



# BARC FALL SOCCER 2021 – Rev (3). Mar 19, 2021

Health Guidelines and Soccer Programing  
Soccer Commissioner: Joel Glastetter

## Objective:

To conduct a soccer season for the Ballston Area community that follows safety and health guidelines and is as close to a regular season as possible. Games and practices will take place Monday - Friday evenings (and possibly on Saturdays - details to come) to try to keep numbers at the field as small as possible.

## Health and Safety Guidelines at the BARC fields:

### Arrival:

- Face coverings must be worn **at all times** at the BARC fields with a few exceptions listed below.
- At the check in table, upon arrival, all parents must complete the COVID Health and Safety questionnaire for their child.
- Maintain 6 feet from other participants when arriving and checking in.
- All players must have their temperature taken at the check in table upon arrival.
- If you or your child do not feel well or are sick, do not come.

### During play:

- Coaches will wear protective face covering whenever a distance of 6 feet from all players is not able to be maintained.
- Face coverings/masks will be required everywhere on the property. Players will wear a face covering (mask) at all times (including on the field when playing). If there is a medical reason not to wear one, please inform the Soccer Commissioner and your coach and provide documentation so that we can make a record of it.
- Players will be strongly encouraged to bring their own ball for practices and we will sterilize game balls before each game and whenever necessary during a game.
- Players **can not** share equipment such as gloves or goalie shirts.
- Players must bring their own water bottle. **No food allowed.**
- Some game rules have been modified (e.g. throw ins replaced with a "foot pass-in" to keep hands off of the ball). Final rules are available in the Soccer Manual on the BARC website.
- Player social distancing: Teams will be kept small in size – approx. 10 to 15 players. Number of players per side in games and field sizes have been adjusted to have fewer players on the field at one time.

### Spectators – **There will be no spectators allowed in any division.**

- **Parents are asked to leave their children after check in.** Parents may watch from their vehicles. If a parent needs to remain near the field for a medical or behavioral reason, please inform the Soccer Commissioner **and** your coach.
- Stay home if you have tested positive or are showing any signs of COVID-19 (symptoms listed below).

### **Facilities & Fields:**

- Restrooms will be available, but we encourage all participants to attempt to use their restroom at home prior to coming to the field to help minimize the use of the facilities. There will be only one person allowed in the BARC building at a time to use the facilities. Restrooms will be sanitized each night prior to the start of soccer and at the end of the evening.
- Hand Sanitizer will be available at the fields at the check in table.
- When not on the field of play, players will sit a minimum of six feet apart in separate chairs. NO TEAM BENCHES WILL BE ALLOWED.
- Only staff are allowed in the soccer shed. If you need something, please ask your coach

### **Health and Safety Guidelines at Home:**

- Report any illness to the Soccer Commissioner, Joel Glastetter.
- Wash your hands and your personal equipment before you come and after you leave.
- If you do not feel well, please do not come.
- If you have any concerns, please email ([jglastetter@ballstonarearec.org](mailto:jglastetter@ballstonarearec.org)) or find the Soccer Commissioner, Joel Glastetter on the field.

### **Health Screening Guidelines and Expectations for Safe Activities:**

Upon arrival at the fields, parents/guardians must ensure a thorough self-health screen is completed for your player(s). If any of the following symptoms are present do not bring your player(s) or spectator to the fields:

- Elevated temperature, defined as a temperature 100 or greater.
- Symptoms such as upper respiratory distress (cough, shortness of breath, difficulty breathing), headaches, body aches, nausea, diarrhea, or a new loss of taste or smell.
- If you become aware that a participant has been exposed to someone that has tested positive for COVID-19.
- If your player(s) or family member is presently waiting the results of a COVID-19 test due to related symptoms or contact with a COVID-19 positive person.
- Your player(s) or family member is presently positive for COVID-19 and on a formal quarantine.
- Your player(s) or immediate family has been subject to a required quarantine due to a local, state, or federal issued guideline or order.

*\*Please be advised that as of the week of September 22nd, 35 states are considered high-risk under the New York State Travel Advisory and therefore travelers are subject to required quarantines in the state of New York. See link: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.*

Thank you for your understanding and cooperation in helping us execute a successful program!