



Covid Management, Policy, Procedures: *Spring 2021**

COACHES

- Masks required at all times at training and matches.
- Maintain minimum of 6 feet of distance from everyone; in event of player injury, may not be possible.
- Ask each player before training or match if he/she feels sick; instruct him/her to leave if answer “yes”.
- Monitor/ensure players on bench during a match maintain 6 feet of distance from each other, referees; reinforce no high fives, handshakes, etc...
- Only one coach should handle training or match equipment; sanitize between every training session or match.
- Best practice: assign each player a pinnie for the season.
- Do not provide communal water, energy drinks/supplements, etc. and reinforce with players to bring their own.

PLAYERS

- Masks required to and from the field and must be worn if not actively participating and unable to maintain 6 feet of distance from all others.
- Arrive to and leave field fully dressed (training gear or uniform, shoes, guards, etc.).
- Maintain minimum of 6 feet of distance from all others, including while on the bench during a match.
- Do not share waterbottles, energy drinks/supplements, pinnies, balls, etc...
- No group huddles, cheers, high fives/chest bumps, hugs, etc...
- Bring and use hand sanitizer.
- Stay home if not feeling well.
- If have a known exposure to Covid-19, or show any signs/symptoms, DO NOT return to the team setting --> follow reporting and quarantine guidelines.

**Play your role:
#teamwork**

REFEREES

- Masks required during pregame check and when leaving the field for Referees, AR's; optional to wear during a match.
- 4th official required to wear mask during a match.
- Only use own equipment (flags, etc.); if must share yours, sanitize before/after use by another.
- Role is not to enforce the protocols; role is to note and report instances of non-compliance to Iowa Soccer.

PARENTS & SPECTATORS

- Masks required to and from the field and when using field/facility amenity such as bathroom or concession stand.
- No restriction on number of spectators HOWEVER if the facility/community hosting the competition has such a requirement, it must be followed.
- All attending match must be symptom-free; if feel sick – including players – stay home
- If facility/community hosting match has a more strict mask requirement, compliance with it is expected.
- Must sit in designated area and maintain 6 feet of distance from other family units at all times; avoid opponent's side of the field.



