



Safety Guidelines for training and games  
Palatine Celtic Soccer Club, IL Phase 4 'Return to Play'  
\*Updated 11/1/2020

As part of the return to play process, PCSC participants will be responsible for their own mask, and any other personal protection equipment they may wish to utilize. (please see our guidelines below, which are subject to change) Every registered participant that will take part in any PCSC soccer season MUST sign a printed out version of the "Return to Play" COVID-19 waiver and then provide the signed copy to their PCSC coach or division director before participants are allowed to participate.

### **Coaches**

- PRIOR to attending training or scrimmages,, temperatures must be taken at home. By attending a training or scrimmage, you are acknowledging having a temperature less than 100.4 and are not experiencing ANY COVID 19 symptoms.
- If not feeling well, have a temperature above 100.4, or have displayed any symptoms of COVID-19 in the past 72 hours, coaches MUST NOT attend the event (training or scrimmage)
  - PRIOR to every event (training and scrimmage), coaches must ask each player if they are currently exhibiting symptoms of COVID-19 before the event begins.
- Wash hands with soap and water for 20 seconds before the event or use hand sanitizer/wipes.
- Attendance must be kept of all coaches and players who are present for each training/scrimmage either via a notebook or the Sports Engine app
- Will wear a face mask/covering over their nose and mouth when within 6 feet of others AND always while participating in training on the field, as well as on the sidelines during scrimmages.
- When possible, maintain 6 feet between other individuals (coaches, referees, players, and parents)
- Any team gear/equipment bag contents including but not limited to soccer balls, pinnies, goalie gloves, cones, pop up goals should be wiped down, washed, or sanitized before and after each use.
- Wash / sanitize hands after anytime you touch common surfaces (soccer balls, other equipment)
- Encouraged to shower and change clothes upon returning home



## **Players**

- PRIOR to attending training or scrimmages, temperatures must be taken at home. By attending a training or game, you are acknowledging having a temperature less than 100.4 and are not experiencing ANY COVID 19 symptoms.
- If not feeling well, have a temperature above 100.4, or have displayed any symptoms of COVID-19 in the past 72 hours, players MUST NOT attend the event (training or scrimmage)
- Wash hands with soap and water for 20 seconds before the event or use hand sanitizer/wipes.
- When not directly participating in training/scrimmage, maintain 6 ft between other individuals.
- Should wear a face mask over their nose and mouth when within 6 ft of others (entering and leaving the soccer field), but not on the soccer field of play while participating. Players are permitted to wear a mask during play, if they choose.
- NO SHARING of anything personal: water bottle, equipment, etc
- Food Limitations
  - Food at the soccer field is prohibited- only permitted if necessary (medical, special circumstances)  
Clean hands before and after consumption away from the playing area.
- Wash / Sanitize hands after anytime you touch common surfaces
  - Players after coming in from the soccer field (especially after participating in throw ins)
  - After using the restroom
- Arrive and depart training/scrimmage fields while maintaining social distancing
- Encouraged to shower and change clothes upon returning home

## **Other Considerations**

- No post scrimmage handshakes, high fives, or fist bumps
- \*Referees (see below) and volunteers should wear face coverings when possible
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Wipe down your soccer ball and equipment frequently

## **Parents and Spectators**

- Maintain social distancing when arriving and departing from events (training and scrimmages). Spectators at games should be seated on the opposite sideline of the team. Spectators will have a special area to sit 30ft from the field of play. NO spectator should congregate within the 30ft field of play.
- Stay at least 6 ft away from other spectators that do not reside within their household
- For any interaction where social distancing cannot be maintained, a mask shall be worn.

## **COVID-19 Positive**

If a player or coach does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be re tested after fever less and feeling well (without fever reducing medication) for at least 24 hours. Before resuming events with the team, they need to receive (1) negative COVID-19 test result.

As part of contact tracing, an email must be sent to **admin@palatinecelticsc.com** to report the positive test. PCSC will also send communication to teammates and opposing teams (spring) which the COVID-19 positive individual was in contact with during the prior 14 days.

Once the Celtic team is contacted and made aware of the COVID positive individual, whereas close contact confirmed (close contact is someone who was within 6 feet of an infected individual for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset or for asymptomatic individuals, 2 days prior to test specimen collection until the time the individual is isolated) the team will be asked to suspend team training for 14 days from the last contact day with the COVID positive individual. After 14 days, players can rejoin training after certifying they have no COVID like symptoms and fever less for 24 hours without pain relieving medication.

PCSC and PPD will be monitoring each team's adherence to these procedures.

- In the event of a violation, coaches will be informed and required to review and demonstrate a clear understanding of the violation, while acknowledging in writing this understanding.
- A second violation will result in suspension of all team activities for 14 days.
- A third violation, or any other flagrant or intentional violations on the part of a coach, player, or parent may result in their immediate dismissal from the program for the season.

