



## Restore Illinois Phase 4 - Return to Play Protocol Version 2 EFFECTIVE NO LATER THAN AUGUST 15

Olympiacos Chicago is dedicated to protecting the health and safety of our soccer community. We understand that everyone wants to get back on the field, but this must be done with strict focus on the safety of the players, coaches, referees, and families and follow state and local guidelines for resumption of activities. The purpose of this document is to provide athletes, parents, and coaches with information that they can use to assist them with developing their return-to-activity programming specific to their situation in context of the COVID-19 pandemic.

On July 29, Governor Pritzker, and the Public Health authorities, announced a change to the allowable sports activities. In the July 29 revision, soccer was designated as a “medium risk” sport which allows for trainings and intra-team scrimmages.

However, social distancing should NOT be taken lightly, and all aspects of the training environment must be assessed and modified to identify and reduce the risk of spreading the virus.

This Protocol is based on the [Illinois Department of Public Health Sports Guidelines](#), US Soccer and US Youth Soccer guidelines for soccer organizations, clubs and teams that have reached the [Restore Illinois Phase 4 Restore](#), the Public Health Approach to Safely Reopen the State. The information in this document is NOT intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Olympiacos Chicago makes no representation and assumes no responsibility for the completeness of this information. Further, you are expected to strictly comply with the Center for Disease Control (CDC), state and local guidelines for the resumption of play and seek advice from medical professionals and/or public health officials in your area if you have specific questions. Additional guidelines may, or may not, follow as the COVID-19 pandemic continues to evolve.

Although the young and healthy may be subject to less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur within our communities. Health consequences may be long-standing and only apparent weeks after initial infection and recovery. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way of eliminating the risk of infection. This should always be at the forefront when designing and considering return-to-activity.

**Allowable Activities**

- Intra-team (within team) scrimmages
- Training with up to 50 participants (total number includes participants, coaches, referees, and spectators)

**Activities Not Allowed**

- Games against other teams or clubs
- Tournaments
- Out-Of-State Play
- Tryouts

**Criteria for participation in for athletes, coaches and staff:**

- Intra-team scrimmages and training are allowed in compliance with all IDPH guidelines
- Social distancing should be maintained before and after practice and when allowable during training.
- Training sessions should take place outside.
- Because of increased activities and exposure risks, any individual with a pre-existing medical conditions is required to provide UPDATED written clearance from a physician for return to full participation.
- Participants must not exhibit any signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Participants must not have above normal temperature readings. Anyone with a temperature of 100.4°F or above shall not be permitted to remain on site. If practical before participating in the activity, sport organizer should take participants temperature via a touchless thermometer.
- Upon arrival to training, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible.
- Appropriate infection prevention supplies should be present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, hand wash stations, etc.).
- Participants should use their own equipment when possible and properly sanitize the equipment after every training session.
- Participants should use their own water bottle, towel and any other personal hygiene products.
- Establish a cleaning schedule/protocol for equipment with the proper use of disinfectant before, during, and after training.
- Ensure participants are abiding by the State of Illinois' ordinance regarding appropriate personal protective equipment, (gloves, face mask, etc.) Masks are permitted but not required to be worn by the players during training.
- Coaches must maintain social distancing from all participants.
- Players on bench should be spaced out at least 6-feet apart as allowable.

- Teams / groups should be static, with no mixing of coaches or participants between groups for the duration of the season.
- Minimum 30 feet of distancing space must be maintained between groups. Area for each group must be clearly marked.
- Maintain an attendance log for every session. Club should keep the attendance log on file for duration of each season for tracing purposes.
- Gatherings should be restricted to 20% of capacity outdoors (multiple groups of 50 should have 30 feet between groups) and the lesser of 50 people OR 20% capacity indoors, inclusive of athletes, coaches, referees, and spectators. Organizers should ensure at least 6-ft. between seats occupied by spectators that are not members of the same household or party. Everyone must wear face coverings at all times.
- Organization must follow all of the [Restore Illinois Phase 4 Sports Guidelines](#).

### **Introduction of Principles and Responsibilities**

#### **Parent Responsibilities:**

- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Stay in car or adhere to minimum 6 feet social distance requirement.
- Follow the state orders for wearing a mask.
- Ensure child's clothing and any club issues pinnies are washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Notify your club immediately if your child becomes ill for any reason.
- Do not assist your coach with equipment before or after training.
- Be sure your child has necessary sanitizing products with them at every training.
- If the club has set-up a "family area" for you to watch, stay within your designated area.
- When on the sidelines as a spectator, wear a mask that covers your nose and mouth.

#### **Players Responsibilities:**

- Take your temperature daily and especially before activities with others.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer with you at every training.
- Masks are permitted but not required to be worn by the players during training.
- Do not touch or share anyone else's equipment, water, food or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC and IDPH guidelines as well those of your local health authorities.

**Resources:**

[Restore Illinois Phase 4 Sports Guidelines](#)

[Restore Illinois](#)

[Centers for Disease Control](#)