Vaccinations: *Spring 2021**

Vaccinations

- **As of March 5, 2021**

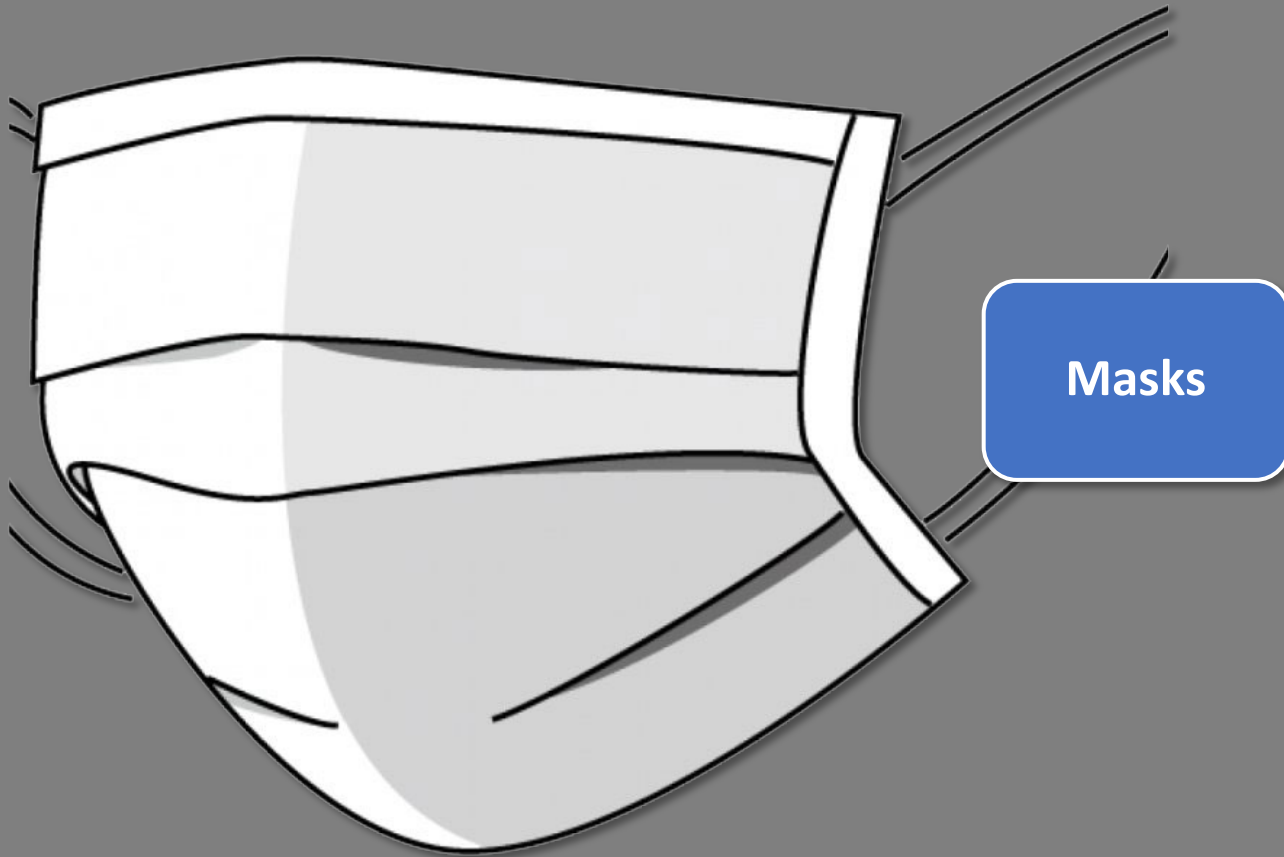
>>> As of date above, there are no special exceptions or privileges are offered to those who are vaccinated, except for quarantine exemption.

>>> Iowa Soccer will review expert guidance, including that expected from the CDC, and this policy could change as we learn more.





Masks: *Spring 2021**



Iowa Soccer policy regarding masks are the minimum standards to follow. A city, county or facility may have more strict mask rules and the rules governing the place the match is played are expected to be followed by all participants in a match: players, coaches, referees, parents/spectators.

At training or at matches

- **COACHES:** Masks required at training and matches.
- **PLAYERS:** Masks required to and from the field and must be worn if not actively participating and unable to maintain 6 feet of distance from all others. Optional to wear while playing.
- **SPECTATORS:** Masks required to and from the field and when using field/facility amenity such as bathroom or concession stand.
- **REFEREES & ASSISTANT REFEREES:** must wear a mask to/from the game field and during pregame if a pregame is conducted.
- **4th OFFICIAL:** (if your match has one) must wear a mask to/from the game field and during the entirety of the match.



Parents/Spectators: *Spring 2021**

Team Supporters

- No restriction on number of spectators, **HOWEVER** if the facility/community hosting the competition limits spectators, that restriction must be followed.
- All attending match must be symptom-free; if feel sick – including players – stay home.
- Mask required to and from the field and when using field/facility amenity such as bathroom or concession stand.
 - If facility/community hosting match has a more strict mask requirement, that requirement must be followed.
- Must sit in designated area and maintain 6 feet of distance from other family units at all times.
- Avoid opponent's side of the field.





Reporting & Quarantine: Spring 2021*

**QUARANTINE
COVID-19**

**Reporting
&
Quarantine**

REPORTING:

- All positive cases involving a player or coach should continue to be reported through the online form at <http://www.iowasoccer.org/covid19/>.
- Within the Iowa Soccer League, opponents will be notified if they played against a team that had a coach or player test positive within the last seven days.

