



# COVID-19 Protocol

(updated 3-16-2021)

The following is to be implemented for all Freedom Optimist Soccer teams to resume play and team activities during COVID-19. It is expected that all coaches and Team Parents will adhere to these policies and actively enforce them within their own assigned team.

**Do Not Attend** any team activity if:

- You are feeling ill with any of the following COVID-19 symptoms: fever of 100.4 or higher (determined by the CDC), fever or chills, cough, shortness of breath or difficulty breathing, new loss of taste or smell, sore throat, headache and fatigue, congestion or runny nose, nausea or vomiting or diarrhea.
- You have been exposed to anyone that has tested positive to COVID-19 within the last 10 days.
- If you are unsure about whether to attend or participate in an activity due to possible symptoms it is recommended that you air on the side of caution and not attend.

## **Team Protocol**

- Masks are NOT required to be worn by players while on the fields.
- Masks will be worn by players when arriving to practice/games and when leaving practice/games.
- Masks will be worn by players during team instructions (talks, pep-talks, etc.) or when sitting on the bench.
- Masks are to be worn by coaches at all times. Coaches may move more than 6 feet away from their players to briefly remove their mask. However, masks MUST be worn at all times when near the players. Masks must be worn over nose and mouth.
- Players will not share equipment, pinnies, or goalkeeper shirts.
- Clinic 3 and Clinic 4 divisions will not play against other teams on game days and will only scrimmage against their own team.
- If a player or a coach from a team tests positive for COVID the entire team will be quarantined from FOS activities for a period of 10 days
  - If a player on the quarantined team has a sibling also playing in FOS, the sibling must quarantine also
- No shared team water coolers.
- No Team snacks or drinks at the end of the game.
- No group celebrations like high fives, fist bumps, tunnels, etc.
- No team huddles before games. No "hands-in".

## **General League Protocol**

- All spectators over the age of 5 will be required to wear masks.
- If a player, spectator, or coach are continually not in compliance with the COVID policies they will be asked to leave the fields.
- All high-risk individuals are encouraged not to attend due to the volume of people at the soccer fields.
- Game balls will now be provided at Eldersburg Elementary fields. Refs will bring the game ball to the field instead of using a ball from one of the teams.
- All game balls will be disinfected by the refs at half time, before the game begins, and after the game ends.