

Carle Place SC Return to Play Guidelines

CPSC is a member of Eastern NY Youth Soccer Association and the Long Island Junior Soccer League. We will follow all recommendations "FOR RETURN-TO-PLAY". The following are guidelines put forth by the New York State Department of Health, US Youth Soccer, and local governing bodies. These guidelines are to maintain a healthy environment once players, coaches, volunteers, and spectators return to the field:

- ❖ Participants should have no sign or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- ❖ Live in a general location for 14 days prior to beginning group training. This requirement reduces the risk of introducing COVID-19 into the training group by someone traveling from a different region.
- ❖ Common Symptoms: Trouble breathing, Pain or pressure in the chest that persists, Experience confusion or trouble waking up, Bluish lips or face
- ❖ Take temperature at home before going to training.

Coach Responsibilities

- ❖ Ensure the health and safety of all players.
- ❖ Inquire how the athletes are feeling, send them home should you believe they act or look ill.
- ❖ Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.)
- ❖ Coach is the only person to handle all practice equipment. (cones, disk etc.)
- ❖ Coach to sanitize/clean all personal training equipment before and after each session (e.g. cones, discs, pinnies etc.)
- ❖ All training should be outdoors and ensure social distancing per state or local health guidelines.
- ❖ Coaches should wear a face mask, when not actively coaching, maintain social distance requirements from players based on state and local health requirements.
- ❖ Have fun, stay positive – players and parents are looking to you to stay calm, supportive and caring during this time.

Parent Responsibilities

- ❖ Ensure child is healthy and check your child's temperature daily.
- ❖ Limited or no carpooling with other players.
- ❖ When at practice or games parents should wear a mask if you cannot maintain 6 feet social distance.
- ❖ 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 member organization immediately if your child becomes ill for any reason.
- ❖ Do not assist coach with equipment before or after training.
- ❖ Be sure your child always has sanitizer with them.
 - Parents and players should leave promptly after the final whistle.

Player Responsibilities

- ❖ Take temperature daily.
- ❖ 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 handshakes, high fives, or hugging
 - Players should shower immediately upon returning home

We all have a responsibility in maintaining a proper playing environment for our children. Please understand that soccer is a contact, highly emotional sport and we don't want to take the bonding and fun out of it. Stay Safe and Play Safe!

#PlaywithFriends #BecomeAChampion