

# COVID-19 PROCEDURES

## SPRING 2021



[www.seacoastunited.com/tournaments](http://www.seacoastunited.com/tournaments)



# COVID-19 PROCEDURES

## PURPOSE

The recommendations for Seacoast United tournament events are provided to assist attending clubs/teams in safely participating in competition while reducing infection risk in the setting of the ongoing COVID-19 pandemic.

Please note: These recommendations do not supercede any local, state, regional, or federal health guidelines or requirements. The recommendations outlined in this document are intended to supplement those outlined by government agencies and the Center for Disease Control (CDC) in detailing items for consideration in a youth sports gameday environment.

## GENERAL RECOMMENDATIONS

Please continue to follow the recommended general hygiene practices to mitigate transmission of communicable disease, including COVID-19.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer ( $\geq 60\%$  alcohol).
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face covering/face mask or covering any time you are in public and unable to maintain social distancing of 6 feet. (NH requires the use of face coverings/masks at gatherings of 100+ people.)
- Frequently clean commonly used surfaces (doorknobs, handles, etc) with a disinfectant cleaner.
- Avoid contact with other individuals such as shaking hands, hugs, fist bumps, etc.
- Maintain a distance of 6 feet between yourself and others whenever possible. Avoid crowded places.
- Stay home if you feel sick and contact your health care provider.

Information provided by Seacoast United related to the COVID-19 pandemic is available on the club website at: [www.seacoastunited.com/covid-19](http://www.seacoastunited.com/covid-19)

**Seacoast United tournament events are open only to teams from within New England (ME, NH, VT, MA, RI, CT) due to state regulations and guidance regarding COVID-19.**



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## RESPONSIBILITIES OF PARTICIPATING TEAMS

- Distribute all tournament information provided by the hosting organization to all players and families.
- Require the use of face coverings/face masks in walking to and from the fields for all players/coaches/spectators within your party, as well as by coaches/players in the “bench” areas especially where social distancing is difficult to maintain.
- Symptom monitoring and plans for medical evaluation of symptomatic staff and players.
- Follow all foot traffic patterns (entry and exit) provided by the host organization, as well as all social distancing guidelines at all times. Spectator areas will be defined for each field during game play as well as isolation areas for anyone who develops symptoms.
- Review the current guidelines provided by the state of New Hampshire and the Center for Disease Control on Youth Sports.
  - New Hampshire guidance on [Amateur and Youth Sports](#)
  - [CDC Guidelines for Returning to Youth Sports](#)
- Any individual reporting or demonstrating symptoms of illness at any point should be removed from competition (or restricted from competition) and should seek guidance from his/her health care provider before returning to soccer activities.

## SCREENING PROCESS FOR ALL PARTICIPATING TEAMS

Prior to participation in each game, team staff should obtain verbal confirmation from each individual:

- Each player, coach, and referee should check his/her temperature at home (prior to arriving at fields), and refrain from participation if he/she has a fever ( $\geq 100.4$  degrees F).
- Each player, coach, and referee should follow the screening protocols outlined by New Hampshire state guidance (see **Appendix A**).
- All coaches, players, referees and other attendees should be monitoring for symptoms at home to ensure:
  - He/she has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19 (see **Appendix D**);
  - He/She has not had a documented case of COVID-19 in the last 10 days;
  - He/She is not currently demonstrating or suffering from any ill symptoms (see **Appendix B**);
  - Any individual who is unable to confirm these criteria should be restricted from participation and contact both their club and health care provider.
- These criteria should be confirmed verbally upon arrival as follows:
  - Each participating individual should confirm they have met the above requirements of no known symptoms or exposures with the head coach of their team.
  - The head coach should confirm with the head coach of the opposing team that all participating players and staff have met the above requirements of no known symptoms or exposures.
  - All referees should confirm individually with both head coaches that all referees have met the above requirements of no known symptoms or exposures.
  - Any individual who is unable to confirm these criteria should be restricted from participation and contact their health care provider.
- No athlete, coach, or member of a team shall be allowed to participate if he/she has traveled by public transportation at any time during the 10 day period prior to the event (includes but not limited to: airplane, train, bus, subway, cruise ship, or international travel).



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## PRIOR TO COMPETITION

- Upon arrival at the event, please remain in your vehicle or within the parking area.
- Seacoast United asks all participating players to get dressed in your vehicle (shin guards, socks, turf shoes/cleats) before entering the field.
- Seacoast United requires the use of face coverings/masks when walking from the parking area to the fields.
- Please adhere to social distancing guidance of 6 feet throughout your walk to and from the fields.
- Players may enter the playing surface no more than 20 minutes prior to the scheduled start time of your game. Please make sure you bring only the essentials with you while entering the field, and be mindful there are NO benches.

## DURING COMPETITION

Games can be conducted as normal for the designated age group with the following exceptions:

- Team pre-game and post-game handshakes should be avoided.
- Handshakes or contact during substitutions should be avoided.
- Post-game handshakes/fist bumps with referees should be avoided.
- Physical contact should be avoided during celebrations, halftime, and post-game activities.
- Social distancing should be ensured between players and coaches on the sideline during play and during any individual or group conversations throughout the competition (pre-game, halftime, post-game).
- No player, coach, or spectator should violate social distancing guidelines with a referee or official at any time.
- Use of face coverings/masks by staff and players on the sideline should be guided by local or national guidelines regarding public use. \*Please note these guidelines may vary by city/state. *See recommendations on face coverings in the above "Responsibilities of Participating Teams" section.*
- Players on the sideline or bench area should remain physically distanced (6 feet apart), including pre-game, halftime, and post-game discussions.
- International walk-outs should not be held.

