

PISA Return-to-Play COVID 19 Precautions

These 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.

Player and Coach RULES

- COACHES are required to wear MASKS while coaching on the sideline. 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.
- 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.
- **Players** are allowed to wear MASKS during their matches at their own risk, but is not required. Wearing a mask during strenuous physical activity is NOT recommended.
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PLAYERS, COACHES and SPECTATORS are EXPECTED TO...

- **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 that are considered "High Risk" are encouraged to remain in their cars or outside the fenced area of the field.
- Wear MASKS **at all times** while at the soccer complex. The **exception** to this is for the **players** while they are **actively participating in the game**, and **immediately after while "catching their breath"**. Once they have recovered, masks should be worn again while on the sideline.
- PLAYERS, COACHES, and SPECTATORS 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.

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.