



RAINBOW SOCCER COVID-19 PROTOCOLS FALL 2020

As of September 11, 2020

PRIOR TO ATTENDING PRACTICES AND GAMES

- Parents are responsible for checking their player's temperature/overall wellness before practices and games. Players should stay home if they are not feeling well or have a temperature reading above 100.4F
- Players should have NO signs or symptoms of Covid-19 in the past 14 days and have no known exposure to someone who has been ill in 14 days
- Players must bring their own equipment. Players should have a soccer ball, water, and a dark and light shirt (for scrimmaging during practice – coaches cannot provide pinnies). We also recommend players have their own hand sanitizer available.

DURING PRACTICES – for players/parents

- Upon arrival, players will place their equipment in an individually designated area by the coach (using cones or something similar).
- Player water breaks will be socially distanced at each player's individually designated area
- No unnecessary contact: no high-fives, chest bumps, elbow bumps, huddles, etc
- No parents/spectators at the fields. Parents who wish to remain at the fields must be outside of the fence lines at the fields. If you need to walk your player to practice you must wear a mask.
- Scrimmage pinnies/vests are not allowed at this time which is why we ask you to bring a dark and light shirt

DURING PRACTICES – for coaches

- Designate an area for distanced water breaks using cones or something similar
- Coaches should ask players how they are feeling before beginning. Any player that does not feel well should be sent home.
- Coaches must wear a mask when arriving/departing the fields. In addition coaches must wear a mask while interacting with players when they cannot maintain social distance. Best practice is that coaches should wear a mask at all times.
- Coaches must handle all practice equipment: goals, cones, etc.
- Avoid practice activities with excessive contact such as long periods of 1v1 activities or activities that encourage constant tackling of the ball
- Focus on skill development and activities that can be done while distancing as much as possible
- If you are going to use lines at practice, use cones to indicate where the waiting players should stand
- Limit activities where players are using their hands on the soccer ball. For example, instead of doing throw-ins for your game activity have the players utilize kick-ins.

DURING GAMES – for coaches, players, and parents

- Coaches and players must wear a mask and maintain social distance while on the sidelines.
- Currently NO parents are allowed to be on the sidelines. Parents can watch games from outside the fence line or from their vehicle.
- No handshake lines at the end of games. Teams are encouraged to do a 'good game wave' or something similar to encourage good sportsmanship
- Active participants such as referees and players are not required to wear a mask but may do so
- Teams must stay off the fields until 15 minutes before their game time. Rainbow Soccer asks all participants to immediately leave the area once their game has ended.
- No shared snacks or drinks. If a player requires a snack please have them eat it before or after the game. No halftime snacks.
- Teams should take their halftime break on the field of play where social distancing can be better managed.