



CASA GENERAL HYGIENE AND SAFETY PROTOCOLS

To be followed regardless of government color phase, and until further notice from the PA Department of Health and the CDC.

- Wash hands frequently.
- No sharing of drinks or food snacks.
- No shaking hands, high fives, fist bumps, hugs, etc.
- During training/games social distancing shall be maintained when practical. (i.e. 6 feet apart)
- Players, coaches, and club members shall not attend club activities if they feel ill, regardless of the type of symptoms.
- Players or coaches diagnosed with COVID-19 must quarantine as required by CDC/PA Department of Health (14 days). They may return after 10 days since symptom onset **and** at least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and** other symptoms have improved.
- Any player with direct contact in the past 48 hours with a person diagnosed with COVID-19 (within 6 feet for more than 15 minutes) shall not participate in club activities for 14 days from last contact with the positive person. If a negative test result can be provided, taken at least 7 days since the last direct contact, they will be allowed to return.
- If a player or immediate family member is waiting on results of a COVID-19 test that player shall not participate in club activities until the results are known. If the result is negative the player may return to club activities.
- Coaches must wear face masks at all times.
- Coaches will disinfect training equipment (e.g. cones and scrimmage vests) after each use.
- Players shall wear face masks when not involved in soccer activities (if not socially distanced).
- Players shall sanitize their own ball after every practice or game.