

## **Illness:**

We are requiring all families to keep children home if they are not 100% healthy.

Due to the seriousness of the Covid-19 virus, when there are symptoms of illness or other indications that a child is not well enough for group activities, arrangements must be made for his/her care at home. This includes but is not limited to fevers, coughing, sneezing, wheezing, or any other undiagnosed respiratory illness. If your child comes to the Ocean State North Kingstown United's fields even slightly sick, we will send him/her home immediately to prevent the spreading of any and all illnesses. If a child shows sign of illness or reports to a staff member that he or she does not feel well, or if a child vomits, has diarrhea, fever, or contagious rash, staff will call the parent or approved guardian, and the child must be picked up within 30 minutes.

Coaches will also be closely monitored and will not be allowed to work if they display any of the above-mentioned symptoms.

If anyone in the home has cold symptoms, parent/guardian should not send their children to their soccer training. Daily at drop off, the parent/guardian will attest that no one in the family has cold symptoms. Children will not be permitted to return until their household member is three days symptom free.

Exposure to communicable diseases and any infectious illnesses of other family members should be promptly reported so that Ocean State North Kingstown United may be alerted to early symptoms.

Please remember to call us or email us daily if you plan to keep your child home. Unless you tell us, we are planning for them to be here.

## **Returning from illness**

The following must be adhered to when returning from an illness:

- If anyone in the home has cold symptoms, caregivers should not send their children to the child's soccer training. Daily at drop off, the caregiver will attest that no one in the family has cold symptoms. Children should not return until their household member is three days symptom free.

- If a child has a temperature, or is sent home during illness they may be readmitted only after it has been determined they do not have the Covid-19 virus. In addition, if it has been determined they do not have Covid-19 they must be fever and symptom free for 24 hours prior to return.
- In the event of a Covid-19 infection, the RIDOH will make all decisions regarding quarantine, and the safe return to sports activities.
- Temperature, diarrhea, vomiting - Following an illness accompanied by a rise in temperature, diarrhea and or vomiting, after the temperature has returned to normal and/or bouts of diarrhea and vomiting have stopped for at least 24 hours.
- Unidentified rashes - A child may return to training when the coach or administrator has received a doctor's note stating that he/she is not contagious.

## **Staffing & training plan:**

- The ratio will be 1 or 2 coaches to a maximum of 30 players at all times, unless directed differently by the RIDOH and DHS.
- Coaches will be assigned to specific groups and will remain with that group for the duration of the training session. The group of players must remain the same throughout the duration of the season and/or until tryouts at which time new groups will be formed.
- When possible, coaches will enforce social distance guidelines. Where possible, 6 feet or greater distance amongst players. Any players not involved in physical play must keep 6 feet or greater between themselves.
- Spacing between separate groups must be 14 feet or greater.
- Players should bring their own training equipment, i.e. soccer ball, water bottle etc. and not be shared with other players.
- Group scrimmages with in itself is allowed.
- All coaches must wear a face covering during training sessions when unable to keep 6 feet apart.
- Players must wear a face covering when not actively participating in a strenuous activity.
- Any team wishing to train must have a designated parent(s) available to conduct drop off/pick up procedures.