

# **HCRP Youth Soccer League:** **Return to Play Guidelines and Procedures**

Howard County Recreation and Parks has adjusted its field permit guidelines during COVID-19. This document provides important details as to those changes and some league playing rules or protocol changes in response to the league survey amongst players, coaches and game officials.

## **General Information:**

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
- Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- Coaches, players and game officials, please check your temperature prior to leaving for scheduled practice on a HCRP field. If your temperature is 100 degrees or higher, you are not permitted to participate in an activity on a HCRP field for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play.
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a group practice on HCRP fields, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

## **CDC Guidelines:**

The Centers for Disease Control and Prevention (CDC) offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- Clean and disinfect frequently touched surfaces and equipment including balls
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Wear a cloth face covering that covers your nose and mouth in public settings
- Stay at least 6-feet away from non-household members
- Cover mouth and nose with a tissue when coughing or sneezing
- Stay at home if you are sick

## **HCRP Youth Soccer League Guidelines and Procedures:**

- Coaches, players and spectators, please check your temperature prior to leaving for scheduled practice or game on a HCRP field. If your temperature is 100 degrees or higher, you are not permitted to participate in an activity on a HCRP field for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play.
- HCRP will follow all local and state guidelines for facilities.
- Players should arrive dressed and ready to play.
- Each team shall consist of up to ten (10) players per roster for 4-6-year-old leagues and up to twelve players per roster for 7-8-year-old leagues. This is both to maintain a competitive structure and to allow for flexibility under the crowd restriction circumstances.

- Coaches and spectators are required to wear masks when arriving, leaving and the entire duration of the practices and/or games.
- Players are required to wear a mask when arriving and leaving practices and/or games. During practices and/or games, players are allowed to remove masks when they're on the playing field actively involved in practice/game play. Players are required to put on a mask when they're not actively involved in the practice and/or game play and are on the sidelines.
- Players and coaches should maintain social distancing (6ft) when on the sidelines of the practices and/or games.
- Benches and bleachers are closed. Spectators are encouraged to bring their own chairs and to maintain social distancing during all practices and games.
- As much as possible, players will be kept six feet apart from one another during warmups.
- No sharing of equipment, water bottles, towels, etc.
- Play can be restarted with a kick-in after a sideline out of bounds. Players shall be a minimum of 3 yards away from the player kicking in the ball. The ball may not be played over 5 yards on a kick-in.
- No handshakes. No walk outs. No team huddles. A separate form of goal celebrations and team sportsmanship with no contact will be created.
- Teams must leave field immediately after their scheduled game or practice concludes. Teams will have 10 minutes to vacate the playing area.
- No spitting. Goalkeepers should refrain from spitting on their gloves.

### **Participants/Coaches/Spectators who test positive.**

Team coach should immediately notify league coordinator of any player, coach or spectator who is affiliated with their team of a positive COVID test. League coordinator will notify Howard County Health Department.

### **Source**

- [Centers for Disease Control \(CDC\) - Considerations for Youth Sports](#)
- [Maryland State Youth Soccer Association \(MSYSA\) – Return to Play Guidelines](#)
- [US Youth Soccer](#)