



Rockford Raptors Return to Activity Protocol: Phase 4

We are happy to announce the State has moved into Phase 4 of the Restore Illinois Plan making it possible to hold full team trainings and competitive games may be played. However, we are still required to follow the guidelines and protocols as established by the IYSA, the Rockford Park District, and the Illinois Department of Health, many of which are carryovers from Phase 3. The Club continues to take the risks associated with the COVID-19 pandemic very seriously and will follow these guidelines with the priority being on the safety of the players, coaches, and families.

This document will explain the expectations and procedures that must be adhered to by all Raptors players, parents, and coaches under Phase 4. Key elements include:

- Gatherings of fifty (50) or fewer participants are allowed as long as capacity and safety precautions are met, including social distancing and the use of facemasks, per State and local guidelines.
- Full team training, games, and tournaments are allowed.
- Parents, players, and coaches must continue to follow the established Club protocols, as well as certify that players do not have a fever or other symptoms associated with COVID-19 and have not been exposed to anyone who is ill or has been diagnosed with COVID-19.

I. Before you're allowed to return to activity:

- Every participant must have signed the "IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement" PRIOR to participation in training. The waiver must be returned electronically to the team coach and manager and may not be handed in in person. The IYSA does not provide any insurance coverage for COVID-19 related claims.
- Anyone who tests positive for Covid-19 must quarantine for at least 14 days and not show any signs or symptoms of Covid-19, have no fever for at least 72 hours without fever reducing medication or have 2 negative COVID-19 tests in a row with testing being done at least 24 hours apart and submit to the Club prior to returning to activity a signed written clearance from a medical doctor showing that the person has been cleared to return to activity.
- If you've tested positive for COVID-19 at any point in time you must notify your coach immediately and provide written clearance from a medical doctor that you are cleared to return to activity.
- Because of increased activities and exposure risks, any individual with a pre-existing medical condition is required to provide UPDATED written clearance from a physician for return to full participation.
- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.

II. Before you leave for training or a game:

- Do not allow your child to travel or participate in activities if they have any of the symptoms listed below (Per US Soccer "Play On")
 - Sore throat
 - Shortness of breath/difficulty breathing
 - Fever >100.4F

- Chills
- Headache
- Sinus congestion
- Cough persistent and/or productive
- Joint aches and soreness
- Rash
- Wash and sanitize all equipment (including cleats and shinguards) before every training.
- Consider not carpooling or very limited carpooling.
- Follow the State guidelines for wearing a mask (when maintaining distancing is not possible).

III. When you arrive for training:

- No early drop offs. Players will not be allowed in until the previous group has left.
- No drop-offs or pickups in the circle.
- Players should leave the car READY TO PLAY (wearing all their equipment and have their own ball clearly marked with player name)
- Face covering should be worn to and from the practice field.
- Players must enter the facility through the designated entrance.
- Each player will have a designated area to place their personal belongings, at least 6 feet away from any teammate or coach.
- Parents are not allowed inside the facility for trainings.
- **Parents, wearing a face covering, may escort their child to and from their vehicle and the entry gate. There is to be no congregating outside the gate and please return to your vehicle.**
- **Parents must park in marked parking spots only and not park along the street. Adhere to guidelines regarding social distancing and wearing a mask when not in your vehicle.**

IV. What will training sessions look like:

- Full team training is allowed.
- Groups will not exceed 50 participants.
- The duration of training sessions will be 90 minutes.
- Goalkeepers will train with their team only.
- Social distancing will be maintained whenever possible.
- **Teams/groups will be static, with no mixing of coaches or participants between groups for the duration of the season. No interaction is permitted between groups.**

V. Player responsibilities:

- Face covering should be worn to and from the field, but are not required to be worn by the players during training or games.
- Bring your own soccer ball (properly inflated and name on it), pre-filled water bottles, towel, and hand sanitizer to every activity.
- Players must bring two different colored shirts to every practice as designated by their coach.
- Place your bag in designated area, at least 6 feet apart from teammates.
- Do not touch or share anyone else's equipment, water, food or bags.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Do not assist coach with picking up any cones, gear, etc.

VI. Coaches' responsibilities:

- Ensure the health and safety of the participants.
- Upon arrival, inquire how the athletes are feeling. Send home anyone who's experiencing any symptoms of COVID-19, appears or acts ill, and instruct them to contact his/her healthcare provider.

- Maintain an attendance log for every session.
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.)
- Do not use scrimmage vests or pinnies.
- Always wear a face covering when not able to maintain 6-ft social distancing from players.
- Have fun, stay positive!

VII. After training ends:

- Pick up your equipment and return directly to your vehicle. There should be no group gathering or team meetings on or off the training area.
- Players must leave the facility through the designated exit gate.
- Use hand sanitizer or hand wipes before getting into your car.
- Participants should properly sanitize their equipment after every training session.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) is sanitized after every training.
- Notify your club coach immediately if your child becomes ill for any reason.

VII. Game criteria for participation in for athletes, coaches and staff:

It is recommended that teams only participate in local games or matches that do not require overnight stays.

When possible, please limit the number of family members attending games.

- Games are allowed in compliance with the Illinois Phase 4 Youth Sports Guidelines.
- Upon arrival, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Social distancing and face covering guidelines should be maintained before and after games.
- Coaches must maintain social distancing from all participants.
- Players may bring their own portable chairs to games for sideline use as not all facilities will have team benches available. Social Distancing must be maintained.
- Participants should use their own water bottle, towel, hand sanitizer, etc.
- No pre or post game handshakes, instead for sportsmanship teams should engage in a round of applause following the conclusion of the match.
- Fans in attendance must remain in their designated area and not roam the sidelines during games.
- Social distance of at least 6–ft. should be maintained between spectators not of the same household.
- Spectators should bring their own chairs that can properly be spaced at least 6-feet apart.
- Club should keep attendance of families attending games.
- Players and spectators should leave the field immediately following the conclusion of the match and cool down.

The complete Return to Play Protocols as mandated by the IYSA can be found on their website:

https://illinoisyouthsoccer.demosphere-secure.com/_files/IYSA%20RTA%20Phase%204_2.pdf

Our ability to provide training and game opportunities depends on how well we abide by the rules mandated by the IYSA, the Rockford Park District, and the Illinois Department of Health under the Phase 4 Youth Sports Guidelines. The training or game must be a formal, organized Club activity. Failure to follow the State and local government public health orders, Centers for Disease Control guidelines and the IYSA protocol involving COVID-19 or any other communicable disease may void medical and liability coverage for our Club under the IYSA insurance placements.

We greatly appreciate your understanding and full cooperation in adhering to these guidelines. If you have any additional questions please contact one of the Club administrator.