



## JCPRD 2020 Fall Soccer Covid-19 Practice Protocols

### **Coach Responsibilities:**

- Take your temperature before every session/game. If your temperature is 100.4 or higher, you are NOT allowed to coach that day.
- Thoroughly wash hands for at least 20 seconds before each session.
- Practice social distancing around everyone, place bags and equipment at least 6 feet apart. Mark with cones to make it clear where you want player equipment.
- No close group meetings, celebrations, high fives, hugs, handshakes, fist-bumps, etc.
- Follow all state and local health protocols and guidelines.
- Ensure all athletes have their own individual equipment (scrimmage vest, ball, water, bat, etc.)
- Ensure that you are the only person to handle equipment (cones, vests, etc.); Do not allow players or parents to help gather gear.
- Disinfect all equipment after each practice; wash scrimmage vests after each use.
- Always wear a face mask.
- Maintain social distance requirements from players and other coaches based on state and local health requirements.
- If you feel sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medications, and until you have a significant improvement in symptoms.
- Communicate with JCPRD to coordinate an approved coach if you are unable to attend practices or games due to illness.

### **Player Responsibilities:**

- Take your temperature daily to ensure you are fever free (below 100.4).
- Wash hands thoroughly for at least 20 seconds before and after training.
- Bring, and use, hand sanitizer with you at every training.
- Do not touch or share anyone else's equipment, water, food, or bags.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- No physical contact: high fives, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as and local health authorities.
- Water containers/bottles must not be shared.
- If a player gets sick, isolate at home for 10 days after the onset of symptoms, until you are fever free for 72 hours without the use of fever-reducing medication, and until you have a significant improvement in symptoms.

### **Parent Responsibilities:**

- Parents and other visitors are required to wear a mask if they stay for practice.
- Maintain social distancing recommendations.
- Ensure your child is healthy and check your child's temperature before activities with others (temperature must be below 100.4 to participate).
- Ensure player's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training.
- Be sure your child has necessary sanitizing products with them at every training.
- Follow quarantine guidelines if your player has been exposed to any confirmed Covid-19 diagnosis individuals.
- Notify your coach and JCPRD directors immediately if your child becomes ill for any reason. Jamie Kempfe (JCPRD Soccer Coord. – [jamie.kempfe@jocogov.org](mailto:jamie.kempfe@jocogov.org))  
Adam McElhattan (JCPRD Facility Manager – [adam.mcelhattan@jocogov.org](mailto:adam.mcelhattan@jocogov.org))

These are the current guidelines based on National CDC, State and local recommendations. We will update as recommended by those entities.