



## Return to Play Protocols

Spring 2020



These are the recommended guidelines for return to play once the stay at home restrictions are removed. Every community in Oklahoma may have different restrictions and requirements on the resumption of sports activities. Please follow the Federal, State and local government directives with the goal the safety and welfare of participants, volunteers and spectators. The following applies to games and practices:

1. No one should attend practice or a game if NOT feeling well, has a fever or is currently under a quarantine. The health and safety are the responsibility of all players, volunteers, and spectators.
  - a. Do not play or attend games or practice:
    - i. If exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
    - ii. Have been in contact with someone with COVID-19 in the last 14 days.
2. Players are encouraged to not engage in the standard celebrations and comradery of the game.
  - a. Avoid unnecessary touching such as high fives, hugs, and group “pile on’s” in goal celebrations.
  - b. The customary handshakes before and after the game with opponents, coaches, and referees.
  - c. Coaches refrain from high fives and hugs with players during substitutions or after an outstanding achievement.
3. Players, uniforms, and equipment.
  - a. Players when off the field should maintain social distancing of 6’.
    - i. This includes seating area’s for players and personal gear.
  - b. Players should not share water bottles and drink containers. This includes dunking water bottles into a cooler to refill bottles.
  - c. It is recommended that players have their own hand sanitizer for personal use.
  - d. Uniforms should be washed as soon as possible after the game.
  - e. Benches should be wiped down with a disinfectant prior and after the game.
  - f. Soccer balls after the game or practice also sprayed with a disinfectant.
  - g. Shin guards and scrimmage vests should not be shared.
    - i. If they need to be shared, its recommended to spray them down with a disinfectant before sharing.
4. Coaches.
  - a. Ask each player on arrival to practice or game if they are feeling well and/or exhibiting any symptoms of COVID-19.
  - b. Avoid having large group team meetings before or after the game.
  - c. Pregame, halftime, and post-game instructions should be kept to a minimum and have players practice social distancing rather sitting next to each other on a bench.
  - d. Only coaches should pick up team equipment or move practice equipment.

- e. Have sanitizer available for player and coaches use.
5. Parents and spectators.
- i. Please provide a minimum distance of 6' on the sidelines or end lines between families. If behind the goal, you must be back 15 yards from the endline.
  - ii. If sitting in bleachers, practice social distancing.
  - iii. Vehicles are excellent and comfortable sitting areas to watch games.
    - 1. The most vulnerable group are people over 65 years of age or those with underlying medical conditions. It is recommended not to attend games or practices or remain in your vehicle as a safe avenue to watch soccer.
6. Fields and Facility cleaning.
- a. Restrooms –
    - i. Cleaned and disinfected regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs, and light switches. Clean and disinfect restrooms daily or more often if possible. Ensure safe and correct application of disinfectants and keep products away from children.
    - ii. More information can be found here:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/park-administrators.html>
  - b. Concessions-
    - i. Should follow standard Health Department and CDC requirement on concession operations with more frequent cleaning.
    - ii. Concession workers will wear masks and gloves.
    - iii. Ordering and sitting areas should maintain 6' social distancing.
  - c. Bleachers –
    - i. If used should be disinfected after each practice or game.
  - d. Field spacing -
    - i. If possible, field play should be staggered and not next to each other and game time also staggered to minimize large group gathering.
  - e. Club house-
    - i. Central on-field facility structures will be cleaned and disinfected daily, as well as any railings attached to nearby/attached stairs. To limit traffic these areas we ask that players/parents/coaches enter these facilities only for official business with coaches or staff.

Many of these recommended protocols are common sense. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities this spring and through the summer. These protocols may be adjusted as the need arises.