



## IMPACT SC & CDPH



For IMPACT SC teams and their opponents participating in games being played at Impact SC in the cities of Brentwood and Oakley, below are the Game Day Guidelines based upon Guidance from the CDPH (California Dept of Public Health) and additional requirements from Impact SC.

**The full CDPH Guidelines** (updated March 4<sup>th</sup>, 2021) can be found at:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

**NorCal Return to Play Competition Policies/FAQ:** [https://docs.google.com/document/d/1AJBfPfk9caENjGtD-9UIFaKcdNkvc\\_ztdvPDfZAx0GE/edit](https://docs.google.com/document/d/1AJBfPfk9caENjGtD-9UIFaKcdNkvc_ztdvPDfZAx0GE/edit)

**Regarding new Mask Guidance from CDPH and NorCal Premier Soccer:**

<https://www.facebook.com/norcalpremier/photos/pb.1411597152446528.-2207520000..12861734287432800/?type=3&theater>

### Game Day Guidelines

#### All:

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results

#### Fans/Parents:

- Limit observation of youth sports (18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision
- Observers maintain at least 6 feet from non-household members
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance
- Face coverings to be worn by observers at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings
- Game Sideline Set Up: parents will be on the same side of the field as their team. Teams will be on opposite sides of the field
- No sharing of drink bottles and other personal items and equipment
- Do not retrieve a ball when it goes out of bounds. The ball should only be retrieved by players
- Distance from field should be a min. of 10 feet; if asked to move farther back by the coach or referee you must comply
- Please stay in your car and only go to the field right before your child's game is about to start.

#### Players:

- All players must follow normal Covid protocols and show up/leave with a mask on
- **Face coverings to be worn by participants during practice, conditioning and competition, even during heavy exertion as tolerated** (see details in link above)
- All players on the sideline must be sitting 6 feet apart AND in a mask at all times
- No sharing of drink bottles and other personal items and equipment.
- Have Hand Sanitizer in your bag and use it every time you exit the field

#### Coaches:

- Coaches must wear masks at all times
- Have Hand Sanitizer available

#### Teams:

- **No Team Benches. Individual Chairs should be available for players to sit 6ft apart.**
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
- No pre-game or post-game handshakes.