



Updated February 15, 2022

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. Do NOT move these goals during the week at practices.
- Players may assist in moving small goals, cones and other coaching equipment. We recommend 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 or 4 which contains the smaller U6 fields. [See the Field Layout map available on the club website.](#)

- There are currently no restrictions on the number of spectators allowed at practices and games however all spectators must remain outside of the restricted area as identified by the **RED** lines.
- Face coverings are optional for athletes, coaches, referees and spectators at outdoors activities including practices and games.

COACHES/SUPPORT STAFF POLICIES

- 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.
- There is no requirement to wear a mask while outdoors. Coaches are always permitted to wear masks if they choose to do so.
- FC Cary league administration has the authority to shut down operations of an individual team or field if policies are not being followed.
- Pinnies may be used by coaches provided all pinnies are washed prior to the session and each pinnie is used by only one individual.
- Coaches must track attendance for each session through the SIPlay App.

PLAYER POLICIES

- There is no requirement to wear a mask while outdoors. Players are always permitted to wear masks if they choose to do so.
- Players must bring their own ball, game jerseys, hand sanitizer, and water to practices and games and are encouraged to store their belongings 6 feet apart from other players' belongings.
- 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.
- 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 should 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.

PARENT/SPECTATOR POLICIES

- Parents are to monitor their children for symptoms of COVID-19 prior to attending each soccer event. 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.](#)
- During games, 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 or 4 which contains the smaller U6 fields. [See the Field Layout map available on the club website.](#)
- There is no requirement to wear a mask while outdoors. Spectators are always permitted to wear masks if they choose to do so.

REFEREE AND STAFF POLICIES

- There is no requirement to wear a mask while outdoors. Referees are always permitted to wear masks if they choose to do so.
- Referees 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.
- Referees 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.

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 develop symptoms are required to isolate until meeting all Return to Play Parameters below. It is recommended that any players experiencing symptoms get tested for COVID as soon as possible.
- Players who have not been fully vaccinated and 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 be tested 3-5 days after exposure, or sooner if symptoms are experienced.
- Any individual who has had direct exposure to a COVID positive individual and is not up to date on COVID vaccinations, 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:
 - Vaccinated person:
 - Individuals who are fully vaccinated do NOT need to isolate after contact with someone who had COVID-19 unless they have symptoms.
 - Unvaccinated person:
 - The individual has tested negative (with PCR 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 (vaccinated or unvaccinated) develops symptoms then follow the Experienced Symptoms path below.
 - If the individual (vaccinated or unvaccinated) 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 5 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 5 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.