

Return to Play COVID-10 Guidelines

Prime of Life Women's Soccer League (POLWSL)

POLWSL will follow all updated guidelines and recommendations from the State of California, City of San Diego, Health Departments, and CDC. Please help us follow all the guidelines so we can all safely return and enjoy the sports we all love and have missed playing.

For the time being, we will do kick-ins rather than throw-ins, so the ball is not handled.

Goalie's must wear gloves.

After using Porta Potty, sanitize your hands with sanitizer provided in the porta potty.

When league's season begins, the first 2 weeks will be practice and drills, with each team at their scheduled time practicing on a half of a field. After such a long layoff, a couple of practices and drills will be safer for players to begin getting back in soccer shape.

Keep in mind that the protocols are hopefully temporary and may be modified as appropriate. The must start with protocols which allows us to get back to playing the game we all love.

- At this time, the City of SD protocol is that there be NO spectators or invited guests.
- All Captains must conduct a symptom assessment before their players enter the field. Anyone experiencing symptoms, must stay home. If you do not feel well, stay home.
- No congregating before or after games and recommend that the parking lot be included.
- Players, Captains, and Officials are not to physically contact each other before or after games (i.e., greetings, team huddles, high-fives, congregating, etc.).
- All Players and Team Managers are required to sign a revised league waiver and either bring your license to your first game so a picture can be taken, or a picture of the driver's license may be sent to the Captain or to the Registrar along with the waiver. Officials must have a new waiver also, but not a picture of the driver's license.
- All Players, Captains, and Officials are required to sign a new COVID-19 waiver before participating in or watching their first scheduled game. We will establish a waiver binder to remain in the shed containing all signed covid waivers.
- Players are to arrive no more than 15 minutes before the start of their scheduled game.
- For contact tracing purposes, Captains must keep a list of the players and officials in case of a need for contact tracing. Captains may choose to have a roster of their team and mark who is at the game or their will be a contact tracing sign-in sheet to use. Contact tracing is required by the City of SD, so it must be done for every game on every day that we play. These sheets must be kept by the Captain for the duration of the season.
- Before and after each game and at half time the ball must be sanitized, by Team Captains.
- At this time, face masks will be required to be worn by all participants. This requirement will be re-assessed as the season continues.
- Water bottles may not be shared.

- All Players, Captains, and Officials are required to sanitize their hands each time before entering the game. Avoid touching your eyes, nose, and mouth.
- Players and officials should be dressed, have their shoes on, and be ready to be symptom assessed by the Captain and be ready to play upon arrival to the field.
- Spitting on the field is prohibited anywhere on or around the field.
- Players, Captains, and Officials, who have been exposed to COVID-19 or who test positive must immediately report it to the Team Captain. Team Captain will be responsible for informing the opponent's Captain and each of the two Captains must notify each player and official that they have been exposed to covid. The name of the person that tested positive will not be included in that notification. The Captain will then notify the President and Vice-President of the League.
- When game is completed, all trash, including masks, gloves, etc. must be taken and thrown into the trash can. Leave your area clean, please. Warnings will be issued if your area contains trash after your team leaves.
- No shaking hands after game. A simple wave and "thank you" is all that is necessary for now.
- Teams must leave the field immediately after the game. If a player is playing the next game, then that player must sign the sign-in sheet with that team. If a player is not playing the next game, but the game after that, they can move to the far side of the field and wait and must sign the sign-in sheet for that team.
- Officials and Team Captains will enforce all rules and guidelines. If there is pushback from player/team, please notify the President, Vice-President, and the COVID Committee.

Each Player, Team Captain, and Official will be expected to follow these protocols and guidelines. Keep in mind that we have waited one whole year to resume the sport we all love so much. We must follow the protocols to resume play. We need to keep each other safe and respect the health and safety of each other and the league.