

Fauquier County Soccer Club (FCSC) is excited to play for the 2020-2021 seasonal year using our COVID-19 Return to Play best practices and recommendations which have been developed using the Centers for Disease Control and Prevention (CDC) and U.S. Soccer's Phase III "Play On" Full Team Competitions guidance, as well as the recommendations of the Governor of Virginia.

Matchday - Before Your Departure

- Parents/Guardians: take each player's temperature before coming to the match. Any player who has a temperature of 100.4 degrees F or more, or feels sick, must NOT attend matches. Any person to be on the field during the match (i.e., referees, coaches, etc.) and/or will attend the match as a spectator are expected to do the same.
- Parents/Guardians: please have your child go to the bathroom before arriving to the match. There is no guarantee that restrooms will be available for players.
- Parents/Guardians: make sure your child is properly fed and hydrated prior to the match.
- Parents/Guardians: if hot and humid, have your child apply their own sunscreen.
- Coaches: please sanitize all your equipment prior to the match. If using bibs/pinnies, they must be washed/sanitized prior to the match. There will be no sharing of bib/pinnies between players and each player should be provided their own. Otherwise, do not use bib/pinnies.

Matchday - What to Bring

- Players: if bringing a soccer ball, sanitize your ball at home.
- Players: bring your own water bottle/water jug (clearly marked with first and last name) with sufficient supply for the duration of the match.
- Players: bring hand sanitizer for use before, during, and after matches.
- Players: bring your own bag to carry all items.
- Players: wear a mask upon arrival and departure but it is not recommended during matches. We will require masks to be worn on sidelines if not playing.
- Coaches will be required to wear masks and will be allowed to remove the mask briefly when providing coaching instruction.
- Referee Assignors will provide guidance to clubs regarding Center Referees and Assistant Referees as it relates to masks.

Matchday - Arrival and Drop-off Instructions

- Parents/Guardians & Players: please arrive on time; we want to make sure we keep matches flowing throughout the day.
- Referees, Coaches & Players: we are requiring a maximum of 30 minutes of warmup and no more than 30 minutes. Referees, Coaches & Players are not permitted on the field area until that time. This will allow for the previous match to conclude and its players, coaches, referees, and spectators to leave the field and any sanitization to take place.

- Parents/Guardians & Spectators: we recommend that Parents/Guardians & Spectators do not arrive to the field until 10 minutes before the start of the match time. Note: if necessary, we understand if a child needs to be safely escorted to the field by an adult. We ask that all wear face masks out of courtesy of others.

Matchday - During the Match

- Parents/Guardians & Spectators can attend matches. We ask that clubs adhere to the state ruling of no more than 250 people per field.
- Please maintain required social distancing throughout your visit to a match; we are requiring 10 feet of distance for safety. Reminder: masks must be worn.
- Players and coaches will be required to social distance on the sideline during the match; we are requiring 10 feet of distance for safety. Reminder: if on sideline, masks must be worn.
- There will be no sharing of water or snacks and social distancing must take place during any rest and water breaks.
- Players may share soccer balls but can only pick them up with their hands during a throw-in; otherwise, feet must be used. Goalkeepers are required to wear goalkeeper gloves (of which they must be sanitized before any match). It is encouraged to sanitize all match balls when possible.
- If for any reason there are surfaces (i.e., metal benches) located at a field, we are requiring that those surfaces be disinfected before and after each match or not allow use of those surfaces.
- Coin toss will take place with proper social distancing with all captains and Center Referee wearing masks. Only the Center Referee will handle the coin.
- Substitutions will take place in front of team benches instead of the halfway line.
- No post game “high-fives” are allowed. There will be a mutual respect that the match was played competitively, under the IFAB Laws of the Game, and with sportsmanship. No post game handshakes between coaches.

Matchday – Pick-up Instructions

- The match will start and end promptly on schedule; unless an injury or delay has occurred. We recommend teams set up communications in case of a delay.
- Please be present to pick up your child immediately after the match has ended.
- We ask all parents/guardians and siblings refrain from entering the field area. Coaches will dismiss players at the end of the match and players are expected to find their parents/guardians/family at a pre-determined location off the field of play, in the parking lot, or other agreed upon pre-determined location.

Reporting

FCSC requires a team to inform the club of a positive COVID-19 test within the team so that the club may make an appropriate decision regarding an upcoming match and practices. This applies when a match

has been played and there has been a positive test, as well as a match to be played and there was a positive test in a prior match.

- If anyone has tested positive for COVID-19 and has just completed a 10-day quarantine period and have no fever or symptoms they may return to play with a required negative test and the approval of the club. We are following these CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-homeisolation.html>

THANK YOU FOR ADHERING TO THESE FCSC RETURN TO PLAY GUIDELINES!