

In-Bounds Training Center COVID-19 Safety Guidelines

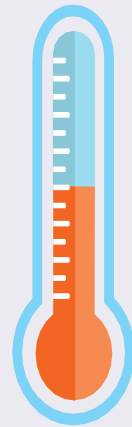


This document will highlight the **safety guidelines** that In-Bounds Training has put in place for the safety and health of our participants and staff. These guidelines are adopted from the Restore Illinois Youth Sports Guidelines for Phase 3 of the Restore Illinois Plan.

GENERAL HEALTH (Employees)

i. Guidelines

1. All employees have completed health and safety training related to COVID-19 prior to returning to work.
2. Employees will not report to, or be allowed to remain at, work if sick or symptomatic (with cough, shortness of breath or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other [CDC-identified symptoms](#)), and sick or symptomatic employees will be encouraged to seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations
3. Employees will wear face coverings over their nose and mouth when within 6-ft. of others (cloth masks preferred). Exceptions may be made where accommodations are appropriate
4. IN-BOUNDS will provide hand washing capability and sanitizer to employees and if applicable, customers
5. IN-BOUNDS will provide an adequate supply of soap/ paper towels and/or disinfectant/ hand sanitizer for employee use



HEALTH MONITORING (Employees)

i. Minimum guidelines

1. IN-BOUNDS will make temperature checks available for employees and encourage their use. IN-BOUNDS will post information about the symptoms of COVID-19 in order to allow employees to self-assess whether they have any symptoms and should consider going home
2. If employee does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. If an employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting should be performed as soon after the confirmation of a positive test as practical
4. Where appropriate, notify employees who have been exposed
5. Any employee who has had close contact¹ with co-worker or any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations. All other employees should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop



¹Close contacts include household contacts, intimate contacts, or contacts within 6-ft. for 15 minutes or longer unless wearing N95 mask during period of contact.

IN-BOUNDS will adhere to the following guidelines and procedures regarding facility disinfection, cleaning and sanitizing.

FACILITY PROCEDURES

i. Guidelines

1. IN-BOUNDS will display signage at entry with face covering Minimum guidelines, social distancing guidelines, and cleaning protocols
2. Water fountains, except for touchless water bottle refill stations, are unavailable for use (e.g. turned off, covered, area blocked)
 - a. If no touchless fountain is available, water may be served in sealed, single-use water bottles

DISINFECTING/CLEANING PROCEDURES

i. Guidelines

1. Cleaning and disinfecting of premises are conducted in compliance with [CDC protocols](#) on a weekly basis
2. IN-BOUNDS will clean and disinfect common areas (e.g., restrooms, front desk) and surfaces which are touched by multiple people (e.g., entry/exit doorknobs, stair railings) frequently. During peak activity usage high-traffic areas will be cleaned every 2 hours
3. IN-BOUNDS will minimize the sharing of high-touch equipment. All equipment will be sanitized between each class/program (see [EPA approved list of disinfectants](#))
4. IN-BOUNDS will sanitize any individual recreation stations before and after participant use



STAFFING AND ATTENDANCE

i. Guidelines

1. IN-BOUNDS will limit facility capacity to 50% by spacing activities
1. **Group/class sizes of up to 50 people. Update 6.22.20**
2. Multiple groups 1) IN-BOUNDS will allow for social distancing of participants, employees and spectators, 2) 30-ft of distance between groups, and 3) areas for each group clearly marked to discourage interaction between groups
3. IN-BOUNDS will allow for social distancing within the workplace and if needed, designate employee to monitor capacity limits and social distancing during all activities. We also ask for customers to monitor their own actions.
4. Provide designated area for spectators.
5. Attendance will be taken for all classes and programs



CUSTOMER BEHAVIORS

Guidelines

1. All customers must pre-register for classes, (e.g. no walk-ins or drop-ins)
2. Before participating in the sport, instructors will ask whether participant is currently exhibiting COVID-19 symptoms. If a participant does have symptoms, they should wait to enter premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared, are afebrile (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart
3. Participants should wash hands with soap and water or use hand sanitizer before participating
4. Only one adult per child is allowed. Additional parents, spectators or siblings are forbidden
5. Participants should bring their own source of water. Child's name must be on bottle.
6. All participants over the age of 5 are required to wear face coverings during participation. Updated August 1, 2020 Participants under the age of 5 are encouraged to wear face coverings but they are not mandatory. (Parents Participating in child parent classes must wear face coverings. If you are uncomfortable with other children not wearing face coverings we encourage you to register for classes at a later date.
7. Participants should sanitize hands regularly
8. Participants should avoid touching facility accessories (e.g. goal posts, tubes, flags, etc.)



