

## **BIHYSA Return to Play Guidelines for Referees**

This document is to outline recommended guidelines for referees to follow when they return to officiating games for Big Island HYSA. These guidelines are not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All information stated are provided as general information purposes only.

US Soccer recommends no participation in soccer activities if you have any of the following symptoms:

- a. COVID-19 exposure in the past 14 days
- b. Sore Throat
- c. Shortness of breath/difficulty breathing
- d. Fever > 100.4 F
- e. Chills
- f. Headache
- g. Sinus Congestion
- h. Cough persistent and/or productive
- i. Joint aches and soreness
- j. Vomiting or diarrhea
- k. Rash

As a reminder, returning to refereeing is a personal choice and you must be comfortable with the guidelines and recommendations. You must determine for yourself to resume activities taking in account the possibility and risk contracting COVID-19.

If you are not comfortable doing matches or are unavailable, please make sure to update your Arbiter availability to reflect this and notify the Referee Administrator.

### **GUIDELINES**

#### **At all times**

- Maintain social distancing of at least six feet
- Avoid touching eyes, nose, and mouth
- Avoid spitting or rinsing the mouth with water
- Cough into elbow
- Stay home if not feeling well and communicate to the Referee Administrator

#### **Pre-Game**

- Prior to arrival, wash hands with soap and water or alcohol-based solution for at least 20 seconds.
- Disinfect all equipment, including whistles, flags, etc.
- Arrival in full uniform is recommended

- Maintain six foot distance from players, coaches, spectators, and referee team for all administrative purposes.
- Mask must be worn during pre-game duties
- No handshakes with coaches, players, or spectators
- Players will be checked in using electronic player pass system. If possible, a current roster should be provided to the referee electronically (PDF that can be viewed on phone).
- Coin Toss
  - Modified: One player from each team; center referee; no handshakes; physical distancing

#### During the game

- Masks are not required for referees during active play. If a mask is worn, it should be a breathable mask with no logos.
- Referees should try to remain a minimum of six feet away from players, coaches, spectators, and the referee team during dynamic and stationary play.
- Avoid spitting
- Cough into elbow
- Do not share equipment with other referees. If equipment must be shared, then it needs to be disinfected before and after use.
- If not feeling well at any time during the game, go home immediately.

#### Post-Game

- After the game, applaud the players and coaches, but handshakes are not permitted. Shakas not shakes. Teams can still do a 'walk by' to express a good game, but must maintain social distancing requirements.
- If shared, wipe down the handles of flags with an alcohol-based rub or wash with soap and water.
- Upon completion of the match, wash hands with soap/water or an alcohol-based solution for at least 20 seconds.

Again, these guidelines are to help ensure a safe playing environment for all involved with our league. None of these guidelines supersede any local, state, or federal guidelines/mandates. Please be safe and we look forward to seeing everyone back out on the pitch.