



# COVID-19 GUIDELINES

April 2021

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## 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. **If there are discrepancies between this document and the state of [New Hampshire's Safer at Home Amateur & Youth Sports COVID-19 Reopening Guidance](#), the state's document takes precedence.** This stated, the GCFC Board in coordination with the City of Dover and as guided by NNESL and the state of New Hampshire sets final COVID protocols in the best interests of GCFC's players, coaches, and spectators. Therefore, if believed to be in the best interests of GCFC families, the GCFC Board may choose to implement stricter guidelines than those recommended by the City of Dover, NNESL, and/or the state of New Hampshire in an effort to keep our families safe.

The State of New Hampshire's guidance on youth sports can be viewed at [www.covidguidance.nh.gov](http://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.

**NEW FOR SPRING TRAVEL SEASON:** NNESL's policy on face coverings has been modified for the Spring 2021 season. **Face coverings are MANDATORY for all players, coaches, and spectators during all NNESL games and playoffs.** Face coverings should allow for breakaway, and loop over the ear for the safety of the player. Neck gaiters are not allowed as they pose a choking hazard for players.

**NOTE:** For all GCFC Travel soccer, NNESL's face covering guidance above and found at <http://nnesoccerleague.org/covid-19> takes precedence over other related guidance in this document.

## 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.
- Per the Governor's Executive Order #74 which is extended through April 15, 2021, all GCFC volunteers, athletes, and spectators are required to 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 in accordance with the state's latest mask mandates.
- Parents/guardians of minors and other spectators attending GCFC practices, games, and other sporting events are required to wear cloth face coverings in accordance with the Governor's Executive Order #74 and the state's latest mask mandates.



- 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.

## 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.
- GCFC will not open the permanent bathroom facilities at Shaw's Lane Fields. 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 can give a pinnie to each player as theirs for the season or a designated team parent volunteer will be 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 & any Wee Kickers 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 be used for next week's games. Academy & Wee Kicker 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 & Week Kicker 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 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 own temperature and completing an online or in person questionnaire to answer the following:
  - Have you had any symptoms of COVID-19 or a fever of 100.4 degrees F or higher?
  - Have you had any 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 should answer "no" to this question)
  - Have you traveled internationally (outside of the U.S., except for essential travel to/from Canada) or by cruise ship in the prior 10 days?

**NOTE:** Coaches and volunteers do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:

- They are fully vaccinated against COVID-19 and more than 14 days have passed since they received the second dose of their COVID-19 vaccine.
- They have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if they had a previous infection that was more than 90 days ago, they must still follow all quarantine requirements)

Coaches and volunteers who answer 'yes' to any of the above questions are not permitted into the practice, game, or training session with the exception of the NOTE above. The practice, game, or training session will need to be run by a qualified 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.



- Per the Governor's Executive Order #74 which is extended through April 15, 2021, coaches and volunteers are required to bring and wear to practices, games, and training sessions reusable/washable cloth face coverings that cover their mouth and nose.
- 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).

## 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 completing an online or in person questionnaire to answer the following:
  - Have you had any symptoms of COVID-19 or a fever of 100.4 degrees F or higher?
  - Have you had any 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 should answer "no" to this question)
  - Have you traveled internationally (outside of the U.S., except for essential travel to/from Canada) or by cruise ship in the prior 10 days?

**NOTE:** Players do NOT need to quarantine for 10 days or get tested for <sup>[1]</sup>~~SEP~~ COVID-19 if either of the following apply:

- They are fully vaccinated against COVID-19 and more than 14 days have passed since they received the second dose of their COVID-19 vaccine.
- They have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if they had a previous infection that was more than 90 days ago, they must still follow all quarantine requirements)

Players and participants who answer 'yes' to any of the above questions are not permitted into the practice, game, or training session with the exception of the NOTE above. 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 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.
- Travel players, per NNESL rules, are required to bring and wear to all games cloth face coverings that cover their mouth and nose with loop around the ears (no neck gaiters). GCFC recommends but does not mandate Travel players wear face coverings to practices and training sessions. Face coverings are not required for Academy and Wee Kickers players.
- 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 in accordance with the state’s latest mask mandates.
- Per the Governor’s Executive Order #74 which is extended through April 15, 2021, parents/guardians and spectators are required to bring and wear to practices, games, and training sessions cloth face coverings.
- 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. Signage will include a link to these guidelines.

## ADDITIONAL RESOURCES

Center for Disease Control:	<a href="http://www.cdc.gov">www.cdc.gov</a>
State of New Hampshire:	<a href="http://www.nh.gov">www.nh.gov</a>
Safer at Home NH:	<a href="http://www.covidguidance.nh.gov">www.covidguidance.nh.gov</a>
NH DHSS COVID-19:	<a href="http://www.nh.gov/covid19">www.nh.gov/covid19</a>
COVID Reopening Youth Sports:	<a href="#">PDF</a>