**Granby Rovers Soccer Club**

**COVID-19 Guidelines and Procedures**

Consistent with US Youth Soccer guidelines and phased approach (<https://www.ussoccer.com/playon>), as well as State and local guidelines, Rovers activities will be rolled out in 5 phases. Each phase will last approximately 2 weeks according to CJSA guidelines and will proceed only after the previous phase was successfully completed.

If you have any questions about the Rovers COVID-19 Guidelines and Procedures, please contact board@granbyrovers.org

1. **Health Protections and Guidelines** 
   1. The following guidelines apply to both players, coaches, managers and all other volunteers. Prior to attending Rovers activities, players and volunteers must:
      1. Self-monitor temperatures: anyone with a temperature of 100.4 or higher should not attend Rovers activities.
      2. Show no signs or symptoms of COVID-19 in the past 14 days and have no known exposure to someone that has been ill in the last 14 days. Symptoms include: Cough, fever, shortness of breath, sore throat, muscle or body aches, vomiting or diarrhea or loss of taste/smell.
      3. Live in the community or neighborhood towns that meet the requirement of CJSA to allow play in another town.
      4. Have not traveled out of State within the last 14 days prior to Rovers activities.
   2. Individuals exhibiting symptoms listed above should remain at home and should not attend any Rovers activities.
   3. Individuals who begin to exhibit any symptoms listed above should immediately leave the activity and refrain from involvement until one of the following criteria have been met:
      1. Player or volunteer has been cleared to play by a health care provider which may include a negative COVID-19 test
      2. It has been 10 days since your symptoms first appeared AND you have had no fever for 72 hours (3 days) without the use of fever reducing medications, and your respiratory symptoms (cough, shortness of breath) must be getting better.
2. **Requirements of game/practice play**
   1. Prior to play, coaches will conduct a symptom assessment of all coaches, assistants, volunteers and players. If someone is found to be symptomatic they will be sent home.
   2. Players will come fully dressed for practice/games and remove equipment at home.
   3. Hand sanitizer will be available and mandatory for all players and coaches to use when appropriate. While Rovers will try to supply this, if available, it is encouraged that all parents also supply kids with hand sanitizer if possible.
   4. Coaches and volunteers will maintain social distancing practices to the best of their ability.
   5. Pinnies will be loaned to kids of which they will be responsible for washing after each use.
   6. Coaches and volunteers are expected to wear mask or face covering.
   7. Practice size will be done with social distancing guidelines in mind. No more than 25 players will be on a field at a given time.
   8. Field Marshals will be present at all practices and games. Their primary purpose will be to ensure social distancing practices and that guidelines are being followed.
3. **Prohibitions**
   1. Players, coaches, and volunteers are prohibited from the following:
      1. Sharing any type of rehydration devices (i.e. water bottles)
      2. Sharing of any snacks.
      3. Sharing of any sports related equipment (i.e. shin guards, uniforms, cleats, training pennies, etc,)
      4. Players are not permitted to touch or move the personal belongings of others during practices/games.
      5. Sportsmanship will be done in a “touchless” manner. No handshakes, high fives or any other form of physical contact will be used for celebrations or signs of congratulations.
   2. Fans and Spectators are prohibited from the following:
      1. Sitting on the bleachers or stands during practices or games. Stands will be closed and spectators will be encouraged to bring their own chairs and practice socially distancing practices.
4. **Recommendations**
   1. When possible, coaches and volunteers will maintain socially distancing practices to the best of their ability.
   2. Pre and post-game team meetings will be kept to a minimum.
   3. Coaches will keep players in small groups for practices when possible to allow for social distancing.
   4. Per state guidelines athletes do not need to wear face coverings, however they are encouraged to do so when not engaged in active play.