## **Training/Scrimmage Compliance**

- In compliance with current State of Illinois mandated guidelines, teams will have no more than 25 total players. Each team will be made up of 2 sub-groups that will train separately twice per week.
- Intra-team scrimmages and small-sided events will take place on weekends. These events will include no more than 50 participants, including coaches, referees, and players.
- At all intra-team scrimmages and small-sided events, spectators will be required to maintain a distance of at least 30 ft from the player group. The area for spectators will be clearly defined 30 ft from the field of play.
- Weekly training sessions will be geared toward teaching players basic soccer skills. Scrimmages and small-sided events will allow the players to utilize these skills in situations that simulate game play.
- Scrimmage and small-sided events will be scheduled in a manner to minimize or eliminate having multiple teams arriving or leaving game areas at the same time.
- Absolutely NO verbal or physical interaction with referees will be allowed by coaches or spectators during scrimmages. Referees will be used ONLY to manage the scrimmage, as well as take the opportunity at scrimmages to train 1st time referees. As the players are learning through scrimmaging, so are our young referees.
- \*Referees are required to wear a face mask or facial covering at all times on the field of play and when social distancing cannot be maintained.
- Due to ever changing guidelines, two 4-week sessions will be held which allows for organized restructuring of the league, if needed.
- Compliance officers for Celtic House Soccer will be House Director Dave Tofilon and all division directors (Katie Shapiro, Katie Clarke, Joe Pietrini, Anthony LaFronza, David Campos, Brian Ratajczak, Steve Menk, Patrick O'Mara) and Club Manager Jenn Hurwitz.

### 2020 Fall House Training/Scrimmage arrival/departure Guidelines

- Players/Coaches are to arrive NO EARLIER than 5 minutes prior to their scheduled practice time (should remain in the car in the parking lot until 5 min before practice)
- Players/Coaches are to arrive NO EARLIER than 15 minutes prior to their scheduled scrimmage time (should remain in the car in the parking lot until 15 min before scrimmage)
- ALL participants, spectators, and coaches MUST wear face coverings or masks when entering and leaving their practice and scrimmage fields. This includes parents walking their player to the practice field, even if social distancing can be maintained.
- Upon arrival to practice, participants will wear a face covering or mask and **meet their team at a team designated spot a minimum of 30 feet away from their practice field.**
  
- Teams starting their 1 hour practice time **should not enter the field** until the previous team practicing has exited. **Realistically, practices will be ~50 minutes this fall.**
- Teams exiting their practice field must do so all together, wearing masks, and with all belongings in a timely manner.
  
- Because Celtic has staggered scrimmages with more time in between, teams and their spectators are expected to exit the field, with facial coverings or masks, at the completion of the scrimmage. Socializing at the field is not encouraged.
- At scrimmages, a 30 foot line will be drawn from the sidelines. ALL spectators are expected to stay well behind that 30 ft line. Spectators are also expected to social distance from spectators not in their immediate family circle, and/or wear a facial covering or mask when 6 ft social distancing cannot be adhered to. A strict 50 person limit will be observed for spectators 30 ft from the game field.
- During scrimmages and practices, teams are expected to adhere to the 30 ft rule on their player sideline. Teams should stay 30 ft apart from each other on the sideline, as well as having individual space set back for players' equipment.
  
- Lights will be turned off promptly 15 minutes after the last scheduled practice/scrimmage at each field.
- Hand sanitizer and proper hygiene as expressed in Celtic's 'Return to Play' Guidelines should be used as/when needed while at practices or scrimmages.

## Winter Updates to All Sports Policy

This guidance issued by the Department of Commerce and Economic Opportunity (DCEO), the Illinois Department of Public Health (IDPH), and the Illinois State Board of Education (ISBE) pertains to all youth and adult recreational sports, including, but not limited to, school-based sports (high school and elementary school), travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs. This guidance does NOT pertain to professional sports leagues or college division level sports.

These guidelines do not apply to adult sport activities subject to existing DCEO guidance identified below:

- For golf, refer to existing guidance on the [DCEO website](#).
- For tennis, refer to existing guidance on the [DCEO website](#).

Wearing face coverings or masks, including during competition, may further reduce the transmission of disease and is recommended for all sports below where face coverings do not unduly interfere with participation.

This guidance will be regularly updated as public health conditions change and new information becomes available.

