



COVID-19 REOPENING GUIDELINES

AUGUST 2020

V. 3

COVID-19 PREVENTION

Garrison City FC (GCFC) is committed to safely reopening play by following the State of New Hampshire's Safer at Home Amateur & Youth Sports Reopening Guidance as published by the Governor's Economic Reopening Taskforce. This document will be updated as additional information and resources become available.

As of the publishing of this document, the State of New Hampshire has approved youth sports for Phase 3 reopening. The State of New Hampshire's guidance on youth sports can be viewed at www.covidguidance.nh.gov

IMPORTANT: Garrison City FC reserves the right to ask players, coaches, volunteers, parents/guardians, spectators or others who do not comply with the guidelines in this document to leave practices, games, training sessions, or other GCFC events for the safety of others.

GENERAL GUIDANCE FOR PLAYERS, VOLUNTEERS, & SPECTATORS

- Volunteers, players, spectators, and others attending GCFC events should maintain a distance of at least 6 feet from others.
- All GCFC volunteers and athletes should bring to sporting events and wear, reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when social distancing is difficult to maintain.
- Parents/guardians of minors and other spectators attending GCFC practices, games, and other sporting events should wear cloth face coverings while around other spectators, staff, volunteers, and athletes when social distancing is not possible.
- GCFC will make available alcohol-based hand sanitizer with at least 60% alcohol to volunteers and athletes. GCFC coaches and community partners will keep this alcohol-based hand sanitizer with equipment at all times. Frequent hand hygiene is required.
- GCFC will clean and disinfect all shared equipment between use following [CDC guidance](#).
- Commonly touched surfaces and areas will be cleaned and disinfected according to CDC guidance at the end of each event. Note that [CDC guidance](#) states outdoor areas generally require normal routine cleaning and do not require disinfection.

- No teams/groups/athletes other than from New England are allowed at GCFC competitive sporting events, training sessions, or practices in New Hampshire.
- GCFC Wee Kickers program (Birth Years 2016-2017) will not be offered for the Fall 2020 season.
- GCFC Academy program (Birth Years 2013-2015) will be offered at limited capacity for the Fall 2020 season in order to accommodate distancing field guidelines as provided in the state's [COVID-19 Reopening Guidance for Amateur and Youth Sports](#).

FACILITIES, EVENTS, & EQUIPMENT

With permission from the City of Dover, GCFC uses Shaw's Lane Fields for GCFC games, practices, and training sessions. As such, GCFC will comply with all City of Dover guidelines as well as those outlined by the State of New Hampshire for return to play for amateur and youth sports by taking the following actions:

- The shed at Shaw's Lane Fields containing equipment will remain locked during practices and games and only accessible by a limited number of approved Board members & volunteers who will be charged with setting-up and/or closing fields for training sessions & games. All common surfaces such as handles and locks will be wiped down after use.
- The permanent bathroom facilities at Shaw's Lane Fields will remain closed. GCFC will place portable restrooms at the lower and upper fields. Hand sanitizer with at least 60% alcohol will be supplied in each portable restroom.
- In order to limit sharing of equipment, Travel teams will be assigned their own pugg nets, pinnies, goalie gloves & shirts (as applicable), and cones. Players are not permitted to share pinnies during practices or games. To avoid this, teams will be provided enough pinnies for each player. Travel coaches or a designated team parent volunteer are required to collect and launder pinnies after each session and before the next use. Academy players use pinnies for goalie shirts and to designate between teams on game day. Academy pinnies will be collected by Seacoast United community partners and/or approved volunteers at the end of each game day and laundered and brought back to the shed to be used for next week's games. Academy cones and equipment will be kept in the shed and set-up by GCFC's Seacoast United community partners and/or approved volunteers prior to each session. After each session, this equipment will be cleaned and stored back in the shed.
- Sharing of goalie gloves and shirts by Travel players during games or practices is not permitted. To avoid this, teams should name two (2) designated keepers who will receive shirts and gloves

to keep and launder at home for the season. If other players need to play keeper than the two (2) designated, they will wear pinnies and use spare goalie gloves provided to each coach. The gloves provided will be cleaned after each use.

