



## WSC Guidelines for safe soccer according to the CDC

There are a number of actions we can take to help lower the risk of COVID-19 exposure and reduce the spread during competition. Common sense and the CDC tell us that the more people a player interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread is high with full competition between teams from different geographic areas.

Captain or designated person, before the games, please conduct health checks (e.g., [symptom checking](#)) and take temperatures of players safely and respectfully via non-contact thermometer (if feasible). Soccer requires frequent closeness between players which may make it more difficult to maintain social distancing and play will be modified to safely increase distance between players.

- To limit the time players spend close to others by playing full contact in game-time situations, games will be 25 minute halves.
- Limit body contact by maintain 6 ft social distancing on the field is highly encouraged
- No high fives at the end of the game.
- No hugging. This may be the hardest limitation since we have missed each other!  
☹️
- It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread. Please do not sharing water bottles and keep soccer bags and each player's belongings separated from others. Use hand sanitizer.
- If food is offered, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Staying after is not encouraged.
  - During times when players are not actively participating in competition, attention should be given to maintaining [social distancing](#) by increasing space between players on the sideline and don't stay in groups.
  - No spectators allowed.

### **Staying Home when Appropriate**

- Individuals should stay home if they have tested positive for or are showing COVID-19 [symptoms](#).
- Individuals who have recently had a [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
- CDC's criteria can help inform return to work/school policies:
  - [If they have been sick with COVID-19](#)
  - [If they have recently had a close contact with a person with COVID-19](#)

### **Hand Hygiene and Respiratory Etiquette**

Spitting is NOT allowed and everyone is encouraged to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used. Please bring hand sanitizer to your game.

### **Masks**

Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Masks are highly encouraged when on the sideline. PLEASE social distance and stay 6 feet away if you can while playing.

### **Midwest Orthopaedic Sports Complex Measures Used to keep WSC members as safe as possible**

Brookfield/Midwest Orthopaedic Sports Complex Indoor: *“COVID-19 Precautions • All playing surfaces have been cleaned with medical grade disinfectant. • All tables, chairs, bathrooms, bubblers, field glass, field boards, railings and all doors have also been disinfected with hospital grade disinfectant. • Cleaning wipes will be made available to all players and player boxes will be cleaned after each game with a disinfectant. • Players only will be allowed at each game, no spectators. • No handshakes after the conclusion of games”.*

### **Advise Sick Individuals of Home Isolation Criteria**

- Sick players should not return until they have met CDC's [criteria to discontinue home isolation](#).