If you have questions or need additional support:
Please call us at (414) 446-9400 or e-mail
us at info@inboundstraining.com

Additional Resources:

- [CDC Interim Guidance for Businesses and Employers](#)
- [CDC Workplace Decision Tool](#)
- [Symptoms of Coronavirus](#)
- [CDC Guidelines on Cleaning and Disinfecting Your Facility](#)
- [CDC Guidance on Cleaning Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
- [EPA Disinfectants for Use Against SARS-CoV-2](#)

IN-BOUNDS Program Specific Guidelines

Lil' Kickers & Skills Institute

Guidelines

1. Lil' Kicker participants are encouraged to wear face coverings during class but are not mandatory. **Skills Institute participants are required to wear face coverings. Updated August 1, 2020** Parents participating in child parent classes and spectators must wear face coverings. If you are uncomfortable with other children not wearing face coverings we encourage you to register for classes at a later time
2. Class sizes will be standard size.
3. Sharing of high-touch equipment will be kept to a minimum. All equipment will be sanitized between each class
4. Only one adult per child is allowed. Additional parents, spectators or siblings are forbidden
5. LKSOCCEER's curriculum has been modified to allow for distancing between participants and to minimize sharing of high-touch equipment. High fives, or after class stamps between coach/participants will be allowed. Scrimmages are allowed. We ask for leniency regarding maintaining social distancing between

Youth Summer Camp

Guidelines

1. Children will be divided into groups. Max size of group is 50.
2. Groups will not interact with the other groups in camp. Each group will use a section of the field to promote social distancing.
3. **All Campers are required to wear mask for the duration of camp. Updated August 1, 2020**
4. Shared camp equipment will be disinfected between usage by different groups. All equipment will be cleaned and disinfected at the end of each day of camp.
5. Campers are required to wash their hands before eating snacks or lunch.
6. Our water fountain will not be in service until further notice. Campers may refill their water bottles with our touchless bottle refill station throughout the day. Bottled waters will also be available for purchase.
7. Camp curriculum has been modified to ensure all games encourage social distancing.
8. Inflatables will not be available during camp.
9. Groups will have staggered bathroom breaks, snack breaks, and water breaks to minimize contact between groups.
10. Each group will have a designated eating area for lunch.

IN-BOUNDS Program Specific Guidelines

Adult Open Play

Guidelines

1. Each Participant will be required to register and pay online. NO walk ins will be allowed to participate
2. All Participants must wear a face mask at all times even when playing. Updated August 1, 2020
3. There will be a total of 42 players allowed for Open play.
 - a. Only 14 players per field will be allowed.
 - b. NO switching of fields will be allowed.
 - c. Players will play with the same 14 players for the entirety of open play. Teams can be reshuffled at any point if teams are unbalanced.
4. Only one Spectator per participant will be allowed.
5. Each player will be required to bring one DARK colored t-shirt, and one WHITE colored T-shirt. **(No Pinnies will be available)**
6. Each player must bring their own pair of shin guards. No loaner shin guards will be offered at the front desk
7. We ask each player to try and limit contact when possible and practice social distancing out on the field when possible.

Adult Leagues

Guidelines

1. Each player will be allowed only one spectator.
2. All Participants must wear a face mask at all times even when playing. Updated August 1, 2020
3. There will be only 2 games running per game slot. Field one will remain open to promote social distancing.
4. No spitting on the field will be allowed.
5. Disinfectant will be provided at each bench for players to disinfect their own bench before games
6. Each player must bring their own pair of shin guards. No loanee shin guards will be offered at the front desk
7. Players are not required to wear a mask while playing.