

BROOKLINE RECREATION SPORT GUIDELINES

Dear families,

Brookline Recreation is proud to soccer this spring! Brookline Recreation is dedicated to protecting the health of all people in and outside of our community and in order to successfully run these programs, we are requiring all participants and families to adhere to Governor Baker's Phase IV sport guidelines, modifications, and best practices. With your cooperation, support and patience, we can slowly start bringing back a healthy normalcy to our families.

The Brookline Recreation's COVID19 soccer policies follow state, local and youth sport guidelines. Please carefully read the information provided and do not hesitate to contact us if you have any questions or concerns. Thank you once again for your continued support!

Best,

Jon Lewitus
Assistant Director of Recreation
Town of Brookline
133 Eliot Street
Brookline, MA 02467
Phone: (617) 730-2069

BROOKLINE RECREATION SPORT GUIDELINES

Brookline Recreation requires all individuals involved in sport activities to read, understand and conduct themselves in accordance with the Massachusetts Workplace Safety and Reopening Standards for Businesses and Other Entities Providing Youth and Adult Amateur Sports Activity Guidelines provided by this document. The Brookline Recreation’s COVID19 sport policies follow state, local and youth sport guidelines, based on the Phase IV information provided by the Commonwealth of Massachusetts. This document will continue to be updated once additional guidance documents are released for future phases or steps. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health guidelines. Please be aware that the information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Sports and recreational activities are categorized as “Lower Risk,” “Moderate Risk,” and “Higher Risk” based on the risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played.

- **Lower Risk:** Sports or activities that can be done individually, or with social distancing and no physical contact.
- **Moderate Risk:** Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities, if modifications are made to play.
 - **Level 1:** Activities are defined as individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work and drills.)
 - **Level 2:** Activities allow for Competitive Practices (inter-team/group games, contact drills and scrimmages)
 - **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.)
- **Higher Risk:** Sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants

In accordance with COVID-19 order no 43 issued by the Commonwealth of Massachusetts, Brookline Recreation will be offering Low, Moderate and High Risk sports and activities. Brookline Recreation will make considerations for additional programming as guidelines continue to change.

For the purpose of these guidelines, please review the definitions below:

- **Participant:** Any person on an official team roster and actively involved in play
- **Spectator:** Parent, legal guardian, or chaperone 18 years of age or older
- **Individual:** Player / participant, coach, referee, activity organizer, facility operator, volunteer, and spectator
- **Competition:** Multiple persons or teams competing against one another in a single contest, including inter-team games (leagues), matches, shows, meets, and races.