- In order to help maintain social distancing, all player benches are removed and no team tents will be permitted on the sidelines during practices, games, or training sessions.
- Players are required to bring their own soccer ball to practice and games.
- Coaches are required to clean any additional soccer balls they supply for practice as well as game balls after each use.
- All equipment bags, backpacks, and other gear will be placed 6-feet apart during practices, games and training sessions. During games it is suggested players bring their own chairs to be set apart 6'.
- Every Travel and Academy team will be provided hand sanitizer with at least 60% alcohol for coaches and players to use at games and practices as recommended by according to CDC guidance..
- The drinking fountain at Shaw's Lane Field will not be available for use.
- GCFC will not open the concession stand at Shaw's Lane Field.
- To allow for spectators, players, coaches, and volunteers to exit the fields and avoid interaction with other incoming or exiting teams/groups, GCFC will stagger the scheduling and field locations at Shaw's Lane of games, practices and training sessions by making use of away games (Travel) as well as upper and lower fields (Academy programs).
- No tournaments, festivals, jamborees, or similar competitions bringing together numerous teams from outside of Dover will be held by GCFC at Shaw's Lane Fields during the Fall 2020 season.

COACHES & VOLUNTEERS

GCFC relies on volunteer coaches to help run our programs. The requirements below are important to maintaining the safety of our players, volunteers, spectators, and coaches themselves. We encourage coaches to recruit one or more parent volunteers to help with these guidelines.

- Prior to the start of the season, coaches and volunteers are required to participate in GCFC provided training about safe practices and games as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the [Universal Guidelines](#) and in this document. Names of parent volunteers for each team must be provided to the GCFC Board to ensure training is provided.
- Coaches and other volunteers are not permitted to transport any players to/from practices, games, or training sessions that are not immediate family members.
- GCFC requires all coaches and volunteers be screened prior to each practice, game, and training session in accordance with New Hampshire's Amateur & Youth Sports guidelines by taking their temperature and completing an online or in person questionnaire to answer the following:
 - Have you had a fever of 100.4 degrees F or higher within the last 48 hours?
 - Have you had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" to this question)
 - Have you traveled in the past 14 days:
 - Outside of the U.S.
 - By cruise ship, or
 - Within the U.S. outside of New England on public transportation (eg, bus, train, plane, etc.)

Coaches and volunteers who answer 'yes' to any of the above questions are not permitted into the practice, game, or training session. The practice, game, or training session will need to be run by team volunteer, other coach, or cancelled. In addition, the coach or volunteer answering 'yes' is required to self-isolate or self-quarantine before returning to any practice, game, or training sessions in accordance with [New Hampshire's Amateur & Youth Sports guidelines](#).

- Coaches are not permitted to schedule 'friendlies' practices, games or training sessions with teams outside of New England. When scheduling any 'friendlies' with teams other than GCFC, coaches must get permission from the applicable GCFC VP of Boys or Girls Travel first.
- Coaches will be provided and must make available during each practice, game, and training session hand sanitizer with at least 60% alcohol.
- Coaches must designate an isolation area at the beginning of every practice, game, and training session for anyone who develops COVID-19 symptoms. Coaches and volunteers should not attend practices, games, or training sessions if they feel sick.

- During practices and training sessions, coaches are required to have no more than two teams per field.
- Coaches and volunteers are required to bring to practices, games, and training sessions reusable/washable cloth face coverings that cover their mouth and nose. Coaches and volunteers are required to wear these face coverings upon arrival and departure from practices, games, and training sessions at Shaw's Lane Fields and whenever social distancing is difficult to maintain. This includes in the parking lot, shed area, and when moving between fields.
- During games and practices, coaches will mark with cones in increments of 6ft of distance for players to keep their equipment and place their folding chair brought from home (in place of a bench).
- Coaches will be provided a hard-copy of these guidelines at the beginning of the season. Coaches are required to keep a hard-copy of these guidelines in their bag during all GCFC practices, training sessions, and games.

