



# SEACOAST UNITED COVID-19 LEAGUE GUIDELINES

## SEACOAST UNITED 7v7 OUTDOOR LEAGUES

All players/participants in the 7v7 Adult Leagues must read and adhere to all guidelines and protocols below.

Leagues operated by Seacoast United will implement health and safety procedures that follow the Massachusetts state guidance and guidance provided by Seacoast United Sports Club.

## STATE & LOCAL GUIDANCE

All participants should make themselves familiar with the current guidelines provided by the State of Massachusetts.

- [State of MA Youth & Adult Amateur Sports Guidance](#)
- [Seacoast United MA Reopening Guidelines](#)
- [Center for Disease Control](#)

## PROCEDURES FOR PLAYERS/PARTICIPANTS - PRE ARRIVAL

### HEALTH AND SAFETY PROCEDURES

Based on NH Youth/Amateur Youth Guidelines, all participants are required to pre-screen based on questions below ahead of arrival. Reminder: Please STAY HOME if you feel sick.

- Have you been in close contact with a confirmed case of COVID-19 in the past 14 days?
- Have you had a fever (temp of 100.4 or higher) or felt feverish in the last 72 hours?
- Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
- Are you experiencing any new muscle aches or chills?
- Have you experienced any new change in your sense of taste or smell?

Any player should stay home and not come to the facility if they feel sick or are experiencing any symptoms related to COVID-19.

Participants, coaches, and staff should follow hygienic practices at all times including no spitting at the facility.

**DO NOT ATTEND THE FACILITY IF YOU FEEL SICK!**



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## FACILITY LOGISTICS - ARRIVAL/DEPARTURE

### ARRIVAL AND DROP OFF

- Teams and players will receive weekly game times in advance.
- Players should arrive at the field NO EARLIER THAN 10 MINUTES BEFORE KICK-OFF. No-one is allowed on the fields earlier than 10 minutes before their scheduled kick-off time.
- Game times have been staggered to allow for a 10 minute buffer between games to limit exposure.
- Only players can enter the field of play. We are requesting no family members/children/spectators on or around the fields at this time.

### ENTERING FACILITY

- Players will enter each field via a specific entrance. **See facility map below.**
- It is required that all players, coaches, referees, staff, and spectators wear a face covering when entering and leaving the complex.
- Respect boundaries and personal space, adhering to the 6-foot rule at the complex.
- There will be no players allowed to enter the fields if they do not have scheduled games.
- Players should only interact with their own specific teammates.

### EXITING FACILITY

- Players must collect ALL equipment and personal items, and leave in a timely fashion to prevent larger group gatherings.
- It is required that all players, coaches, referees, staff, and spectators wear a face covering when leaving the complex.
- Players will exit the fields via a specific path and follow foot traffic pattern. **See facility map below.**
- Players should go directly to their vehicle - no loitering around the fields if possible.

## FACILITY MAPS

- [Amesbury Sports Park, Amesbury MA](#)



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## LEAGUE/GAME RECOMMENDATIONS

### THROUGHOUT YOUR STAY AT THE FACILITY

- Always try and support physical distancing.
- Teams should bring their own ball; players should bring their own equipment. Minimize shared equipment.
- No spectators are allowed on the sidelines or within the playing area.
- Spectators are required to wear a face covering for the duration of the event AND maintain social distancing.
- Please bring TWO colors for uniform (home and away) in case of a color clash. Pinnies will not be available.
- No shaking hands, high-5's, group cheers, huddles, etc.
- Try and limit (where possible) touching the game ball with your hands.
- Players should only use their own equipment/water bottle.
- Equipment bags/backpacks should be placed 6 feet apart on the sidelines.
- Players are encouraged to have their own hand sanitizer with their personal equipment bag.
- Players must wear face coverings during play.
- Players and coaches must wear face coverings within the bench/sideline area at all times.
- Participants, coaches and staff should follow hygienic practices at all times including **NO SPITTING** at the facility.
- All facilities have a Carry In/Carry Out trash policy. Please take any trash/bottles out of the facility on your way home.
- Please make note of the designated areas for isolation (player showing symptoms during the game) within the complex. Isolation areas are identified on the S USC Facility Map for each S USC operated location.

Last updated August 14th, 2020 per Massachusetts Youth and Adult Amateur Sports guidance dated 8/13/20.