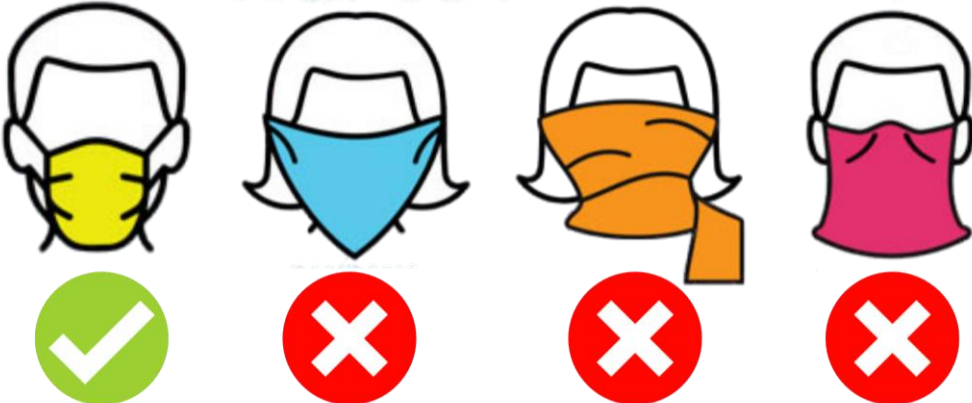
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| A. GENERAL SOCCER GUIDELINES | |
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| Practice and Competition (Game) | <ul style="list-style-type: none"> ● Participants will only be allowed to attend their teams’ designated practice and competition sessions. ● Participants will be responsible for bringing their own individual soccer equipment, including face masks and PPE supplies. ● Participants must arrive dressed for practice and competition sessions. <p><u>Practice Session:</u></p> <ul style="list-style-type: none"> ● Practices will be (1) hour <p><u>Game-Day:</u></p> <ul style="list-style-type: none"> ● Competitions will be (1) hour blocks with staggered start time of (15) minutes. ● (8) minute warm-up; Two (20) minute halves; (2) minute half time |
| Participants | <ul style="list-style-type: none"> ● Soccer will be open to girls and boys in grades 1-8. ● Each soccer team will have no more than (25) participants including coaches and staff. ● Once rosters are completed and practices have started, participants will not be allowed to switch teams. |
| Spectators | <p><u>Practice Session:</u></p> <ul style="list-style-type: none"> ● Spectators are not allowed to watch or attend any practice. ● When dropping off participants, adults must return to their vehicle after the player is with the team. <p><u>Game-Day:</u></p> <ul style="list-style-type: none"> ● Spectators are limited to two parent, guardian or chaperone for each participant. Siblings are permitted to attend. ● All spectators must adhere to CDC and DPH assemblage and distance guidelines. ● Spectators must practice social distancing and are required to wear face coverings for the duration of the competition. ● Spectators may bring chairs as long as they are placed to allow for proper physical and social distancing of 6 feet. |
| Pick-Up / Drop-Off | <ul style="list-style-type: none"> ● Participants will not be allowed to arrive more than (5) minutes prior to their practice and competition sessions. <p><u>Practice Session:</u></p> <ul style="list-style-type: none"> ● When dropping off participants, adults must return to their vehicle after the player is with the team. ● Participants must leave immediately after their session is finished. <p><u>Game-Day:</u></p> <ul style="list-style-type: none"> ● Participants must leave immediately after their game is finished. ● Participants may not stay to watch others’ competitions. |
| Referees | <ul style="list-style-type: none"> ● Referees, facilitators, and staff members will be required to wear face coverings at all times. |

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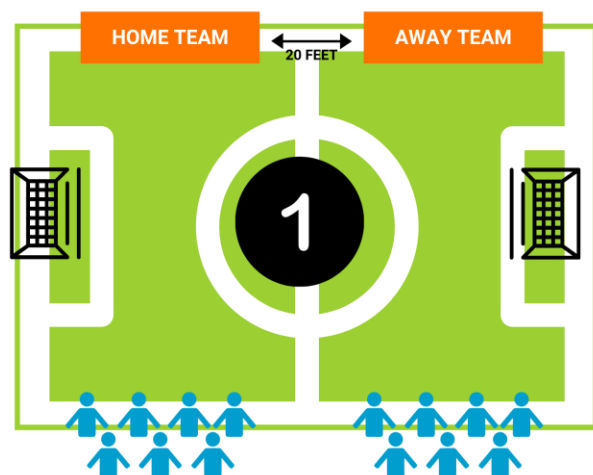
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| <p>Participant Equipment</p> | <ul style="list-style-type: none"> ● Participants will be required to provide their own equipment and disinfect and sanitize the equipment after every session. ● The following equipment will be required: Soccer Ball (in correct size), Water Bottle, Goalkeeper Gloves (if applicable), Shin Guards, Socks, Cleats or Athletic Sneakers, PPE Equipment/Face Masks, and Sanitizing Supplies (listed below). <ul style="list-style-type: none"> ○ Grades 1-2: (#3) Soccer Ball ○ Grades 3-6: (#4) Soccer Ball ○ Grades 7-8: (#5) Soccer Ball ● Mouth guards are encouraged, but will not be required to participate. ● Participant equipment needs to be clearly labeled. ● Participants are not allowed to share equipment and may only touch their own individual equipment. ● Team shirts will be provided and the coaches will distribute to their teams. ● Participants' personal belongings must remain in their personal space and be kept physically distanced from the belongings of others. |
| <p>Coach Equipment</p> | <ul style="list-style-type: none"> ● Coaches will not be provided with soccer balls, cones or whistles. ● Coaches may use their own cones, discs, or whistles, but will be required to disinfect and sanitize the equipment after every session. |
| <p>Soccer Rule Changes</p> | <ul style="list-style-type: none"> ● Heading is suspended. ● Shoulder to Shoulder contact is suspended. ● Slide tackling within (6) feet of another participant is suspended. ● Throw-Ins are replaced with Kick-Ins. (Kick cannot enter the penalty area.) ● Corner Kicks are replaced with Corner Kick-Ins. (Kick cannot enter the penalty area.) ● All restarts require opponents to be (10) yards from the ball and participants must be more than (6) feet apart (teammates and opponents). ● Drop Balls are suspended and replaced with indirect free kicks. ● No handshakes, fist or elbow bumps, or any other physical contact. |
| <p>Personal Protective Equipment (PPE)</p> | <ul style="list-style-type: none"> ● Coaches and participants will be required to wear face coverings before, during, and after all practices and games. <ul style="list-style-type: none"> ○ Participants face coverings will be required to attach around the ears to prevent the face mask from being tugged, or pulled on. ○ Head and face coverings will not be allowed. ● Participants, coaches, spectators, referees, and facilitators will be responsible for bringing their own masks and sanitizing supplies. |

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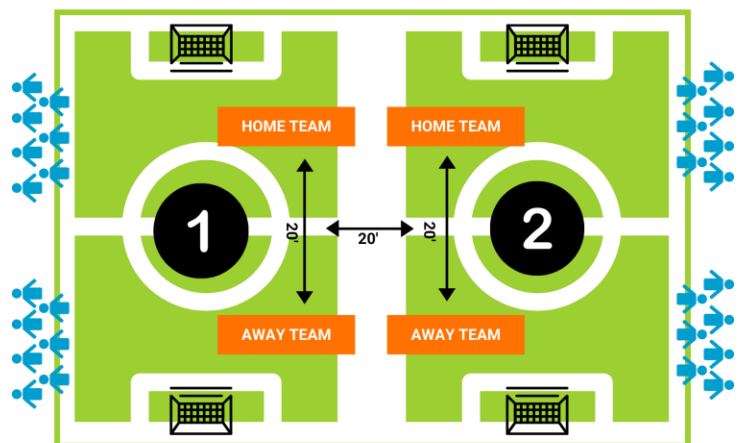
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| Field Guidelines | <ul style="list-style-type: none"> ● No more than (50) people (participants, coaches, referees, and spectators) are permitted on a (11v11) field at any time provided that adequate social distance and group separation can be maintained. ● To ensure group separation, groups must be spaced at least (20) feet apart while sharing a playing surface. ● Game-day staff will mark off spectator viewing sites to allow for social distancing. |
| Field Configurations | <ul style="list-style-type: none"> ● The fields will be lined in order to maintain lower numbers and designate the specific areas for game-day spectators. ● The lined area of a full sized (11v11) soccer field or an approximately equal area (110 x 60 yards) will be limited to the following configurations for practices or games: <ul style="list-style-type: none"> ○ One full size field (11v11) ○ Two small sided fields (9v9): Minimum of (20) feet between fields. ○ Two development fields (7v7): Minimum of (14) feet between near corners. ○ Four micro sized fields (4v4): Minimum of (14) feet between near corners. |

