



FRANKFORT
Park District

Fire Starters Soccer League Guidelines

Health Monitoring

1. Players and coaches must perform self-evaluations prior to arriving to practice/scrimmage. Anyone experiencing COVID symptoms must stay home.
2. Players and coaches with a fever of 100.4 must stay home and be symptom free for 72 hours.
3. If a participant does contract COVID-19, they should remain isolated at home for a minimum of 14 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has a negative COVID-19 test.
4. Any participant who has had close contact (15 minutes or more) with another participant or any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations.
5. All other participants should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop

Minimum Guidelines

1. Every participant must have a completed the Level 2 Youth Recreational Sports Consent and Release Form.
2. Coaches will maintain an attendance log of participants to be turned into Fire Starters staff. Staff will ask each coach before their practice/scrimmage for which players are in attendance.
3. Coaches must wear a mask at all times.
4. Participants must wear face coverings over their nose and mouth whenever not actively exercising or participating in practices or competition. This means athletes should be wearing a face covering while they exit the vehicle and are arriving at the field location and should remain on until the practice begins. It should be worn during team discussions pre and post game.
5. Attendance at practices or scrimmages should be limited to immediate family members. Spectators must socially distance of at least 6-ft and wear face coverings when entering or exiting the field or when social distancing cannot be maintained. The Park District will have a designated area assigned for spectators to stay throughout the game.
6. Participants will place their personal belongings on the sideline of the field at least 6-ft. away from other's personal belongings.
7. Upon completion of a practice/scrimmage, parents/guardians and players must leave as soon as possible. The next team should not arrive until 10 minutes before their practice/scrimmage time. This will allow enough time in-between for teams to leave and enter the field.
8. Participants must wash their hands with soap or use hand sanitizer before participating.
9. Participants must bring their own source of water.
10. Adhere to CDC guidelines by not touching your face (after handling ball or any equipment).
11. No handshakes, high fives, fist bumps, hugs, etc. can occur.
12. No spitting or blowing of the nose without a tissue is allowed.
13. No team snacks or drinks are allowed on scrimmage days.
14. Players will not be able to change teams once the season has started. Also, new participants will not be added to a team once the season has started.

Best Practices for the Field of Play:

1. Each division will be split up into teams greater than 15 players.
2. Each individual team will then practice together throughout the season and then play against their own team on scrimmage days. Teams will not play against other teams within the division.
3. Parents must provide their players with hand sanitizer for cleaning hands as often as possible.
4. Players on the sideline are required to be socially distant.
5. The Park District will have one game ball for each field. This ball will be sanitized before each game.
6. The Park District will assign a designated area for coaches and players of each team.