PLAYERS & PARTICIPANTS

- Prior to the start of the season players and participants are required to participate in age-appropriate GCFC provided training about safe practices and games as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the [Universal Guidelines](#) and in this document.
- GCFC requires all players be screened prior to each practice, game, and training session in accordance with New Hampshire's Amateur & Youth Sports guidelines by taking their own temperature or having a parent take their temperature and complete an online or in person questionnaire to answer the following:
 - Have you had a fever of 100.4 degrees F or higher within the last 48 hours?
 - Have you had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" to this question)
 - Have you traveled in the past 14 days:
 - Outside of the U.S.
 - By cruise ship, or
 - Within the U.S. outside of New England on public transportation (eg, bus, train, plane, etc.)

Players and participants who answer 'yes' to any of the above questions are not permitted into the practice, game, or training session. In addition, the player or participant is required to self-isolate or self-quarantine before returning to any practice, game, or training sessions in accordance with [New Hampshire's Amateur & Youth Sports guidelines](#).

- Players and participants are required to bring their own soccer ball to practices and games. During games it is suggested players bring their own chairs to be set apart 6 feet. Benches will not be provided during the fall season. All equipment bags, backpacks, and other gear will be placed 6-feet apart during practices, games and training sessions as marked by coaches.
- Players and participants should bring their own water bottles and snacks, including half-time snacks at games. Sharing half-time snacks, water, or snacks at practices is not permitted. Players should bring a bag to hold their trash and store this in their backpack.
- Players and participants should not attend practices, games, or training sessions if they feel sick.
- Players and participants are required to bring to practices, games, and training sessions reusable/washable cloth face coverings that cover their mouth and nose. They are required to wear these face coverings upon arrival and departure from practices, games, and training sessions at Shaw's Lane Fields and whenever social distancing is difficult to maintain. This includes in the parking lot, shed area, and when moving between fields.
- GCFC encourages players to carry personal hand sanitizer in their equipment bags.

PARENTS/GUARDIANS & SPECTATORS

Parents/guardians and spectators play an important role in helping to comply with New Hampshire state guidelines and keep our return to play safe. They also set an example and act as role models to our players, encouraging players to comply with the guidelines outlined by the State of New Hampshire, City of Dover, and in this document.

- GCFC requires each team assign a dedicated parent volunteer or assistant coach (i.e., a 'safety volunteer') to monitor social distancing and compliance with the guidelines in this document regarding social distancing, hygiene, and the use of cloth face coverings when necessary.
- Parents/guardians and spectators are required to bring to practices, games, and training sessions cloth face coverings and wear them upon arrival and departure from the fields at Shaw's Lane. This includes in the parking lot, shed area, and when moving between fields as



well as while around other spectators, players, coaches, and volunteers when social distancing of 6ft or more is not possible.

- During games, GCFC strictly prohibits parents/guardians and spectators from entering “in play” areas unless, as the parent/guardian of an injured player, they are called onto the field by an approved coach, referee, or GCFC volunteer. GCFC will line fields with an additional ‘buffer line’ on the spectator side of the field indicating the distance that spectators must keep between themselves and the field of play. Parents will be asked to remain within the designated areas in order to observe practices and/or games.
- With permission from the City of Dover, GCFC will post signage at Shaw’s Lane Field reminding spectators to not enter the field of play, to maintain social distance from others, and to wear a mask in instances when social distance cannot be maintained. Signage will include a link to these guidelines.

ADDITIONAL RESOURCES

Center for Disease Control: www.cdc.gov
State of New Hampshire: www.nh.gov
Safer at Home NH: www.covidguidance.nh.gov
NH DHSS COVID-19: www.nh.gov/covid19
COVID Reopening Youth Sports: [PDF](#)

PRINT Your Child’s First and Last Name

Signature Parent/Guardian 1

Date

Signature Parent/Guardian 2

Date