## OTHER CONSIDERATIONS DURING COMPETITION

- All attendees should always maintain social distancing guidelines during arrival and departure from competition.
- Spectators should remain off of the field/playing surface, practice social distancing and must wear cloth facial coverings or masks throughout the event. \*See **Spectators** section for further information.
- In the event of an injury, staff may assess and facilitate management of the injured individual in accordance with proper first aid. Family members and any on-site healthcare providers may participate in injury management as necessary but others should maintain proper social distance.
- It is recommended that participating clubs keep an attendance record of coaches and staff for all competitions to allow for optimized case reporting and contact tracing.



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## AFTER COMPETITION

- Please thoroughly clean up the bench area after your game, leaving it free of belongings and trash.
- Seacoast United requires players and coaches wear a face covering/mask when exiting the field for the walk to the parking lot.
- Teams should look to exit the playing area immediately following their game to allow adequate time for patrons to leave the fields prior to the next groups arriving for their game.
- Please follow the foot traffic pattern outlined on the event facility map and adhere to social distancing guidelines during exit.
- Any post-game discussions should be held away from the field of play, closer to the parking lot area.

## EQUIPMENT

- Team areas should be separated from spectators and each other so that teams and attendees will not touch the same surfaces (benches for example).
- Shared surfaces such as soccer balls, disc cones, and any other equipment should be disinfected before and after each game.
- Sharing of training vests (pinnies) should be avoided or eliminated if possible. If vests are to be used, they should stay with a single player for the duration of the game and washed before and after each day of use.
- Players and referees should bring their own equipment such as hand sanitizer, water bottle, towel, etc. These items are not to be shared between individuals.
- Equipment used by staff such as cones, etc. should not be handled by players or other attendees and should be disinfected after use.
- Referees should use electronic whistles where possible.

## SPECTATORS

Due to the current New Hampshire Youth Sports guidelines, Seacoast United is limiting the number of spectators at games.

- Spectators should consist of immediate family only whenever possible.
- Please adhere to all social distancing guidelines.
- Seacoast United requires wearing a face covering/mask while attending the tournament, as the State of NH mandates masks at events of 100+ people.
- Spectators should remain in the parking area until 5 minutes before the start of the game.
- All spectators must remain outside of the fields of play. Turf areas are for players and coaches only.
- Designated spectator areas for each field are detailed on the facility map for each event and will be marked with signage at the facility.
- Spectators should exit the fields along the defined foot traffic patterns while returning to the parking lot immediately following the conclusion of their child's game. Please wait for your child in the parking lot area to avoid congestion issues as teams exit the playing surfaces.



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## FACILITIES

- Field layout and facility map will be provided for each site utilized during the tournament event. Please familiarize yourself with the field layout, spectator areas, and foot traffic patterns for each location as they will vary. Facility maps will be available under the event homepage at [www.seacoastunited.com/tournaments](http://www.seacoastunited.com/tournaments).
- Portable restrooms will be available on-site. Hand sanitizer dispensers are available inside each unit.
- Hand sanitizer should be readily available at all facilities during the event. Each coach, player, and referee is highly encouraged to have their own hand sanitizer with their personal equipment. Players and coaches should disinfect their hands prior to and immediately after every competition and after any contact with a shared surface.





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## APPENDIX A

### SCREENING PROTOCOLS BY STATE

#### 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.

## APPENDIX B

### 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 and vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills



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## APPENDIX C

### RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

*These recommendations are intended to guide decision-making regarding players, staff, or referees with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.*

Symptomatic player/staff/referee with suspected or laboratory confirmed COVID-19 infection:

- Cannot attend club events until:
  - a. At least 3 days (72 hours) have passed since resolution of fever (defined as  $\geq 100.4$  degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g. cough, shortness of breath), AND
  - b. At least 10 days have passed since symptoms first appeared**OR:**
  - c. Resolution of fever without the use of fever-reducing medications, AND
  - d. Improvement in respiratory symptoms (e.g. cough, shortness of breath), AND
  - e. Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (two negative specimens).

Players/staff/referees with laboratory-confirmed COVID-19 who have not had any symptoms (asymptomatic):

- Cannot attend club events until:
  - a. 10 days after the date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.**OR:**
  - b. Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (two negative specimens).





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## APPENDIX D

### RETURN TO PLAY FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED COVID-19 INFECTION

*These recommendations are intended to guide decision-making regarding players, staff, or referees with exposure to a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.*

Any asymptomatic player, staff, or referee who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 10 days (even if the player/staff/referee produces a negative test) and monitor for any symptoms consistent with infection. *Quarantine timeframe updated 12/3/20*

If asymptomatic after 10 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
  - Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
  - Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.
- OR:**
- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (for example, being coughed or sneezed on, sharing water bottles/utensils).

**Please note:** New Hampshire does not have a “test-out” option for individuals exposed to a suspected/positive case. Producing a negative test does not shorten the 10-day quarantine period.

## CONTACT US

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## ADDITIONAL RESOURCES

Center for Disease Control: [www.cdc.gov](http://www.cdc.gov)

State of New Hampshire: [www.nh.gov](http://www.nh.gov)

New Hampshire [Amateur and Youth Sports Guidelines](#)

# SEACOAST



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