



INTRODUCTION

As we kick off our new season, staying safe while providing soccer opportunities is our main focus. We have pulled together the policies below based on current best practices and community safety recommendations with the goal of providing clear guidelines for participation. Please review the information below prior to attending FC Cary activities at Green Hope Elementary School park. These guidelines will be adjusted as needed during the season.

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GHES FACILITY POLICIES

- FC Cary staff are the only individuals permitted to move full size goals.
- Players may assist in moving small goals, cones and other coaching equipment provided they sanitize their hands prior to and after moving equipment, and they remain 6 feet apart while moving any equipment.
- No water provided onsite by FC Cary.
- Parents are not permitted on the fields during practices or games and must watch from outside of the **RED** line that surrounds GHES fields. The exception is for the U6 age group where spectators must remain outside of the larger marked field 3 which contains the smaller U6 fields. [See the Field Layout map available on the club website.](#)
- During practices, 1 adult may bring a player to the field and must observe from outside the walking trail that surrounds GHES fields and may not congregate with other parents.

- During games, 2 spectators per child are permitted and all spectators must remain outside of the walking trail that surrounds GHES fields. The exception is for the U6 age group where spectators must remain outside of the larger marked field which contains the smaller U6 fields.

COACHES/SUPPORT STAFF POLICIES

- All coaches and FC Cary staff will complete a symptom screening prior to each FC Cary activity.
- Coaches and FC Cary staff must immediately report any symptoms to the FC Cary program director as outlined in the COVID-19 Incident Management section below.
- Coaches and FC Cary staff exhibiting any symptoms of COVID-19 are not permitted to execute programming activities until they meet all return to play/coach criteria.
- Coaches who consider themselves to be in the at-risk population or have concerns regarding returning to the fields should not volunteer this season.
- All coaches and FC Cary staff at GHES are required to wear masks while on site, regardless of social distancing. Masks are to be washed prior to coaching each day.
- FC Cary league administration has the authority to shut down operations of an individual team or field if policies are not being followed.
- Coaches should ensure that players are actively social distancing when conducting non-soccer related activities and are spacing their gear at least 6 feet apart.
- Pinnies may be used by coaches provided all pinnies are washed prior to the session and each pinnie is used by only one individual.
- Prior to the start of each session, coaches must complete the Symptom Screening Questionnaire for each player within the session. Any player answering YES to any of the screening questions should immediately be sent home. Coach must inform the FC Cary program director of any player sent home based on screening.
- Coaches must track attendance for each session through SIPlay App.
- Equipment should be sanitized thoroughly at the end of each practice and game.

PLAYER POLICIES

- All players who do not have medical exceptions are required to wear masks while engaged in any activity where a player may be within 6 feet of an individual outside their household. This includes walking to/from the fields, while warming up, and during all soccer activities including practice and games.
- Players who have medical exemptions from wearing masks while playing must communicate this with FC Cary administration so the team coach may be notified. Proof of exemption (ie. doctor's note) will be required.
- Players must bring their own ball, game jerseys, hand sanitizer, and water to practices and games and store their belongings 6 feet apart from other players' belongings.
- It is recommended that players sanitize their soccer ball prior to each training session.

- Players should not arrive at the assigned practice field no more than 10 minutes prior to scheduled practice start time. Remain off the fields and outside of the walking trail until coach arrives, sets up and calls players in for the start of practice.
- Players may assist in moving small goals, cones and other coaching equipment provided they sanitize their hands prior to and after moving equipment, and they remain 6 feet apart while moving any equipment.
- Players are expected to be only at their assigned field during practices and games and to remain on their team's designated sideline or practice area.
- Should players be experiencing any COVID-19 symptoms, they will not be permitted to practice or play and should not attend any activities at GHES.
- Prior to the start of each session, coaches must complete the Symptom Screening Questionnaire for each player within the session. Any player answering YES to any of the screening questions should immediately be sent home. Coach must inform the FC Cary program director of any player sent home based on screening.
- Players should arrive at the GHES no earlier than 15 minutes prior to their game time and allow individuals from the previous game to vacate the field prior to entering.
- Players must refrain from handshakes, fist bumps, and contact within goal celebrations at any time during training sessions and games.
- Following the completion of a game, all teams are expected to complete post game conversations and vacate the field within five minutes of the conclusion of the game to allow for the next group to enter the field.
- No team or group photos are allowed during FC Cary participation, including both games as practices. Staged group photos are not considered a soccer activity, all individuals must maintain social distancing for the duration of the activity.

PARENT/SPECTATOR POLICIES

- Parents are to monitor their children for symptoms of COVID-19 prior to attending each soccer event, including checking temperatures on the day of training sessions and games. Players who exhibit COVID-19 Symptoms should remain home and not attend practice or games.
- Parents are required to notify FC Cary of any symptomatic players via email to soccer@fccary.com.
- Parents may escort their player to the assigned practice field but shall watch practice from a location outside of the **RED** line that surrounds GHES fields. No parents may sit inside the RED line on the practice fields during weeknight practices. [See the Field Layout map available on the club website.](#)
- Parents may not congregate around or immediately outside the field of play during practices or games.
- During games, 2 spectators per child are permitted and all spectators must remain outside of the **RED** line that surrounds GHES fields. The exception is for the U6 age group where spectators must remain outside of the larger marked field 3 which contains the smaller U6 fields. [See the Field Layout map available on the club website.](#)
- It is expected that parents wear masks while within 6 feet of anyone outside their household or remain spaced more than 6 feet apart from other households. Parents are required to wear face coverings while in

any areas where social distancing is not possible in accordance with North Carolina Phase 3 Executive Orders. FC Cary preference is that everyone wears a mask at all times at GHES.

REFEREE AND STAFF POLICIES

- Referees are required to wear masks at all times while at GHES.
- All referees must conduct a health screening prior to attending any games. Check-in will be conducted at the FC Cary referee tent.
- Referees are asked to maintain social distancing guidelines during match play and while conversing with other coaches and FC Cary staff.

PRACTICE POLICIES

- Players must bring their own ball and water to each practice.
- Players should not arrive at the assigned practice field more than 10 minutes prior to scheduled practice start time. Remain off the fields and outside of the walking trail until coach arrives, sets up and calls players in for the start of practice.
- Players must set all bags and related gear a minimum of 6 feet away from other players gear.
- Practices may be designed for full contact within the training environment. Players should remain 6 feet apart when not engaged in soccer training activities. Team huddles, handshakes, high-fives, and other non-essential forms of contact are prohibited during training sessions.
- Coaches may elect to use pinnies provided all pinnies are washed prior to the session, and each pinnie is assigned to one player.
- Players must leave the practice area immediately after training ends.

COVID-19 INCIDENT MANAGEMENT

- Individuals who develop symptoms may not participate in soccer activities until meeting all Return to Play Parameters below and are to contact FC Cary via email immediately. It is recommended that any players experiencing symptoms get tested for COVID as soon as possible.
- To comply with HIPAA regulations, personal information in the incident email will be confidential and allow FC Cary to quickly inform potentially connected individuals of possible contact within an FC Cary session.
- Email Notification to FC Cary should include:
 - Send email to: soccer@fccary.com
 - Email Subject = COVID Incident Notification
 - Include in the body of the email the following information:
 - Player name
 - Last activity attended
 - Date of the appearance of symptoms

- Within 24 hours of receiving a submission, FC Cary staff will alert any players/family who are reasonably believed to have encountered the individual within the last 7 days.
- Players who have had **Direct Exposure**, which is defined by the CDC as being within 6 feet, with one individual unmasked, for 15 minutes with a COVID-19 positive individual, are expected to refrain from participation until meeting all Return to Play Parameters.
- Given concerns for cardiac and renal complications after COVID infection, it is recommended that all COVID positive players are seen and evaluated by their pediatrician, including cardiac testing, prior to return to play.
- As information continues to evolve regarding the transmission of COVID-19, FC Cary staff reserves the right to provide additional recommendations to families or terminate soccer activities if needed.

RETURN TO PLAY PARAMETERS

- All individuals who have had Direct Exposure should wait until 5 days following the last date of exposure to get tested, unless symptoms are experienced prior.
- Any individual who has had direct exposure to a COVID positive individual, has experienced symptoms or has tested positive must follow the appropriate parameters path below prior to resuming FC Cary activities.
- **DIRECT EXPOSURE PATH** - An individual who has had **Direct Exposure** to a COVID Positive individual may return to play if:
 - The individual has tested negative (with test performed on/after 5 days post exposure) and 7 days have passed since the last known date of Direct Exposure - OR-
 - The individual has not experienced symptoms since being exposed and 10 days have passed since the last known date of Direct Exposure.
 - If the individual develops symptoms then follow the Experienced Symptoms path below.
 - If the individual has a positive test during this time then follow the Tested Positive path below.
- **EXPERIENCED SYMPTOMS PATH** - An individual who has **Experienced Symptoms** of COVID-19 may return to play if:
 - The individual has tested negative for COVID-19 via a PCR test (not rapid test given the high false-positive rate) taken at least 3 days after symptom onset, and has experienced improvement of symptoms, including no fever for the last 24 hours -OR-
 - The individual has experienced improvement of symptoms and 10 days have passed since the symptoms began.
 - If the individual has a positive test during this time then follow the Tested Positive path below.
- **TESTED POSITIVE PATH** - An individual who has **Tested Positive** for COVID-19 may return to play if:
 - The individual has experienced improvement of symptoms, including no fever for the last 24 hours, and 10 days have passed since the date of the Positive Test. It is recommended that all players with a Positive COVID test be evaluated by their Pediatrician for cardiac evaluation prior to returning to play.
- The individual can return to activity without meeting the above criteria and without a negative COVID-19 test result IF they have a doctor's note allowing them to return to soccer activities. Proof of doctor's note will need to be validated by FC Cary staff.

SYMPTOM SCREEN QUESTIONNAIRE

1. Have you had direct exposure defined as close contact (within 6 feet for at least 10 minutes) in the last 10 days with someone diagnosed with COVID-19, or has any health department or health care provider been in contact with you and advised you to quarantine?
 - **Yes:** The individual may not participate and must follow the Return to Play Parameters (**Direct Exposure** path).
 - **No:** The player/coach can participate if they are not experiencing symptoms

2. Since you last played, have you experienced any of these symptoms? [Fever, Chills, Shortness of breath or difficulty breathing, New cough, New loss of taste or smell]
 - **Yes:** The individual may not participate and must follow the Return to Play Parameters (**Experienced Symptoms** path).
 - **No:** The individual can participate if they are not experiencing symptoms

3. Since you last played, have you been diagnosed with COVID-19? (YES/NO)
 - **Yes:** The individual may not participate and must follow the Return to Play Parameters (**Tested Positive** path).
 - **No:** The player/coach can participate if they are not experiencing symptoms

GENERAL HEALTH GUIDELINES

- Take the following everyday steps to help avoid the spread of all respiratory viruses:
 - Wash your hands often with soap and water for at least 20 seconds.
 - Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
 - Avoid touching your eyes, nose, and mouth.
 - Clean and disinfect frequently touched objects or surfaces such as remote controls and doorknobs. Avoid close contact with people who are sick.
 - Stay home if you are sick. Call your doctor if you develop fever, cough, or difficulty breathing.