



## COVID-19 Guidelines (*November 19<sup>th</sup> 2020*)

- Players should arrive on time “not early” and remain in their car until the exact time of the session. Wait until any previous group has already departed.
- Coaches are to wear a face covering at all times.
- New mask mandate: Face coverings must be worn by Athletes when arriving and leaving, and also when on the bench, sitting down or resting between activities. It is also strongly encouraged that face coverings be worn by Athletes while they are participating in physical activities.
- Coaches will be temperature checking each player prior to every practice and game. Coach should ask each player when they arrive, how they are feeling, and if they have had any of the following symptoms in the last 24 hours: -
  - A fever above 100.4
  - Excessive coughing/shortness of breath
  - Sore Throat/loss of taste/smell
  - Vomiting/Diarrhea
- Anyone who answers ‘yes’ to any of the above questions will not be allowed to participate until he or she has followed the quarantine period or if they can provide a have a negative test result.
- Parents should not send their child to practice or a game if they have had any of these symptoms.
- A player who has had **close contact** to a positive Covid-19 carrier must quarantine as required by CDC/PA Dept. of Health. They can only return after the required quarantine period or if they get a negative test result.

*Close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes or more over a period of 24 hours, starting from 2 days before the illness onset.*
- Any team that has had contact with a positive Covid-19 carrier should suspend practice for a minimum of 7 days from the date the player last attended a team event. Unless the Covid-19 carriers symptoms began more than 48 hours after the event. *Players/parents on the team should monitor for any symptoms and contact coach immediately if they display any.*
- Players are not to congregate with each other or other teams before or after practices or games.
- No sharing of water, no shaking hands, no high fives, no fist bump, no hugs.
- Implement social distancing when not actively playing. Players equipment, bags and drinks should be stationed at least six feet from the next player.
- Only coaches can touch or move equipment, cones, goals, nets etc....
- Scrimmage vests should be washed after every session. If used, each player should be provided with their own vest per practice. No sharing of pinnies.
- Spectators at practice and are not recommended. Should parents insist on staying to watch a practice, they must comply with social distancing and wear a face covering at all times.
- Spectator numbers permitted at games will based upon each league or tournaments specifications.
- Pick up from a game or a practice should be “on time”. Players are not to congregate while waiting to be picked up.