



## RETURN TO PLAY

**Phase IV – September 13th:** In keeping with the State of Maine protocols as published, group outdoor training and competitions with 100 or less individuals present, based on State and Local Health requirements, along with indoor training with 50 or less individuals present, taking into account the size of the facility and ability to social distance.

### **Criteria for participation in group competition (includes athletes, coaches and staff).**

- Participation in Phase II and Phase III for a minimum of two weeks prior to first game versus another team.
- Scheduling of games should occur with social distancing in mind. There should be a minimum of 30 minutes between the end of one game and the start of another at any field location to allow for the game participants and spectators to full exit.
- Participants for a game must wait in their vehicles until the field is fully clear of participants from the previous competition.
- All teams must have a designated monitor/manager that can monitor that COVID requirements of social distancing, mask wearing and gathering requirements, i.e. number of individuals allowed, are being met.
- Spectators at any league games for Fall 2020 cannot exceed 46 in total. This would mean 23 for each team. Our strong recommendation is that no more than one spectator/parent for each player be in attendance for any game to ensure that the spectator limit is not exceeded and to limit the burden on the monitor to police this requirement. Teams, along with coaches, monitors, referees, and facility personal can easily exceed 50 persons at the oldest age groups, and the younger age groups have less space for social distancing, hence our limit will be 46 as long as space allows. If the space does not allow for that many individuals socially distanced, then the number will be reduced accordingly.
- All spectators must be masked and socially distanced by a minimum of 6 feet. Any spectator that does not adhere to the guidelines risks their team's removal from league play. It is imperative that spectators/parents understand that all spectator policies are extremely important in allowing the kids to play.
- The home club is responsible for all requirements being met at their home games.
- Upon arrival to game, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19, or have experienced any signs or symptoms in the past 14 days. Further they should be asked if they have been exposed to someone that has been ill in the last 14 days.
- if the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Athletes should take temperature before going to game.
- Make sure appropriate infection prevention supplies are present in multiple targeted areas (e.g., hand sanitizer, facial tissues, facial coverings, etc.)
- Games should only take place outside in an area where social distancing can be maintained. Soccer Maine will not sanction any indoor games at this time.

- Participants should use their own equipment and properly sanitize the equipment after every game. This includes water bottles, towels, shin guards, etc. Game ball is the only shared piece of equipment. It is the coach/home team's responsibility to provide this and to sanitize it at specific intervals during the game.
- Any parent outside of their vehicle viewing the game will be counted toward the group total.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after game.
- Coaches must maintain social distancing from all participants and wear a mask at all times.
- Players must wear a mask at all times when on the side line. Players can only remove their mask when on the field and should make every effort to avoid direct contact during the game.

## **Modifications to Game for Fall 2020**

- All heading is suspended. Any intentional heading will be a violation resulting in an indirect free kick for the opposing team.
- Throw-ins will be replaced by a Kick-in. Kick-in procedures will be as follows:
  1. Ball will be placed on touch line or behind touch line.
  2. Ball may not be kicked directly into a team's box/penalty area.
  3. Opponents must be a minimum of 10 yards (8 yards for small-sided) away from the touch line where the kick is being taken.
- Slide tackling is suspended. Any intentional slide tackling will be a violation resulting in an indirect free kick for the opposing team.

## **Soccer Maine Phase IV Introduction of Principles and Responsibilities (these remain the same as Phase I)**

### **Club Responsibilities:**

- Create and distribute protocols to its members. This must be done prior to beginning any training program.
- Have an effective communication plan in place, identify strategies to notify adult leaders, youth and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents that many be uncomfortable with returning to play too quickly.
- Have an action plan in place, in case of a positive test.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information. It is the Club's responsibility to see that all coaches, and other staff adhere to these protocols and requirements.
- Be prepared to shut down and stop operations if the State of Maine changes its guidelines to require stoppage.
- Provide adequate field space for social distancing.
- Provide hand sanitizer and waste receptacles at fields. Regarding hand sanitizer, this would be only used if a player or other individual does not bring their own.

### **Coach Responsibilities:**

- Ensure the health and safety of the Athletes.
- Inquire how the athletes are feeling, send them home should you believed they act or look ill.
- Follow all state and local health protocols. Links provided below.

- Ensure all athletes have their individual equipment (ball, water, bag, shin guards, etc.)
- Coach is the only person to handle cones, disk etc.
- All training outdoors and ensure social distancing per state or local health guidelines.
- Wear appropriate personal protective equipment if training in a public location setting as mandated by that particular public space, (i.e. face mask.)
- Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.
- The use of scrimmage vest or pinnies is not recommended at this time.

### **Monitor Responsibilities**

- Ensure that coaches and players on the sideline are masked and socially distanced, including the players' belongings.
- Ensure that spectators are appropriately socially distanced and masked.
- Ensure that any game does not have more than the following spectators –  
 U13 and U14 games – 45 spectators  
 U11 and U12 games – 36 spectators  
 U9 and U10 games – 28 spectators  
 These numbers will allow for spectators to properly distance themselves from each other at an appropriately sized field for the game. They essentially allow for one parent of each player to attend. Our recommendation to all clubs is that you specify that. If you have an approved expanded roster, either reduce the number of players who attend the game or you will need to reduce the number of parents who can attend. You may also choose to restrict even further if it becomes a game management issue for your club.

### **Parent Responsibilities:**

- Ensure child is healthy, check your child's temperature before attending a training session.
- Limited or no carpooling.
- Stay in car or adhere to social distance requirements, based on state and local health requirements.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards etc. are sanitized before and after every training.
- Notify club immediately if your child becomes ill for any reason. This is a requirement.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training. This is a requirement.

### **Player Responsibilities:**

- Take temperature before attending training session, if you have a temperature of 100° or higher, do not attend training session or activity.
- Wash hands thoroughly before and after training.
- Bring and use, hand sanitizer with you to every training.
- Do not touch or share anyone else's equipment, water, snack or bag.
- 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, no high 5's, hugs, handshakes etc.

Follow all Maine CDC guidelines: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Governor Mill's Reopening Plan: <https://www.maine.gov/covid19/restartingmaine>

State of Maine Community Sports Guidelines: <https://www.maine.gov/decd/checklists/community-sports>