



# COVID-19 PROCEDURES

CREATING A SAFE & HEALTHY ENVIRONMENT FOR ALL

## SCREENING PROCESS FOR PLAYERS/STAFF/REFEREES

- Monitor your health at home for symptoms of COVID-19.
- Obtain verbal/digital/written confirmation that each individual has passed the NH screening criteria prior to participating.
- Referees should conduct screening process at home prior to arriving at fields, and verify with head coaches from both teams on passing the NH screening criteria.

## BEFORE COMPETITION

- Distribute all tournament information provided by hosting organization to your team related to COVID-19 protocols.
- Follow all foot traffic patterns (entry & exit), as well as social distancing guidelines at all times.
- Upon arrival, please remain in your vehicle or within the parking area.
- All participants should get dressed for play in their vehicle (shin guards, socks, turf shoes/cleats).
- Face coverings/masks are required during the event for players/staff/spectators.
- Players may enter the playing surface no more than 20 minutes prior to the scheduled start of their game time.



## DURING COMPETITION

- Handshakes/high 5's/fist bumps or contact of any kind with teammates/coaches/referees should be avoided.
- Social distancing should be ensured between players & coaches on the sideline during play and during any individual/group conversations throughout the competition (pregame, halftime, post-game).
- Use of face coverings/masks by staff and players on the sideline are required. For games taking place in NH, players are not required to wear face coverings while actively participating in their game. For games taking place in Massachusetts, masks are required during game play.
- All attendees should maintain social distancing guidelines at all times.

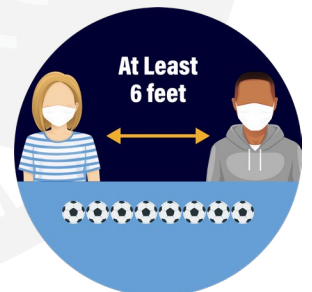


## AFTER COMPETITION

- Please thoroughly clean up the "bench area" after your game, leaving it free of belongings and trash.
- Players and coaches should look to immediately leave the playing area once the game is completed to allow adequate time for patrons to leave the fields prior to the next groups arriving for their game.
- Any post-game discussions should be held away from the field of play, closer to the parking lot area.
- Players and coaches must wear a face covering/mask when exiting the field on their walk back to the parking area.

## SPECTATORS

- Should consist of immediate family only whenever possible.
- Please adhere to social distancing guidelines at all times.
- Must remain off of the playing surface. Turf areas are for players/coaches only.
- Must wear a face covering throughout the event while present at the facility.
- Designated spectator areas for each field are detailed on the facility map for each event and will be marked with signage at the facility.
- Should exit the fields along the defined foot traffic paths and return to the parking lot immediately following the conclusion of their child's game. Please wait for your child in the parking area to avoid congestion near the playing surface.





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## SCREENING PROTOCOLS

### New Hampshire Screening Questions

Staff, athletes and volunteers must be screened on arrival to each competitive sporting event, training session, or practice by having their temperature taken (temperature checks for athletes participating in competitive events is at the discretion of the organizing entity but is not required) and all shall be asked if they:

- Do you have any of the following symptoms of COVID-19:
  - Fever (a documented temperature of 100.4 degrees Fahrenheit or higher) or are feeling feverish;
  - Respiratory symptoms such as a runny nose, nasal congestion, sore throat, cough, or shortness of breath;
  - General body symptoms such as muscle aches, chills, and severe fatigue;
  - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea; or
  - Changes in your sense of taste or smell?
- Have you been in close contact with someone who is suspected or confirmed to have had COVID-19 in the past 10 days? (**Note:** healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment are not considered to have a close contact exposure and should answer "No" to this question.)
- Have you traveled on non-essential travel in the past 10 days outside of New Hampshire, Vermont, Maine, Massachusetts, Connecticut, or Rhode Island (this includes any international travel or travel by cruise ship and any domestic travel, within the US, outside of NH, VT, RI, CT, MA, ME, or regardless of the mode of transportation)?

If an individual is on-site at the event and answers "yes" to any of the above screening questions, please instruct the player to proceed to the isolation area and immediately contact the parent/guardian to be taken home. When screening at home with these questions, if an individual answers "yes" they should not go to the facility and should not participate in the event.

## SYMPTOMS OF COVID-19 INFECTION

Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. The most common symptoms associated with the infection include:

- Fever ( $\geq 100.4$  degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea & vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills