



2021 HEALTH & SAFETY GUIDELINES

SEASON 2 SPORTS

Pre-Practice & Contest Screenings

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

Hygiene Practices

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

Facilities & Equipment

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

Limit Areas for Public Gatherings

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf for more information.



2021 CIFSDS Soccer Modifications

MODERATE

This document provides guidance and game modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

PREGAME CONFERENCE

- Limit the pregame conference to one captain and the head coach from each team and the center referee.
- Conference should take place in the center of the field with all individuals maintaining social distancing of 6 feet.
- No handshakes prior to or following the pre-game conference.

BALL

- Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

TEAM BENCH

- Persons on the sidelines must be restricted to players, coaches, athletic trainers, athletic directors, administration, media.
- Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.
- Maintain social distancing of 6 feet as possible
- Sideline personnel must wear face coverings.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

SUBSTITUTION PROCEDURES

- Maintain distancing of 6 feet between the substitute, referee, and the player by encouraging substitutions to occur closer to the center line.

PRE AND POST MATCH CEREMONY

- Suspend the pregame world cup introduction and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- Suspend the post-game handshake.

SOCCER RULES INTERPRETATIONS

- Cloth face coverings are permissible
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

INTERMISSION BETWEEN HALVES AND AFTER SCORING

- The intermission between halves and after scoring may be extended for hydration and to sanitize game equipment.

POSTGAME

HANDSHAKE LINE

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

OFFICIALS

PRIOR TO CONTEST & TRAVEL

- Do NOT attempt to travel to or work a game sick.
- Official should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face coverings and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share. o Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Social distance during pregame as best as possible.

FACE COVERINGS & GLOVES

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).
- The wearing of face coverings and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on cifsds.org.