



Charlotte County Soccer Federation Covid-19 Guidelines

07/01/2020

The participant should conduct a daily temperature check for low grade fever (>100.4.) at home before training. If you have a fever, do not go to training.

Note: If thermometers are not available, conduct a daily health questionnaire in line with the “Coronavirus Self-Checker,” made available by the CDC.

Do not participate in activities if you have any of the symptoms listed below.

- COVID exposure in past 14 days
- Sore throat
- Shortness of breath/difficulty breathing
- Fever >100.4 F
- Chills
- Headache
- Sinus congestion
- Cough persistent and or productive
- Joint aches and soreness
- Vomiting or diarrhea
- Rash

Do not go to training fields with any of the above symptoms. Remotely communicate your health status to your coach and/or team manager within 24 hours of your training session. Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance. Speak to a physician and follow CDC guidelines on self-quarantine.

Before accessing the training fields, during and after training, please use the following guidelines.

- Prior to accessing the field, all players and parents must have their temperature taken by authorize personnel. (100.4 or lower).
- All players will be documented in a team binder of their temperature for each practice.
- All parents and spectators must remain on the cement at practices. Only players, BOD, coaches, and managers are allowed to be on the fields.
- All players and Coaches need to use hand sanitizer or wash their hands before and during practices.
- Only coaches and managers are allowed to touch equipment besides the balls.
- All equipment needs to be sprayed with disinfectant sprays.

- All players will receive 2 different color pennies that they will be responsible for. They must bring them to every practice. Players cannot share pennies at any time.
- Players cannot share water bottles. They must bring their own water.
- Coaches/ managers are required to wear face masks while they are within 6 feet of their players.
- Spectators are required to wear face masks within 6 feet of others and when social distancing cannot be followed.
- Must follow CDC and local government guidelines.

These guidelines will be updated as needed to protect our members.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, CCSF makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition