

CWSL Indoor Practice Guidelines

Per the CWSL the indoor practices will be able to resume on February 1st and

- Club activities are subject to indoor capacity limits as established by state or local authorities.

2. Facility Size and Group Size:

- High School Gym Size-Full Size Court-U13 above players
 - Up to 18 players
- Jr High-With 2 courts-U13 above players
 - Up to 18 players
- Elementary Schools-U12 and below players
 - Up to 10 players

3. Maintain a strict hygiene policy and protocol.

- Facility should have handwashing or sanitizing stations at all entrances and throughout the facility.
- Facility should have regular cleaning intervals of all high touch areas around the facility (doors, bathrooms, benches, goal posts, etc.)
- Protocols to clean and disinfect in the event of a positive COVID-19 case.
- Facility employees should be exercising health and safety protocols.

4. Continue all risk reduction practices implemented for outdoor return to play.

- Conduct individual screening before participation. Anyone exhibiting COVID-19 symptoms of any kind must refrain from participation for 10 days.
- Social distancing should be observed; players in competition may be the exception.
- Carpooling outside of a family unit is not recommended.
- Players may only consume their own drinks. Bottles should be labeled with player names and participants should not touch anyone else's bottle.
- Each team should police their station before exiting, making sure no personal items are left behind (tape, water bottles, masks, etc.)
- Prior to, during and following a training or match there will be no handshakes, high fives, or other unnecessary contact; even within the team.
- Measures for taking player & coach attendance at each practice of the club. Check in is required of anyone entering the indoor facility during the club's scheduled time blocks.
- Training and match scheduling that enables sufficient time for players, & coaches to leave an area, necessary sanitation to be performed and the next group to enter the space without overlap.
- Defined entrance and egress for arrival and departure of players.

5. Indoor protective measure policies, must include at minimum:

- One team at practice at a time.
- **All participants (coaches, players, referees, instructors, administrators) are required to be masked always.** Masks should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines.
- Facility access should be limited to essential personnel. **Parents should drop off/pick up without entering the facility. No spectators at training.** Limit one spectator/athlete for competitions. (Note that anytime there is one coach alone with players, there should be one adult (designated parent or club staff) observing from a distance, in accordance with WYSA's Athlete and Participant Safety Policy.
- Stagger individual arrival times so that participants can enter the facility individually. Participants should wait in their cars until their specific time to enter the facility or field.

6. Rules of Play Recommendations

- **Practices no longer than 45 minutes**
- Decrease number of players on the field for increased physical space.
- **Only Technical Skills during the practice and no scrimmages**
- No throw-ins.
- Avoid tackles.