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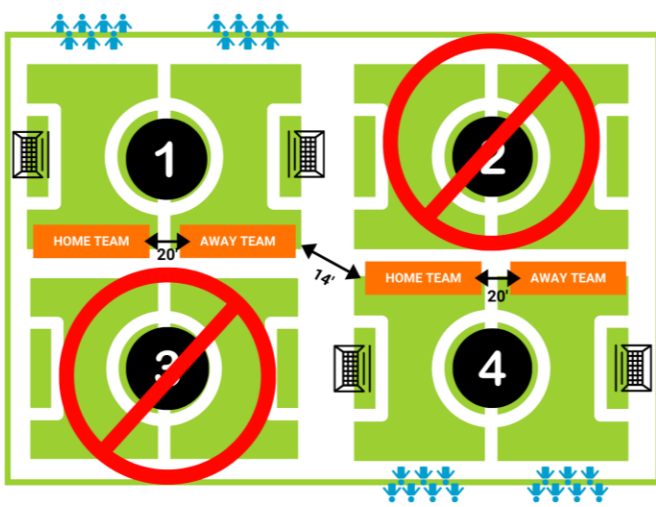
11v11 / FULL SIZE FIELD



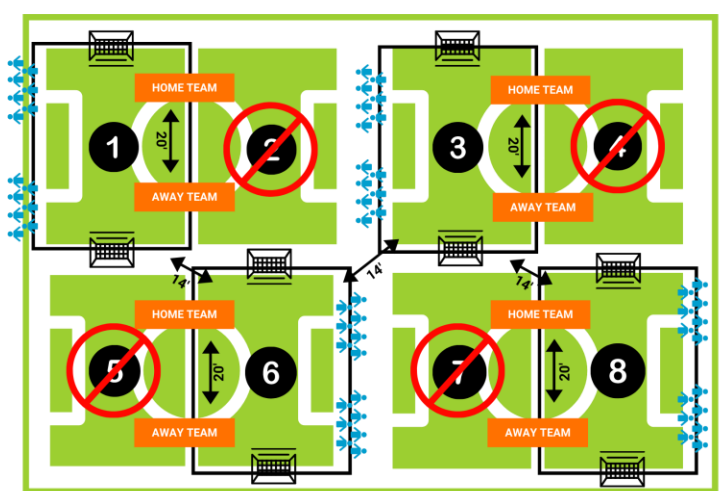
9v9 / SMALL SIDED FIELDS



7v7 / DEVELOPMENT FIELDS



4v4 / MINI FIELDS



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| B. SOCCER SCHEDULE | | |
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| | Practice Schedule | Competition (Game) Schedule |
| Week 1 | Monday, April 5 th -Friday, April 9 th | Saturday, April 10 th Game 1 |
| Week 2 | Monday, April 12 th – Friday, April 16 th | Saturday, April 17 th Game 2 |
| Week 3 | Monday, April 19 th -Friday, April 23 rd | Saturday, April 24 th Game 3 |
| Week 4 | Monday, April 26 th -Friday, April 30 th | Saturday, May 1 st Game 4 |
| Week 5 | Monday, May 3 rd -Friday, May 7 th | Saturday, May 8 th Game 5 |
| Week 6 | Monday, May 10 th -Friday, May 14 th | Saturday, May 15 th Game 6 |
| Week 7 | Monday, May 17 th -Friday, May 21 st | Saturday, May 22 nd Game 7 |
| Week 8 | Monday, May 24 th -Friday, May 28 th | Saturday, May 29 th MEMORIAL WEEKEND NO GAMES |
| Week 9 | Monday, May 31 st -Friday, June 4 th | Saturday, June 5 th Game 8 |
| Make-Up Date | | Saturday, June 12 th RESERVED FOR MAKE-UP |