QUARANTINE:

- Local county requirements must be followed. It is important that every club contact their county public health to understand local quarantine requirements for players or coaches exposed at practice.
- Assuming routine soccer activity is the only contact between an affected individual and other individuals, we will continue to treat that as medium risk. Note that if individuals carpooled, shared water, or had additional exposure that their risk could be higher and could require a 14-day quarantine.
- Quarantine requirements:
 - Either 10 days after exposure with no symptoms OR
 - 7 days with no symptoms and a negative PCR test taken at least 5 days post exposure OR
 - No quarantine if tested positive for COVID 19 in the previous 3 months OR
 - No quarantine if fully vaccinated within the last 3 months



Match Day Situation - Injury: *Spring 2021**

Match Day Injured Player Best Practices

- **ASSESSMENT/TREATMENT OF AN INJURED PLAYER SHOULD NOT BE DELAYED IF BEST PRACTICES CANNOT BE FOLLOWED!**
- When the Referee signals, send only one coach to the injured player (coach should already be masked). Coach should bring 2 clean/unused masks onto the field.
- Coach provides unused mask to injured player prior to speaking to player to assess his/her status.
- Coach mindful of keeping 6 feet of physical distance as possible if/until it is determined player needs assistance or needs help to get off the field.
- If injured player needs help off the field that requires an additional person, coach first signals to player's parent (if present) and provides unused mask to parent. If parent not onsite, coach should signal to a team member, providing unused mask to him/her.
- As possible after exiting the field coach, injured player and anyone who assisted should clean hands with sanitizer.
- **ASSESSMENT/TREATMENT OF AN INJURED PLAYER SHOULD NOT BE DELAYED IF BEST PRACTICES CANNOT BE FOLLOWED!**





Match Day Situations: *Spring 2021**

Referees & Pregame Check

- If Referees or AR's conduct an equipment check by lining players up, players must have 6 feet between them.
- Referees and AR's will not handle player passes for league play; Referees and AR's will not ask for nor handle team rosters for league play.
 - *Tournaments have the option to require Referees/AR's check rosters that include player photos or check player passes in order to ensure player eligibility. In that instance, sanitize hands before and after handling; masks are required for the Referee and AR's during that pregame check.*
- Referees and AR's will not conduct a coin toss or a captain's meeting.
 - *Home team will be deemed "winner" of coin toss and thereby select their first-half option*

Substitutions

- For a player in the game who is substituted for, he/she should immediately head directly to his/her team bench to leave the field of play.
- If substitutes are wearing a pinnie, player coming off the field should not take the pinnie from the substitute; he/she should put on his/her own pinnie when arrives at team bench; substitute should not have pinnie on while waiting to enter the game, should put in gear bag.

Deliberate Coughing

- **DELIBERATELY** coughing at or on an opponent or any other participant in the match is treated in the same way as spitting at or on an opponent and will result in an immediate red card.
- Spectators will be held to the same standard and Referees will have the same authority to enforce as they do with all other spectator-related issues.



Match Day & Team Benches: *Spring 2021**

Team Benches

- The recommendation for the Spring season is for facilities **NOT** to provide team benches. Two reasons:
 - *While on their team's sideline, players are to maintain a physical distance of 6 feet from others at all times. This makes a team bench essentially unusable.*
 - *If a bench is present, the home club or facility personnel, whether professional, part-time or volunteer, will be responsible for sanitizing the team benches between every match.*





Field Layout: Spring 2021*

Fields & Facilities

- Teams will be placed on opposite sides of field, on the half of the field that the AR is on.
- Strongly recommended that team bench/technical and spectator areas are marked with/by painted areas.
- The home team will be on the AR1 side of the field.
- Parents and spectators will sit on the same side of field as their team, located on the other half of the field.
- Team technical area will be between the bottom of the center circle to the top of the penalty area (see diagram).
- See diagram for allowable areas for teams and spectators to be seated; minimum 10 feet back from the touchline.
- Game transitions: next teams to play on that field should not enter technical areas until previous teams have left; same for parents and spectators.
- Sanitize match balls, and if facility provides team benches, sanitize team benches.
- As possible with scheduling, try to stagger or limit games being played at same time on side-by-side fields.

