

## CAUTIONS FOR CHILDREN RETURNING TO SOCCER

With the state in its third phase of Restore Illinois, practices have been reintroduced. To prepare your child for soccer, AmitaHealth's [sports medicine](#) and [pediatric infectious disease](#) experts have developed [return-to-play guidelines](#) that help offset the risk of COVID-19 infection to players, coaches and parents. Although there will always be some risk, the experts say that the following recommendations can help safeguard the health of all involved.

- Delay returning to sports if you have any of the following conditions:
  - Diabetes
  - Asthma or other chronic lung disease
  - Heart condition
  - Severe obesity (body mass index higher than 40)
  - Chronic kidney disease
  - Are undergoing chemotherapy or similar immunocompromising treatment
- Get screened before beginning any activity (practice, scrimmage or competitions)
- Athletes do not need to wear a face covering during play as long as social distancing guidelines are followed
  - NO team huddles
  - NO handshakes or fist bumps
  - Do NOT congregate in the parking lots or fields
- Do NOT share water bottles; clearly mark your water bottle with your name
- If drinking from a water cup, use the cup only once, then discard
- Wash all workout clothing and gear daily