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| C. SOCCER COMPETITION (GAME) GUIDELINES | |
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| Warm-Up | <ul style="list-style-type: none"> ● Warm-ups will not be permitted adjacent to the assigned field prior to the scheduled start time for a team. ● Warm-ups will not begin until previous teams have left the field and equipment has been cleaned and sanitized. ● Coaches and participants are required to remain (6) feet of each other. ● Match balls that are used during warm-ups will be re-sanitized before the competition. |
| Referee Considerations | <ul style="list-style-type: none"> ● Each competition will be officiated by (1) referee. ● Referees will visually inspect all physical items (nets, goals, corner flags etc.) prior to the competition. ● Referees will maintain at least (6) feet when communicating with coaches and participants. ● Referees will be required to wear facial coverings before, during, and after competitions. ● Referees will use electronic whistles, so their face coverings can remain on at all times. |
| Pre-Game Activities | <ul style="list-style-type: none"> ● Teams will each volunteer (1) participant to take part in the coin toss. ● Referees will be socially distanced while managing the coin toss. ● Referees may only touch the coin. ● All participants involved in the coin toss will wear facial masks. ● Pre-game handshakes will not occur. ● Uniform and jewelry checks will be visible checks only, maintaining (6) feet between the referees and participants <ul style="list-style-type: none"> ○ Home teams will be designated by light-colored shirts; Away teams will be designated by dark-colored shirts. ● Team pre-game meetings will be kept brief and participants will maintain space between themselves and others. ● Huddles will not be allowed. |
| Game Time | <ul style="list-style-type: none"> ● Participants and coaches on the sidelines will be reminded to wear facial masks for the duration of the competition. ● Handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., will not be allowed, including when goals are scored, or when substitutions are leaving or entering the field. ● During throw ins, active participants will be required to collect the balls. <ul style="list-style-type: none"> ○ Clean and sanitized balls may be readily available for use, in the case of the ball not being easily retrievable. ● Delays in start of play will be avoided, so participants will not have prolonged periods of standing in close proximity. <ul style="list-style-type: none"> ○ For example: Referees will encourage all participants to conduct free kicks and set plays with efficiency |
| Halftime | <ul style="list-style-type: none"> ● Referees, participants and coaches will maintain at least (6) feet between each other during halftime. ● Participants and coaches will be required to wear facial masks, unless (12) feet away from others. ● Coaches must limit the amount of time the team is in the same area together. ● Referees will sanitize equipment and take hydration and mask breaks, if needed. |

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| Considerations In The Case Of Injuries | <ul style="list-style-type: none"> ● Injured participants must be taken off of the playing field and receive medical attention on the sideline (6) feet away from others. ● Coaches, facilitators (if onsite), and participants’ parents / guardians / chaperones will be the only individuals to attend to injured participants. ● While attending to injured participants, individuals will be required to wear face masks and gloves. ● Referees will ensure participants do not congregate during the break in play. ● Referees and coaches will be required to report all injuries to facilitators, regardless of severity. |
| Post-Game | <ul style="list-style-type: none"> ● Post-game handshakes will not be allowed. <ul style="list-style-type: none"> ○ Instituting new acknowledgement traditions and incorporating other forms of sportsmanship will be encouraged, such as clapping, chanting, etc. ● Teams will be required to pack up and immediately leave the field following the game. ● Post-game meetings will be allowed, but will need to be kept brief. ● Huddles will not be allowed. ● Participants will be allowed to take off any equipment until they have left the field. ● Teams and spectators will be required to clean up their areas and dispose of trash after competitions. |

D. MEDICAL CONSIDERATIONS
 *Recommendations may change based on evolving medical and health information, as well as local, state, or federal guidelines.

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| Medical Clearance for Individuals to Participate | For individuals that have experienced or are experiencing the following: |
| | <p><u>Feel sick or have symptoms of an illness:</u></p> <ul style="list-style-type: none"> ● Stay home regardless of what is causing your illness. <p><u>Confirmed or suspected to have COVID-19:</u></p> <ul style="list-style-type: none"> ● Practice self-quarantine measures as guided by the CDC and contact your physician. ● To discontinue quarantine and return, you must obtain appropriate clearance to return to the activity, or sport from your physician. <p><u>Have been in close contact within (6) feet with someone who is suspected or confirmed to have COVID 19:</u></p> <ul style="list-style-type: none"> ● Begin self-quarantine for (14) days and follow the most up to date CDC guidelines. ● Advise your coach and administrator immediately if any possible exposures have occurred in your team, training or club environment. ● Individuals are required to communicate with the BREC department administrator / organizer <p><u>Have tested positive for COVID-19:</u></p> <ul style="list-style-type: none"> ● Provide written confirmation of COVID-19 negative status and/or clearance from your physician following the most up-to-date CDC guidelines to participate and return to activity |

