

# In-Bounds Training Center COVID-19 Safety Guidelines

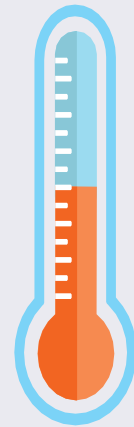


This document will highlight the **safety guidelines** that In-Bounds Training has put in place for the safety and health of our participants and staff. These guidelines are adopted from the Restore Illinois Youth Sports Guidelines for Phase 3 of the Restore Illinois Plan.

## 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 contact<sup>1</sup> 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



<sup>1</sup>Close 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. 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
2. In-bounds will limit facility capacity to 25% through Nov. 6, 2020 to comply with state guidelines. After Nov. 6, 2020 capacity will be increased back to 50%.
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 until Nov. 17, 2020.  
(Parents Participating in child parent classes must wear face coverings.)
7. 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](mailto: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. All participants in Skills Institute classes age of 5 and older are required to wear face coverings during class until Nov. 17, 2020 per state guidelines. Parents participating in child parent classes and spectators must wear face coverings. Lil' Kicker participants under the age of 5 are recommended but not required to 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

### Youth Summer & Day 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. This requirement is through Nov. 18, 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.

# 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. This requirement ends on Nov. 18, 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

## 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. This requirement ends on Nov. 1
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 loaner shin guards will be offered at the front desk
7. Players are not required to wear a mask while playing.

## Youth Leagues (Starting Nov. 12, 2020)

### Guidelines

#### Entry and Exit:

1. Only 2 fields will be used per game slot leaving one field open for team registration for the next set of games
2. Players, coaches and referees will enter the facility through the entrance connected to Field 2 to avoid comingling with spectators. There will be designated areas on the holding field for each team. There is no warm up before games on the holding field.
3. Player, coaches and Referee temperatures will be taken when entering the facility. Anyone with a temperature of 100.4 or higher will be required to leave the premises.
4. Spectators will enter and exit through the main entry and exit doors.
5. Players will exit out of the field 2 doors. Teams will go in a circular pattern to enter and exit. See diagram of facility layout.
6. **Maximum number of players per game is 10.** Teams can have up to 18 players on the roster.
7. Only one spectator per youth participant for U8 through U10 teams. **NO SPECTATORS ARE ALLOWED IN THE U11 THROUGH U19 AGE GROUPS. For U11 – U13 age groups one parent volunteer per team is required to help with player pick up.**
8. Players and spectators must leave immediately after the conclusion of their game and not hang around in the building.

#### Face Coverings:

1. All players and spectators are required to wear face coverings when inside the building.
2. **Players are required to wear face coverings including while playing at all times. This policy remains in effect even after the current state face covering mandate expires on Nov. 17, 2020.**
3. Referees and coaches are required to wear face coverings at all times. Only two coaches / adults are allowed in the field area.
4. In-Bounds staff will wear face coverings at all times.
5. Spectators will be required to wear face coverings at all times **even after the current State face covering mandate expires Nov. 17, 2020.** The concession stand will not be open during league play.

#### General Guidelines:

1. Spectators are encouraged to maintain social distancing while watching games. We recommend parents watch Field 1 games from ground level and Field 3 games from the balcony to help maintain social distancing.
2. Game balls and bench areas will be disinfected at the conclusion of each game.
3. Substitute players should maintain social distancing in the team bench area.
4. Please arrive no earlier than 15 minutes prior to game start time. We encourage spectators to enter the building just before kickoff to decrease building occupancy and comingling of groups.