



COVID 19 Mitigation Guidelines for Coaches: Games & Practices

- Coaches are responsible for keeping players safe
- Coaches must maintain social distancing from all players and must wear a mask when within 10 feet of a player.
- Upon arrival, coach should ask each athlete if they are experiencing any signs or symptoms of COVID-19. If an athlete has any signs or symptoms of COVID-19, the athlete should be sent home and instructed to contact his/her healthcare provider as soon as possible. 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. **Coach is not required to take players temperature.**
- Participants must not exhibit any signs or symptoms of the COVID-19 virus in the past 14 days and have no known exposure to someone who has been ill in 14 days. Any individual who has tested positive for the COVID 19 Virus or had close contact (15 min or more) with any other person who is diagnosed with COVID-19 may not participate in a CLSF activity for 14 days. This means no games or practice during the 14-day period.
- Parents are to notify CLSF via email at info@clsf.org if their child has been diagnosed with the COVID 19 virus or has come in close contact with someone who has. If the parent notifies a coach, the coach should immediately notify CLSF and not disclose the name of the player to anyone else. CLSF will then make the appropriate announcement to the team and other affected persons.
- Keep track of each player who attends a practice or game. This can be done through the Sports Sign-up App.
- Players are required to wear masks during practice and games. There are no exceptions. Masks must always cover the mouth and nose. Players who are not actively participating in a game or practice session, i.e., are on the sidelines, may remove their mask if they are able to maintain a social distance of at least 6 feet.
- Unless players are masked, social distancing of players should be maintained before and after games and when allowable during warm-up. **Coaches are responsible for making sure that unmasked players on sidelines are socially distanced at least 6-feet apart.** Bags and equipment to remain 6 feet apart. Prior to games and practices coaches should designate properly socially distanced areas for each player to keep their equipment and to return to when unmasked and not actively participating.
- Players should bring hand sanitizer to practice and each game as well as a mask to be worn to and from the field. Players should use their own equipment, water bottle, towel, hand sanitizer and any other personal hygiene products.
- Coaches should be the only persons handling equipment, i.e., cones, disks, etc. Do not enlist parental or attendee assistance. Wash and sanitize all equipment before and after every practice and game. Do not use scrimmage vests or pinnies unless each player is assigned a permanent one. No sharing of equipment including pinnies, keeper jerseys or gloves.
- No pre-game team walkouts or post game handshakes, fist bumps, high 5's or elbow bumps. Players may acknowledge opponents and spectators with applause/hand claps. No group celebrations, high-5s, fist bumps, hugs, etc.
- Players and spectators should leave the field immediately following the conclusion of the game.