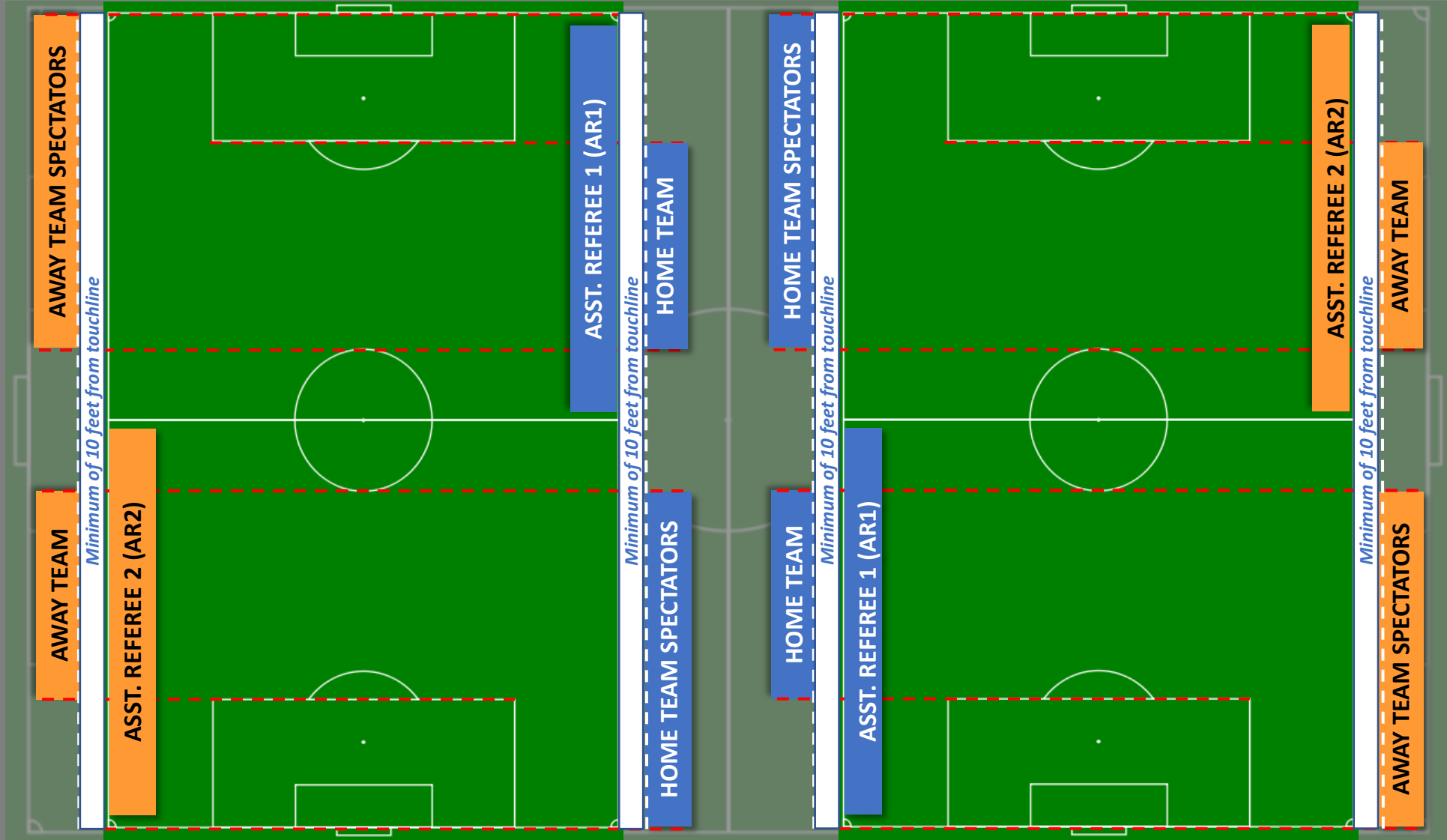




Field Layout: Spring 2021*

Small-sided, side-by-side fields that go across a full-sized field

Fields & Facilities



*PUBLISHED MARCH 5, 2021 Requirements & recommendations are subject to change if/as conditions warrant.



Field Layout: Spring 2021*

Multiple small-sided fields that fill a full-sized field

Fields & Facilities



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