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| <p>Daily Medical Considerations for Individuals to Participate</p> | <p>Prior to participating, individuals are recommended to:</p> <ul style="list-style-type: none"> ● Conduct a daily temperature check for low grade fever (>100.4) at home before attending. If thermometers are not available, conduct a daily health questionnaire online with “Coronavirus Self-Checker” made available by CDC ● Check symptoms and do not participate if the following symptoms are present: <ul style="list-style-type: none"> ○ Covid-19 exposure in previous (14) days; ○ Sore throat; ○ Shortness of breath / difficulty breathing; ○ Fever > 100.4F; ○ Chills; ○ Headache; ○ Sinus congestion; ○ Cough persistent and/or productive; ○ Joint aches and soreness; ○ Vomiting or diarrhea; ○ Rash ● Communicate symptoms and health status to administrator within (24) hours of activity ● Consult a physician if a member of the individual’s household is experiencing symptoms |
| <p>Personal Protective Equipment (PPE, Masks, Face Covers) Recommendations</p> | <p>Individuals are required to:</p> <ul style="list-style-type: none"> ● Wear face coverings before, during, and after all practices and competitions, including participants on sidelines <ul style="list-style-type: none"> ○ Participant’s face covering has to attach around the ears so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings permitted during play. ○ Any individual not wearing a face covering will be asked to leave the playing field, or facility ○ PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and should follow CDC guidelines ● Wear new, or clean facial coverings for each practice, or competition and either be disposed, or thoroughly cleaned after each activity ● Take PPE breaks throughout practice, or competition (10) feet away from other individuals ● Considering having a replacement mask available if your PPE becomes wet due to sweat or environmental conditions |
| <p>Physical Interaction</p> | <ul style="list-style-type: none"> ● Maintain “social distancing” of at least (6) feet. |

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| Guidelines | <ul style="list-style-type: none"> ● Avoid activities involving high levels of group interaction (ex: team huddles). ● Avoid general physical interaction including hugging, “high fives” or passing objects by hand. ● Participants and any *individuals on-site should avoid close contacts and follow all social-distancing guidelines. ● Distance yourself from anyone exhibiting signs of sickness. |
| General Hygiene Policies | <ul style="list-style-type: none"> ● Avoid touching your eyes/mouth/nose as much as possible. ● Wash or sanitize your hands often and after close contacts. ● Use soap and water for a minimum of (20) seconds. ● When soap and water is not available, use hand sanitizer. ● Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. ● Follow with washing or sanitizing your hands. ● Dispose of tissues in a sealed trash can. ● Avoid spitting and coughing. ● Goalkeepers should not spit into their gloves. ● Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers) outlined above. |
| Equipment Management | <p>Shared Equipment (ie. Goals, Nets)</p> <ul style="list-style-type: none"> ● Field set-up for training or match warm-ups should aim to use minimal equipment to limit exposure and transmission of COVID-19. <ul style="list-style-type: none"> ○ Be vigilant about sterilization procedures. All equipment (e.g. flags, balls and cones) should be disinfected prior to the start of the session or match activities ○ Allow extra time between matches taking place in succession on the same field to ensure that all equipment is cleaned and sanitized between competitions. This includes equipment such as corner flags, goals, and game balls, as well as benches. ● Participants should not pick-up field equipment, move goals or handle other equipment. ● The club or coach should ensure that the balls are sanitized before and after each training and competition. ● Pinnies will not be used for training or matches. |
| | <p>Individual Equipment (ie. Water Bottle, Shin Guard, Goalkeeper Gloves)</p> |
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