HIGHER RISK	MODERATE RISK	LOWER RISK
<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Boxing</li> <li>• Football</li> <li>• Hockey</li> <li>• Lacrosse</li> <li>• Martial Arts</li> <li>• Rugby</li> <li>• Ultimate Frisbee</li> <li>• Wrestling</li> </ul>	<ul style="list-style-type: none"> <li>• Fencing</li> <li>• Flag Football or 7v7 Football</li> <li>• Paintball</li> <li>• Racquetball</li> <li>• Soccer</li> <li>• Volleyball</li> <li>• Water Polo</li> <li>• Wheelchair Basketball</li> </ul>	<ul style="list-style-type: none"> <li>• Archery</li> <li>• Badminton</li> <li>• Baseball</li> <li>• Bass Fishing</li> <li>• Bowling</li> <li>• Competitive Cheer</li> <li>• Competitive Dance</li> <li>• Climbing</li> <li>• Crew</li> <li>• Cross Country</li> <li>• Cycling</li> <li>• Disc Golf</li> <li>• Golf</li> <li>• Gymnastics</li> <li>• Horseback Riding</li> <li>• Ice Skating</li> <li>• Ropes Courses</li> <li>• Sailing, Canoeing, Kayaking</li> <li>• Sideline Spirit</li> <li>• Skateboarding</li> <li>• Softball</li> <li>• Skiing</li> <li>• Swimming/Diving</li> <li>• Tennis</li> <li>• Track and Field</li> <li>• Weight Lifting</li> </ul>



# ALL SPORTS POLICY

**RESTORE ILLINOIS**  
A Public Health Approach To Safely Reopen Our State

## PART OF PHASE 4 OF RESTORE ILLINOIS PLAN

APPLICABLE TO EACH REGION UPON TRANSITION TO PHASE IV | ISSUED ON JULY 29, 2020 | EARLIEST EFFECTIVE DATE AUGUST 15, 2020

The Revitalization Phase of the Restore Illinois public health approach to reopening the Illinois economy includes larger gathering sizes, additional businesses reopening and increased capacities. We must all continue to social distance, frequently wash our hands and cover our faces to maintain progress in overcoming COVID-19.

This guidance pertains to all youth and adult recreational sports, including, but not limited to, school-based sports (IHSA & IESA), travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs. This guidance does NOT pertain to professional sports leagues or college division level sports.

**These guidelines do not apply to adult sport activities subject to existing DCEO guidance identified below:**

- For golf, refer to [existing guidance](#) on the [DCEO website](#).
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This guidance will be regularly updated as public health conditions change and new information becomes available.

HIGHER RISK	MEDIUM RISK	LOWER RISK
Boxing	Basketball	Archery
Competitive Cheer	Fencing	Badminton
Competitive Dance	Flag Football or 7v7 Football	Baseball *
Football	Paintball	Bass Fishing *
Hockey	Racquetball	Bowling
Lacrosse	Soccer	Climbing
Martial Arts	Volleyball	Crew
Rugby	Water Polo	Cross Country*
Ultimate Frisbee	Wheelchair Basketball	Cycling *
Wrestling		Disc Golf
		Golf
		Gymnastics *
		Horseback Riding
		Ice Skating *
		Ropes Courses *
		Sailing, Canoeing, Kayaking *
		Sideline Spirit *
		Skateboarding
		Softball *
		Swimming/Diving *
		Tennis
		Track and Field *
		Weight Lifting *

\* With safety measures.  
See full table for detailed guidance



## ALL SPORTS POLICY

The level of play allowed is dictated by current public health conditions.

Below are the **Type of Play Levels**:

<b>Level 1</b>	No-contact practices, and trainings only
<b>Level 2</b>	Intra-team scrimmages allowed, with parental consent for minors; no competitive play
<b>Level 3</b>	Intra-conference or Intra-EMS-region or intra-league play/meets only; state- or league-championship game/meet allowed for low-risk sports only
<b>Level 4</b>	Tournaments, out-of-conference/league play, out-of-state play allowed; championship games allowed

### Current Conditions Allow for the Following Types of Play per Sport Risk Level:

- Low-risk sports can currently play at Levels 1, 2, and 3
- Medium-risk sports can currently play at Level 1 and 2
- High-risk sports can currently play at Level 1

<sup>1</sup> EMS Regions are the 11 regions IDPH uses for the Restore Illinois boundaries

### The following sports are considered low risk IF the below mitigations are met.

Baseball	At least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium
Bass Fishing	Limit number of individuals on boat to allow for social distancing, otherwise Medium
Cross Country	If number of teams is significantly limited and physical workspace guidelines followed
Cycling	Individual or use only every other track in velodrome, otherwise Medium
Gymnastics	If able to clean equipment between participants, otherwise Medium
Ice Skating	If singles only, otherwise Higher
Ropes Courses	If able to socially distance and clean between each individual, otherwise Higher
Sailing, Canoeing, Kayaking	If limited number on boat to socially distance, otherwise Higher
Sideline Spirit	If 6-feet apart and no stunts or lifts, otherwise Higher
Softball	If at least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium
Swimming/Diving	If restricted to single lane and singles diving; no relays, synchronized swimming, or paired diving, otherwise Medium
Track and Field	Lower if delayed starts, every other track, and cleaning of equipment between usage; otherwise Medium
Weight Lifting	If able to clean between each individual, otherwise Medium

