

Fraser Valley Metro Rec District

2020 Youth Rec Soccer League COVID-19 Guidelines

Parents and guardians should be thoroughly aware of all safety recommendations for their children in all organized competitions. At all times, parents should ensure their family follows safety recommendations, including for PPE.



Parents and guardians should support the Fraser Valley Metro Rec District, the Grand County Soccer Club and their child's coaches and referees by adhering to all COVID-19 requirements.

Daily Medical Considerations to Participate in Practices or Games

1. Participants (including players, coaches, referees, volunteers and administrators) should conduct a daily temperature check for low grade fever (>100.4.) at home before all games and practices. If you have a fever, do not go to games or practices.
 - a. If thermometers are not available, conduct a daily health questionnaire online with the "Coronavirus Self-Checker," made available by the CDC.
2. Do not participate in activities if you have any of the symptoms listed below.
 - a. COVID-19 exposure in past 14 days
 - b. Sore throat
 - c. Shortness of breath/difficulty breathing
 - d. Fever >100.4 F
 - e. Chills
 - f. Headache
 - g. Sinus Congestion
 - h. Cough persistent and/or productive
 - i. Joint aches and/or soreness
 - j. Vomiting or Diarrhea
 - k. Rash
3. Do not go to practice/competition facilities or fields with any of the above symptoms.

4. Should a member of your household be experiencing the symptoms above, the family member should consult a physician. Follow the recommendations listed for medical clearance outlined in this document. Maintain all recommended hygiene habits outlined by the CDC.

Personal Protective Equipment (PPE, Masks, Face Coverings) Requirements for Players, Coaches, and Referees

1. All players are required to wear new or clean PPE upon arrival, departure, and when not physically active for any games or practices.
 - a. Players may wear masks while playing if they wish, but it is not required
 - b. For the duration of the match, substitute players must wear masks on the sidelines.
2. Coaches must wear face masks (PPE) during the entire duration of any game or practice.
 - a. Only during times of physical exertion are coaches allowed to remove their PPE.
3. Referees are required to wear PPE for arrival and pre-game field inspection.
 - a. Referees may wear masks during the entire game if they wish.
4. For players, referees or coaches who choose to wear PPE while physically exerting themselves, the following should be considered:
 - a. Discuss with your primary care physician if any medical conditions predispose you to avoid the use of a face cover while participating in physical activity.
 - b. PPE should be breathable and not prevent or disrupt ventilation.
 - c. PPE should not obscure the individual's vision.
 - d. PPE should not pose a risk to another participant.
 - e. PPE should be in good maintenance, at the responsibility of the individual.

Personal Protective Equipment (PPE, Masks, Face Coverings) and Social Distancing Requirements for Parents and Spectators

1. All parents and spectators are required to wear PPE for the entire duration of their time at practices or game facilities.
 - a. Parents are encouraged to remain in their vehicles when picking their children up from practices. Allow your child to come to the vehicle immediately following their practice in order to maximize social distancing.

- b.** Communicate with coaches and league administrators through electronic means when possible.
- 2.** Spectators must maintain a minimum distance of 6 feet from other spectators, players, coaches, and referees during games and practices
 - a.** Families and/or members of the same household may sit together (closer than 6 feet) during games provided they are 6 feet from any other spectators or groups

Fraser Valley Sports Complex Facility Regulations and Updates

- 1.** The concession stand will not be open during games for the 2020 season.
 - a.** To limit the spread of germs through food, families should consider only eating before or after games and not bringing food or snacks to the practice or game facilities
- 2.** The Icebox warming hut restrooms will be open during games and practices
 - a.** The drinking fountains in the warming hut should only be used to fill water bottles, please do not drink directly from the fountain
 - b.** Children should be monitored by an adult while in the warming hut, please keep your children from playing in the warming hut.