



We are very excited that GLASA is able to safely resume in-person programs and events in a modified, limited basis. Please understand these programs and events will look different because of the strict guidelines and recommendations we will be following to keep everyone involved safe. The decisions we have made are based on recommendations from the CDC, State of Illinois, USOPC, sport governing bodies, facilities, as well as input from GLASA coaches and staff. **The rules and guidelines we will be following are specifically GLASA's but based on these resources.**

GLASA Coaches and Staff will be reevaluating in-person programs each week. If, at any time, the safety of those involved in a program may be compromised, the program will be cancelled, perhaps with little to no notice.

**Please make sure to check with the appropriate program staff or coach for the current list of guidelines and recommendations being followed for each sport. Changes are constantly being made to reflect what is best for the athletes, coaches, volunteers and staff and may differ from what is listed below.

If you have any questions, concerns, or comments, please contact a GLASA staff member.

- Cindy Housner, GLASA Founder & Executive Director: chousner@glasa.org | 847-494-8483
- Tom Daily, GLASA Program Director: tdaily@glasa.org | 847-406-9701
- Micaela Venus, GLASA Program Director & Volunteer Coordinator: mvenus@glasa.org | 847-989-7743

General GLASA Guidelines-

1. All athletes will need to complete the updated GLASA waiver prior to participating in a GLASA program or event (updated summer 2020).
2. Please DO NOT attend practice if in the last 14 days you have:
 - Traveled to any foreign country or may have been exposed to COVID-19 in the community.
 - Been on a cruise.
 - Been in an airport.
 - Been around anyone who has been sick with cough, flu, or COVID-19, or have been experiencing cold like symptoms.
 - COVID-19 symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
 - Been to an event where more than 50 people were in attendance.
3. Keep social distancing (6+ feet between you and anyone else).
4. Properly wear a facemask (covering nose and chin, fitting snug).
5. Feel free to bring/wear gloves.
6. Follow directional signs when posted. This will help avoid crowding and help control the flow of practices/events.
7. Once your session is over, you will need to leave so there is not social gathering.
8. Strict attendance will be taken for COVID-19 contact tracing.
9. When athletes are being driven to participate in a program/event, we ask that the driver/other passengers remain in the car before and after practice.



- EXCEPTION: players who require assistance with equipment or to participate in the program/event will be allowed to bring one person to assist. Upon helping the athlete, the person assisting will have to leave the facility/area.
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SLED HOCKEY

- MAX 12 athletes per session
- There will be no official teams, instead, coaches will divide players into groups each week by ability level/age.
- Players will have to adhere to their “scheduled” practice time. They will not be allowed to arrive early or stay late to have more ice time.
- We will be conducting no contact practices. For the time being, there will be no scrimmages, games, or tournaments.

Practice Flow/Set-Up-

- When players arrive to HSIA, they will have to enter the double doors and “check-in”
 - Check-ins will consist of:
 - having temperatures checked
 - COVID symptoms checked
 - submitting GLASA 2020 Waiver (this is an updated version to include a COVID section)
 - submitting equipment rental form (additional info at bottom of email)
 - taking hand sanitizer
 - Staff, Coaches, Volunteers, and anyone else coming to assist a player will have to go through the check-in process at the door (temperature checked, symptom check, submit GLASA Waiver, take hand sanitizer)
- Everyone will have to maintain social distance (6+ feet) while waiting to enter the building and inside HSIA.
- Everyone will need to properly wear a facemask when they are in HSIA.
- Players and coaches are required to properly wear a mask while they are on the ice
- Players that can, should be dressed for practice upon entering HSIA (leave bag and other personal items in car).
 - Avoid using locker rooms when possible
 - Locker rooms will be available only for those that require them
- After checking you in, players will enter the ice from a specific side of the rink (you will be directed to one side)
- No parents/guardians/family/friends will be allowed in the rink
 - **EXCEPT** players who require assistance in/out or sled or on/off ice will be allowed to bring 1 person in the rink to assist them. Upon helping the player, the parent/guardian/family/friend will have to leave the rink
 - We ask that you stay within close proximity of HSIA (5 minutes preferably) in case the player needs assistance during practice. The parent/guardian/family/friend will be allowed back in the rink following practice if assistance in/out or sled or on/off ice is required (limited number allowed in at a time.



- GLASA COACHES AND STAFF will not be assisting players when it requires them to come within 6 feet of the player.
 - GLASA will not be providing Pushers. If you or your child requires a pusher to play sled hockey, you will have to bring your own. They must be proficient ice skater with some hockey knowledge.
 - Players will be responsible for bringing and taking ALL THEIR EQUIPMENT home with them after each practice, this includes sleds and sticks. GLASA will not house sleds or any other equipment at HSIA for current players.
 - If there is an immediate need to fix or adjust a piece of equipment during practice, the player will be instructed to get off the ice and out of their sled. Their sled will be disinfected and will then be fixed/adjusted. The sled will be disinfected again before the player can get back into it. If the fix or adjustment cannot be done during practice, or doesn't need to be, the sled will go with GLASA staff following practice to be fixed/adjusted that week and be returned at the next practice.
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SWIM

- MAX 4 swimmers (1 per lane) per session
- There will be three 45-minute time slots. The shortened time slots are to allow time for swimmers to get out of the pool and leave the area before the next group arrives.
- Swim is only being offered to those who can be COMPLETELY INDEPENDENT while in the water (no volunteer or coach needed to assist in water).

Practice Flow/Set-Up –

- The exact timing and set-up of practices will be slightly different than in past years to limit the number of players in the pool or on deck to eliminate crowding during the beginning/end of practices.
 - Players will have to adhere to their “scheduled” practice time. Swimmers will not be allowed to arrive early or stay late and will have to leave promptly when their session is done.
- GLASA Staff, Coaches, and Volunteers will be wearing masks at all times.
- When swimmers and parents arrive, they will have to enter a specific door and “check-in” with the GLASA staff/volunteer.
 - Check-ins will consist of:
 - Having temperatures checked using a touchless infrared thermometer and do a COVID symptom check- if swimmers have a temperature or show signs of illness they will not be permitted to practice and will be asked to leave.
 - A coach will provide hand sanitizer to use before entering the pool deck door.
 - A GLASA staff, coach, or volunteer will assign swimmers to a lane. Swimmers will need to stay at their chair with their mask on until given the “okay” to jump in the pool by the coach.
 - Submitting GLASA 2020 Waiver (updated version to include COVID section) for everyone at the pool (swimmers, parents, siblings, etc.).
- Parents will not be allowed to be on the pool deck.
- Locker rooms are open for changing and rinsing off, but it is recommended that swimmers come in their swimsuits and shower/change at home.



- Staff, coaches and volunteers will not be assisting swimmers if it requires them to come within 6 ft. If assistance is needed with equipment (cap, goggles, paddles, etc.) parents will need to assist with this.
 - Everyone will have to maintain social distance (6+ feet) on the deck and in the water.
 - Swimmers will need to wear a facemask until they are given the “okay” to go in the water. Facemasks will need to promptly be put back on when they get out of the water and while they are drying off. Parents are required to wear facemasks while in the building.
 - Swimmers must enter and exit the pool from the designated area only when a coach announces they are allowed to enter the pool.
 - There will be one swimmer per lane.
 - If family members have quarantined together, they may be asked to share a lane and changing space (if needed).
 - Swimmers will need to bring their own gear. This can include:
 - filled water bottle
 - goggles
 - cap
 - kick board
 - pull buoy
 - fins/flippers (optional)
 - paddles (optional)
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WHEELCHAIR BASKETBALL

- MAX 12 athletes per session
- Each player will need to bring their own basketball.
- Players will need to bring their own water bottle with their name on it.
- Hand-sanitizer and cleansing area for wheelchairs will be available.
- When players and parents arrive, they will have to enter a specific door and “check-in” with the GLASA staff/coach/volunteer.
- When players arrive to the facility, they will have to enter the double doors and “check-in”
 - Check-ins will consist of:
 - having temperatures checked
 - COVID symptoms checked
 - submitting GLASA 2020 Waiver (this is an updated version to include a COVID section)
 - taking hand sanitizer before they enter the gym.
 - Staff, Coaches, Volunteers, and anyone else coming to assist a player will have to go through the check-in process at the door (temperature checked, symptom check, submit GLASA Waiver, take hand sanitizer)
- Parents/guardians/siblings will not be able to be in the gym.
- Everyone will have to maintain social distance (6+ feet) at all times; this includes while on the court.
- We will be conducting no contact practices. For the time being, there will be no scrimmages, games, or tournaments.
- Everyone will need to properly wear a facemask (covering nose and chin, fitting snug).
- Players and coaches are required to properly wear a mask while they are on the court.



- GLASA COACHES AND STAFF will not be assisting players when it requires them to come within 6 feet of the athlete.
 - If there is an immediate need to fix or adjust a piece of equipment during practice, the player will be instructed to get out of the sport wheelchair. The chair will be disinfected and will then be fixed/adjusted. The chair will be disinfected again before the player can get back into it. If the fix or adjustment cannot be done during practice, or doesn't need to be, the chair will go with GLASA staff following practice to be fixed/adjusted that week and be returned at the next practice.
 - Players will be responsible for bringing and taking ALL THEIR EQUIPMENT home with them after each practice, this includes the sport wheelchair they use.
 - If you are unable to bring the sport wheelchair with you, arrangements can be made with GLASA staff. Please contact Tom Daily to discuss this.
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TENNIS

- MAX 7 athletes per session
 - Practice will take place on the indoor or outdoor courts with a limited group size.
 - Everyone, including players and coaches, will need to properly wear a facemask (covering nose and chin, fitting snug) while indoors.
 - A facemask is required on the outdoor courts but is welcome and encouraged.
 - Everyone will have to maintain social distance (6+ feet) at all times, including while on the court.
 - Balls will be picked up with hoppers (no contact with the balls that others may have touched)
 - We will be conducting no contact practices. For the time being, there will be no scrimmages, games, or tournaments.
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ARCHERY

- MAX 5 athletes per session
 - When players arrive to the facility, they will have to "check-in"
 - Check-ins will consist of:
 - having temperatures checked
 - COVID symptoms checked
 - submitting GLASA 2020 Waiver (this is an updated version to include a COVID section)
 - taking hand sanitizer before they enter the gym.
 - Staff, Coaches, Volunteers, and anyone else coming to assist a player will have to go through the check-in process at the door (temperature checked, symptom check, submit GLASA Waiver, take hand sanitizer)
 - Everyone, including players and coaches, will need to properly wear a facemask (covering nose and chin, fitting snug) while indoors.
 - Everyone will have to maintain social distance (6+ feet) at all times.
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AIR RIFLE

- MAX 3 athletes per session



- When players arrive to the facility, they will have to “check-in”
 - Check-ins will consist of:
 - having temperatures checked
 - COVID symptoms checked
 - submitting GLASA 2020 Waiver (this is an updated version to include a COVID section)
 - taking hand sanitizer before they enter the area.
 - Staff, Coaches, Volunteers, and anyone else coming to assist a player will have to go through the check-in process at the door (temperature checked, symptom check, submit GLASA Waiver, take hand sanitizer)
- Everyone, including players and coaches, will need to properly wear a facemask (covering nose and chin, fitting snug).
- Everyone will have to maintain social distance (6+ feet) at all times.