



GLRSA COVID Guidelines

One of GLRSA's goals is to provide a safe environment for the players, families, coaches, and volunteers to enjoy the game of soccer. Below is a list of imperative minimums expected until social distancing requirements are lifted by local and state governments.

1. COVID reporting
 - a. Players, coaches, referees, volunteers, and families/spectators of players **MUST** GLRSA Screening Checklist before attending and participating in GLRSA activities. The checklist is a set of guidelines and does not need to be turned into GLRSA. ***NO ONE SHOULD ATTEND OR PARTICIPATE IN GLRSA ACTIVITIES IF HE/SHE IS NOT FEELING WELL, HAS A FEVER, OR HAS BEEN IN CONTACT WITH ANYONE WHO IS ILL.***
 - b. Sick Players, coaches, referees, volunteers, and families/spectators of players should not return to GLRSA activities until they have met CDC's criteria to discontinue home isolation.
 - c. Consistent with applicable law and privacy policies, coaches, players, referees/officials, and families of players (as feasible) must self-report to GLRSA if they have symptoms and will be tested for COVID-19, a positive test for COVID-19, and/or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19. GLRSA should be notified at GLRSAcovidreporting@gmail.com.
 - d. In accordance with state and local privacy and confidentiality laws and regulations, GLRSA will notify local health officials, all GLRSA players, families, coaches, referees, and volunteers, immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
2. Parents
 - a. Parents **MUST** complete a GLRSA Screening Checklist for their player(s) before practices and games. The checklist is a set of guidelines and does not need to be turned into GLRSA. ***NO ONE SHOULD PARTICIPATE IN PRACTICES/GAMES IF HE/SHE IS NOT FEELING WELL, HAS A FEVER, OR HAS BEEN IN CONTACT WITH ANYONE WHO IS ILL.***
 - b. Parents will need to sanitize equipment before and after each practice and game.
 - c. Parents and family members are required to abide by social distancing regulations and are strongly encouraged to remain inside their vehicles during practices.

- d. Parents are asked to remind players of no physical contact between players, coaches, or referees during practice and pre- or post- games.
- e. Parents are encouraged to minimize the number of spectator guests at games.

3. Practices

- a. Players, coaches, and family members are required to wear masks when walking to and from the practice field.
- b. Players will not be required to wear masks during practice.
- c. Coaches will be required to wear masks unless participating in strenuous activity or maintaining six feet separation from other individuals.
- d. There should be no physical contact between players or coaches during practice.
- e. If six feet cannot be maintained between players while on the sidelines, masks are to be worn by players.
- f. Social distancing, as much as possible, during drills and skills practice is recommended. Avoid as much contact as possible during practices.
- g. During water breaks, players **MUST** social distance.
- h. Every player **MUST** have his/her own ball.
- i. Players should **ONLY** handle his/her own equipment.
- j. Coaches should be the only individuals handling team equipment (cones, training sticks, portable goals, etc...).
- k. Scrimmages against another team will not be allowed during practice.
- l. Pinnies will not be allowed to be worn during practice.
 - See note below about games
- m. Snacks are not to be provided for a team. Players may bring his/her own snack.

4. Games

- a. Players, coaches, and family members are required to wear masks when walking to and from the game field.
- b. Players along with their equipment should be spaced six feet apart on sidelines when not playing.
- c. If six feet cannot be maintained between players while on the sidelines, masks are to be worn by players.
- d. Players **MUST** sanitize hands immediately before entering and after leaving the game (i.e beginning of games, substitutions, ending of games).
- e. Players will not be required to wear masks during game play.
- f. There should be no physical contact between players, or coaches during pre- or post- game.
- g. Players should **ONLY** handle his/her own equipment.
- h. Coaches should be the **ONLY** individuals handling team equipment (cones, training sticks, portable goals, etc...).
- i. During games, coaches are required to wear a mask on the sideline. They may remove the mask to give direction to players on or off the field as long as they are a minimum of six feet from any individual.

- j. Teams are highly encouraged to have an assistant coach to help monitor distancing, masks, etc.
- k. Substitutions from the bench will be allowed for this season with no need to gather at midfield line.
- l. There will be no throw-ins. In situations where a throw-in is normally required, an indirect free kick will be given instead.
- m. There should be no use of shared pinnies as goalie shirts. It is recommended that each player bring a different color shirt to wear in case he/she will play goalie during the game.
- n. Pinnies will not be provided by the concession stand in cases where two teams with the same color shirt are playing each other. Coaches will be asked to review the Teams page on the GLRSA website prior to each game. If a team is scheduled to play another team with the same color shirt, coaches will need to request their players to bring an alternate color shirt.
- o. There will be no celebration tunnels or team handshakes/high fives at the end of each game.
 - Alternative ideas:
 1. Teams line up 10 ft apart and clap to each other and then turn and clap to spectators
 2. Wave
 3. Salute
 4. Hand over heart
- p. There should be no snacks provided by coaches and/or parents to the whole team. Each player will need to bring his/her own snack and drink/water bottle.
- q. Spectators, unless part of the same family, **MUST** remain six feet apart. Adhere to state guidelines for masks.

5. Referees

- a. Referees must follow ISL COVID guidelines