

SOCCER-FOR-KIDS

## YOUTH SOCCER COVID-19 GUIDELINES



This guide was adapted from several sources on the internet, including, but not limited to local soccer clubs, related soccer websites, as well as national authorities on health and disease. Much of it is common knowledge and cannot be credited to one source. Thank you to all them. For best advice, get additional information at one or all of the resources listed below

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Centers for Disease Control and Prevention, [CDC.gov](http://CDC.gov)

US Soccer: [Play On](#)

US Youth Soccer: [Activity Guide](#)

The Aspen Institute: [Return To Play](#)

THE FOLLOWING MUST BE FOLLOWED  
FOR ALL SANCTIONED YOUTH SOCCER PRACTICES AND GAMES

1. Players or Coaches who presently have COVID-19, or who have tested positive for COVID-19, shall provide clearance from a physician before he/she will be permitted to participate in practices or games.
2. A Covid-19 Questionnaire should be completed prior to the player's first practice. This form only needs to be completed one time. Any athlete that does not have a COVID-19 Questionnaire on file will not be permitted to participate in any practices or games.
3. Participation in practices must be limited to players on the team and approved coaches only.
4. There shall be very limited physical contact, of any kind, between players and no physical contact between coaches and players.
5. There will be no sharing of food or drink between families, fans, players or coaches, at halftime or end of game snacks. All players must have their own water/drinks available for proper hydration. Coaches are permitted to have extra water/drinks available for their players if they so choose, provided that the water/drinks is in a sealed, unopened bottle.
6. Players must be transported to and from games and practices by their parent or guardian. Sharing of rides is strongly discouraged.
7. Pre-Screening
  - a. All coaches and players must clear the pre-screening process before they are permitted to participate in practice.
  - b. The pre-screening process will consist of a verbal, electronic, or written review of the prescreening questions with all players at the start of each practice. The director of coaching or club president will contact coaches each week to be sure the pre-screening process is being followed.
  - c. Any individual who answers "yes" to any question on the questionnaire, or who has a temperature greater than 100.4°F, shall not be permitted to participate in the practice and shall be required to return home. The director of coaching or club president shall be notified as soon as possible if a player is sent home.
  - d. Any Individual who answers "yes" to any question on the Covid-19 questionnaire shall be required to provide clearance from a physician before they will be permitted to resume participation in the practice.

During all practices and workouts, coaches are reminded to be alert for any players exhibiting signs of physical or mental distress secondary to the circumstances created by COVID-19.

## 8. Face Coverings

- a. Players who are engaged in high-intensity aerobic activity, e.g., running, sprinting, drills, etc., are not required to wear face coverings during the period of the aerobic activity. Once the aerobic activity is over, players will wear face coverings.
- b. Coaches will wear face coverings at all times, except when participating in aerobic activities or when able to adhere to social distancing beyond the 6 feet recommended, eg. when demonstrating drills or providing instruction while over 6 feet from any players or other coaches.

## 9. Groupings/Social Distancing

- a. Social distancing of at least six (6) feet shall be maintained between players when possible and between players and coaches at all times.
- b. Players on one team should not participate and practice with players from another team.
- c. More than one team can be in a single area, provided there is twelve (12) to eighteen (18) feet between each team.
- d. There shall not be celebratory contact, e.g., fist bumps, high-fives, huddles, etc.
- e. Players who participate in more than one sport are encouraged to participate with only one team.
- f. Players and parents will be reminded frequently of the guidelines and are expected to adhere.
- g. Although parents are encouraged not to attend practices to limit contact with other parents and players unnecessarily, parents and fans are still encouraged to cheer on our players at games provided that they adhere to proper social distancing and have no direct contact with other parents, fans and players.
- h. Players, parents and fans are asked to wait until other teams have cleared the playing area before moving into the game or practice area.

## 10. Sports Equipment

- a. Sports equipment shall not be shared at any time with the exception of a ball being kicked between players. If shared use of equipment, such as goalie gloves, is necessary the equipment must be fully sanitized prior to being shared between players.
- b. Each player shall bring individual water bottles to each workout for his/her own personal consumption. There shall not be any trading or sharing of water bottles.
- c. All sports equipment and points of contact, such as benches, agility cones, ladders, clipboards, etc., must be cleaned and disinfected after each practice and game with EPA approved cleaners and disinfectants against COVID-19.

## 11. Hygiene

- a. Players and coaches should make every effort to wash/sanitize their hands as often as possible including before, during and after games and practices.
- b. Hand sanitizer shall be accessible at all times.
- c. Players shall wear their practice gear to the practice and shall return home in the same practice gear.
- d. There shall be no spitting or chewing gum during the practice.

**The common goal is that each and every player will have a positive experience during the season in spite of the restrictions necessary to keep them safe. Failure to adhere to these may result in a less than positive experience for all those involved. Please, help everyone enable our kids to play and let's do everything we can to keep them safe and health.**