the designated spots by the center side of the field with 6’ distance between players/refs.
16. Out of bound balls - Kick-ins only for O55 division. Rest can be normal throw-ins.



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### **More Information**

For more information about guidance from the CDC, please visit the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>

<https://www.soccerindiana.org/indiana-soccer-association-return-to-play-protocols-20-june-10th-2020/>