



# YOUTH FIELD HOCKEY COVID GUIDELINES

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## No Participation if Experiencing COVID-19 Symptoms

- Any coach, player, parent, referee or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending training or games.
- Coaches and players (assisted by parents/guardians) must self-assess their condition and attest when arriving at the location that they are not experiencing these symptoms. A self-assessment tool is attached which you can provide for players and coaches to assess their symptoms.  
<https://www.mayoclinic.org/covid-19-self-assessment-tool>
- Any adult attendee who displays any of these symptoms will be required to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.

## Minimize physical touching between players and coaches

- Coaches shall ensure and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates, but we need to be diligent at enforcing this protocol for the health and safety of our players and their families.
- Coaches are required to wear appropriate face coverings during training sessions, except when actively engaged in coaching activities requiring physical exertion. Players must wear masks when in the playing environment and not playing. For example, masks/face coverings are to be worn to and from the field, while waiting to get in the game or join the practice. Masks/face coverings do not need to be worn while actively on the field playing or practicing. Any other individuals attending the training session are **REQUIRED to wear appropriate face coverings AND follow all social distancing guidelines.**
- Hand Sanitizer will be given to each coach. Players should also bring hand sanitizer for personal use. It is the coach’s responsibility to let the Parks & Recreation Department know when more hand sanitizer is needed.
- Do not share equipment. Players should have their own alternate color training top or scrimmage vest. Players should have their own ball (with name on it), stick, goggles, shin guards, water bottle, towel, and hand sanitizer.
- Reduce players touching practice equipment, the handling of all training items, such as cones, etc. should be limited to coaches.
- Social distancing (minimum 6 feet) must be maintained by coaches, players, and spectators at all times when not playing.

- If a team member or coach contracts COVID-19, all training sessions will be canceled for that team and any additional team associated with that coach for 14 days.
- If a player or coach is sent home with symptoms, they can return when they have no fever, symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart (CDC Guidelines)

## Training

- Contact is allowed within the training environment; however, this should be limited to actual training and managed to avoid prolonged contact.
- Teams should still keep intermixing to a minimum. Adhere to social distancing requirements when participants are not playing (on the bench, sideline, etc.).
- Don't share equipment or water
- All equipment must be sanitized after each training session
- In an effort to communicate in a safe manner - 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.

## Games / Matches

- Players should each have their own chair/area on the sidelines with their own equipment during games. Spaces should be distanced 6 feet apart.
- Everyone must adhere to social distancing recommendations when participants are not playing (on the bench, sideline, etc.).
  - Adhere to wearing masks when not playing and on the bench
- Coaches to wear masks
- Teams and referees are not to engage in traditional sportsmanship gestures, such as post-match handshakes. - - Teams are encouraged to find new ways to show sportsmanship
- If spectators do attend, they should limit the retrieval of game balls should they go out of play and let the players retrieve the ball.
- Minimize crowding at games and practices. For example, field space must be large enough to provide for social distancing or all in attendance; spectators must be distanced from the field.
- Spectators must follow social distancing recommendations including the wearing of masks as well as maintaining at least 6 feet of physical distance from each other. This includes from Assistant Referee's
- Stagger start of games to ensure that there is the possibility for social distancing amongst all spectators if they are present.
- Game balls must be sanitized at halftime of all games and after games