



# RETURN TO PLAY PHASE V

**Effective 6/1/2021: In keeping with the State of Maine decision to retire the COVID 19 Community Sports Guidelines on 5/24/2021, our protocols are as follows effective immediately:**

## Criteria for Participation in Competition

- **Gathering limits for indoor training or any other indoor event may still be reduced. Please plan accordingly/**
- All spectators should still make every attempt to socially distance by a minimum of 6 feet between family units while outside **and mask if not fully vaccinated.**
- Upon arrival to game, coaches or staff should ask each athlete if they are experiencing any signs or symptoms of COVID-19, or have experienced any signs or symptoms in the past 14 days. Further they should be asked if they have been exposed to someone that has been ill in the last 14 days.
- If the athlete has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider as soon as possible.
- Athletes should take temperature before going to game.
- **Players on the field and sidelines will not be required to be masked, but may do so if they so choose. We still recommend that players on the sideline physically distance unless all are vaccinated.**
- **Coaches on the sidelines who are vaccinated are not required to be masked. If you are not vaccinated, we require that you mask.**
- Participants should use their own equipment and properly sanitize the equipment after every game. This includes water bottles, towels, shin guards, etc. Game ball is the only shared piece of equipment. It is the coach/home team's responsibility to provide this and to sanitize it at specific intervals during the game.
- Cleaning schedule/protocol of equipment with disinfectant before, during, and after game.

## Clubs

- Distribute protocols to its members and parents.
- Have a communication plan in place for notification of venue requirements. Teams/Clubs should notify opposing teams/clubs a minimum of one week prior of any restrictions to spectator attendance. Some school facilities still have restrictions in place.
- Have an effective communication plan in place should a team member, coach or manager contract COVID=19. Identify strategies to notify adult leaders, youth and their families if the organization learns of a case that may result in exposure and potential infection to others while at training or a game, while maintaining confidentiality.
- Train and educate all staff to protocols and requirements, including state and local regulations, CDC recommendations and other necessary information. It is the Club's responsibility to see that all coaches, and other staff adhere to these protocols and requirements.
- Provide adequate field space for social distancing.
- Provide hand sanitizer. This would be only used if a player or other individual does not bring their own.

# Coaches

- Ensure the health and safety of the Athletes - inquire how the athletes are feeling, and send them home should you believe they act or look ill. Follow all State and Local Health Protocols.
- Ensure all athletes have their individual equipment (ball, water, bag, shin guards, etc.)
- Coach is the only person to handle cones, disk etc.
- Wear appropriate personal protective equipment; i.e. **mask if not fully vaccinated.**
- The use of scrimmage vest or pinnies is not recommended at this time.

# Parents

- Ensure child is healthy, check your child's temperature before attending a training session.
- Adhere to social distancing as best that you can.
- Ensure child's clothing is washed after every training session, and equipment is sanitized.
- Notify club immediately if your child becomes ill for any reason. This is a requirement.
- Do not assist coach with equipment before or after training.
- Be sure your child has necessary sanitizer with them at every training.

# Players

- **Players are not required to wear a mask for training or competitions outdoors. If participating in training or games indoors, the venue requirements take precedence, but our recommendation is that you mask.**
- Take temperature before attending training session, and do not attend if you have a temperature of 100° or higher.
- Wash hands thoroughly before and after training and bring and use, hand sanitizer with you to every training.
- Do not touch or share anyone else's equipment, water, snack or bag.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, no high 5's, hugs, handshakes etc.

Follow all Maine DECD and CDC guidelines:

- [Coronavirus Disease 2019 \(COVID-19\) | Airborne Disease Surveillance Epidemiology Program | MeCDC | Maine DHHS](#)
- <https://www.maine.gov/dhhs/mecdc/infectiousdisease/epi/airborne/coronavirus.shtml>
- <https://www.maine.gov/decd/general-guidance>