



Safety Guidelines for training and games
Palatine Celtic Soccer Club, IL Phase 4 'Return to Play'
*Updated 4/5/2021

As part of the return to play process, PCSC participants will be responsible for their own mask, and any other personal protection equipment they may wish to utilize. (please see our guidelines below, which are subject to change) Every registered participant that will take part in any PCSC soccer season MUST sign a printed out version of the "Return to Play" COVID-19 waiver and then provide the signed copy to their PCSC coach or division director before participants are allowed to participate.

Coaches

- PRIOR to attending training or games, temperatures must be taken at home. By attending a training or game, you are acknowledging having a temperature less than 100.4 and are not experiencing ANY COVID 19 symptoms.
- If not feeling well, have a temperature above 100.4, or have displayed any symptoms of COVID-19 in the past 72 hours, coaches MUST NOT attend the event (training or game)
- Wash hands with soap and water for 20 seconds before the event or use hand sanitizer/wipes.
- Attendance must be kept of all coaches and players who are present for each training/game either via a notebook or the Sports Engine app
- Will wear a face mask/covering over their nose and mouth when within 6 feet of others AND always while participating in training on the field, as well as on the sidelines during games.
- When possible, maintain 6 feet between other individuals (coaches, referees, players, and parents)
- Any team gear/equipment bag contents including but not limited to soccer balls, pinnies, goalie gloves, cones, pop up goals should be wiped down, washed, or sanitized before and after each use.
- Wash / sanitize hands after anytime you touch common surfaces (soccer balls, other equipment)
- Encouraged to shower and change clothes upon returning home

Game Compliance- Coaches, Spectators, and Referees

- **Absolutely NO verbal or physical interaction with referees will be allowed/tolerated by coaches or spectators during games.**
- Referees are required to wear a face mask or facial covering at all times on the field of play and when social distancing cannot be maintained.



Players

- PRIOR to attending training or games, temperatures must be taken at home. By attending a training or game, you are acknowledging having a temperature less than 100.4 and are not experiencing ANY COVID 19 symptoms.
- If not feeling well, have a temperature above 100.4, or have displayed any symptoms of COVID-19 in the past 72 hours, players MUST NOT attend the event (training or game)
- Wash hands with soap and water for 20 seconds before the event or use hand sanitizer/wipes.
- When not directly participating in training/game, maintain 6 ft between other individuals.
- Should wear a face mask over their nose and mouth.
- NO SHARING of anything personal: water bottle, equipment, etc
- Food Limitations
 - Food at the soccer field is prohibited- only permitted if necessary (medical, special circumstances)
Clean hands before and after consumption away from the playing area.
- Wash / Sanitize hands after anytime you touch common surfaces
 - Players after coming in from the soccer field (especially after participating in throw ins)
 - After using the restroom
- Arrive and depart training/game fields while maintaining social distancing
- Encouraged to shower and change clothes upon returning home

Other Considerations

- No post scrimmage handshakes, high fives, or fist bumps
- Referees and volunteers should wear face coverings when possible
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Wipe down your soccer ball and equipment frequently

Parents and Spectators

- Maintain social distancing when arriving and departing from events (training and games). Spectators at games should be seated on the opposite sideline of the team. Spectators will have a special area to sit 30ft from the field of play. NO spectator should congregate within the 30ft field of play.
- Stay at least 6 ft away from other spectators that do not reside within their household
- For any interaction where social distancing cannot be maintained, a mask shall be worn.



COVID-19 Positive

If a player or coach does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be re tested after fever less and feeling well (without fever reducing medication) for at least 24 hours. Before resuming events with the team, they need to receive (1) negative COVID-19 test result or options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

As part of contact tracing, an email must be sent to **admin@palatinecelticsc.com** to report the positive test. PCSC will also send communication to teammates and opposing teams (spring) which the COVID-19 positive individual was in contact with during the prior 14 days.

Once the Celtic team is contacted and made aware of the COVID positive individual, whereas close contact confirmed (close contact is someone who was within 6 feet of an infected individual for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset or for asymptomatic individuals, 2 days prior to test specimen collection until the time the individual is isolated) the team will be asked to suspend team training for 14 days from the last contact day with the COVID positive individual. After 14 days, players can rejoin training after certifying they have no COVID like symptoms and fever less for 24 hours without pain relieving medication.

PCSC and PPD will be monitoring each team's adherence to these procedures.

- In the event of a violation, coaches will be informed and required to review and demonstrate a clear understanding of the violation, while acknowledging in writing this understanding.
- A second violation will result in suspension of all team activities for 14 days.
- A third violation, or any other flagrant or intentional violations on the part of a coach, player, or parent may result in their immediate dismissal from the program for the season.

