

## PISA Return-to-Play COVID 19 Precautions

*These rules do not override or supersede most recent NC EO#195. Do not replace or augment those outlined by the CDC, NHC Health or North Carolina Health Departments, but is meant to supplement the rules to have in place an additional measure of precaution for the safety of players, coaches and spectators. Failure to follow these rules may result in request to leave the fields. Participation is 100% voluntary and PISA accepts no responsibility for individual failure to comply with laws.*

### PRACTICES:

- **Due to limitations of persons allowed on the fields at one time, and the need for more teams to have access to practice times, Parents/Spectators must remain outside the fenced area of the practice field. ONLY Coaches and Players are allowed on the fields inside fenced area during practices**

### GAMES:

#### Coaches & Players

- **Players** MUST wear MASKS during their matches at their own risk, unless they meet one of the exceptions outlined in NC Executive Order # 195 dated 2/26/2021. Please review exceptions regarding those with trouble breathing.
- COACHES are required to wear MASKS at all times while outside the vehicle. Masks should cover the mouth and nose.
- COACHES will practice SOCIAL DISTANCING from players while on the sidelines and during halftime. Avoid huddles, keeping safe distance while on sideline.
- PLAYERS & COACHES from each team will remain on **their OWN side**, stay on opposite side of the field from the other team's players, coaches, and spectators. This is different than in seasons past where parents on one side and coaches on the other.
- Coaches & Players remain near the half field line. Spectators to remain **10' in back of their own team**.
- COACHES and PLAYERS will NOT be permitted to shake hands with other team after the game.
- DO NOT SHARE EQUIPMENT or REFRESHMENT! There will NOT be water stations available, so please bring plenty of water and refreshment for YOURSELF. COACHES should NOT allow players to handle equipment. Coaches and players are encouraged to use HAND SANITIZER frequently. Coaches are encouraged to sanitize their equipment (cones, balls) after each match.

### SPECTATORS:

- Wear MASKS at all times while at the soccer complex.
- SPECTATORS from each team will remain on **their OWN side with their own team**, stay on opposite side of the field from the other team's players, coaches, and spectators. This is different than in seasons past where parents on one side and coaches on the other.
- **Spectators** attending the games will be required to wear the mask **at all times** while at the complex.
- Spectators **will not be allowed within 10 FEET of the playing fields**.
- Spectators must remain at minimum **6' apart** while sitting or standing at the fields
- Spectators that are considered "High Risk" are encouraged to remain in their cars or outside the fenced area of the field.

### REPORTING

- IF a PLAYER, COACH or SPECTATOR does NOT feel well, DON'T COME TO THE FIELD!
- PLAYERS, COACHES and SPECTATORS who show symptoms of COVID 19 will be asked to leave the premises and seek medical attention.
- If you have tested positive after attending a PISA event, consider [notifying PISA](#) immediately so that a contact trace may begin with those teams/players/parents that may have been in contact with. You will remain anonymous, only the day/time/location will be shared with others so that they may consider taking precautions/get tested.
- Remain away from the practices and games until recommended according to CDC guidelines.
- Anyone show is not feeling well, or showing any symptom associated with COVID-19, must remain away from the fields and are forbidden from participating in any PISA activity. You should seek professional medical advice to determine if you/your child are healthy enough to participate and be around others.
- Do not to shake hands, give high fives, or fist pumps before, during, or after the game or practice.
- Individuals should refrain from any unnecessary physical contact with others.
- Coaches, officials, and others should modify communication and avoid up close face to face communication.
- Avoid physical contact between parents, coaches and athletes.
- Wash hands immediately prior to and following the training activity.