



## **OXFORD SOCCER LEAGUE RETURN TO PLAY INSTRUCTIONS**

OSL and CJSA have adopted these requirements to help protect players, families, and coaches from increased risk of contracting Covid-19. All activities require strict adherence to safety protocols. Activities which are not permitted are not sanctioned by CJSA, which means, for example, that CJSA insurance will not apply. These protocols are likely to change as CDC and government requirements evolve. Additionally, each club must operate within state and local government requirements.

OSL's Covid-19 coordinator is **Dave Logie**, [oxfordsoccerleague.net](http://oxfordsoccerleague.net), 203-525-7878.

Each team will nominate one or more registered individuals who are responsible for compliance at team events such as practices and games.

### **IMPORTANT NOTICE**

**If a player or coach contracts Covid-19, all team events will be canceled for all teams associated with that player or coach for 14 days.**

## COACHES

In order to participate in OS� sanctioned activities, all coaches will:

- Adhere at all times to state and local requirements, including, but not limited to, regional travel advisories and related self-quarantines. See <https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT> for the latest information on states meeting the criteria.
- Recognize that there may be parents/guardians who may not be ready to have their child return to activities at this time.
- Understand some parents/guardians may require their child to wear a face covering. If so, it should be a face covering which attaches around the ears so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings permitted during play.
- Ensure the health and safety of all athletes.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- Upon arrival, inquire how athletes are feeling and send them home if they believe they are acting or look ill.
- Not allow handshakes, fist or elbow bumps, or any other physical contact outside of practice/game situations.
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time.
- Use alcohol based hand sanitizer (at least 60% alcohol) where soap and water is not available.
- Cover coughs and sneezes with tissues or sleeves -- do not use your hands.
- Not touch your face (eyes, nose, mouth with unwashed hands).
- Launder clothing after each training session and game.
- Follow all state and local health protocols.
- Be the only one to handle cones, discs, goals etc.
- Sanitize all game balls at halftime of all games and after games
- Sanitize all benches, where installed, after each game.
- Setup a staging area outside of the field (or a designated area inside the field) where players place their belongings and water. This should also be where the coach communicates with the players while socially distanced.
- Ensure all athletes have their individual equipment. (Ball, water bottle, GK Gloves etc.)
- Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others.
- Not allow sharing of personal items including scrimmage vests.
- Not allow shared team snacks.
- Not allow use of public water bubblers, fountains or bottle fillers if present on site. Participants and spectators should only drink from their own containers.
- Wear a face covering, when not actively coaching and abide by the physical/social distance requirements from players and parents.
- **STAY POSITIVE** – Players and parents will be looking to you to remain calm and supportive during this transition time.

## PLAYERS

In order to participate in OS� sanctioned activities, all players will:

- Adhere at all times to state and local requirements, including, but not limited to, regional travel advisories and related self-quarantines. See <https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT> for the latest information on states meeting the criteria.
- Take temperature daily (with assistance from a parent or guardian as necessary).
- Practice and encourage proper hygiene; washing hands frequently with soap and water for at least 20 seconds at a time, using alcohol based hand sanitizer (at least 60% alcohol) if soap and water are not available, covering coughs and sneezes with tissues or sleeves not using your hands, not touching your face (eyes, nose, mouth) with unwashed hands.
- Have your own hand sanitizer with you.
- Wear a face covering before and immediately after each training session. They may be removed while participating in practice and drills, provided players are able to maintain at least 6 feet of distance from other persons present.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.)
- Bring your own water bottle and snack.
- **NOT** touch anyone else's equipment.
- Wash and sanitize your equipment before and after each training.
- **NOT** participate in group celebrations, hugs, handshakes, fist bumps, etc.

## PARENTS/GUARDIANS

In order to support a child's participation in OSL sanctioned activities, all parents/guardians will:

- Adhere at all times to state and local requirements, including, but not limited to, regional travel advisories and related self-quarantines. See <https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT> for the latest information on states meeting the criteria.
- Ensure your child's health and take his/her temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
- Isolate a child with any symptoms, even mild ones. Public Health Authorities urge you to stay home and isolate until you/your child:
  - Have had no fever for at least 72 hours (without the use of medicine)  
AND
  - Other symptoms (cough, shortness of breath) have improved  
AND
  - At least 7 days have passed since your symptoms first appeared.
- Ensure that if a child is in a household where another person becomes sick and that a child has had close contact with them (within six feet for approximately 10 minutes), the child should self-quarantine for 14 days, even if the child or household member hasn't been tested for COVID-19.
- Notify the club immediately if your child has become sick.
- Adhere to physical/social distance requirements posted by the organization based on state and local requirements.
- Wear a face covering if you are outside of your car at training and games,
- Ensure that your child has a water bottle, snack and equipment as appropriate (ball, GK Gloves etc. as necessary).
- Ensure that your child has necessary sanitizer with them at every session.
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- **NOT** assist the coach with equipment before or after a training session.
- **NOT** permit carpooling with other members of the team.