



## Summer 2020 SOCA Adult League Safety Guidelines



### **Guidelines for Teams/Players:**

- All players must self-monitor personal symptoms. No player may participate if they are feeling sick, display respiratory distress (persistent coughing, runny nose or other cold/flu like symptoms), or have a body temperature of 100 degrees or more. Players are encouraged to check their temperature before coming to all matches.
- No player may attend a match if they have been exposed to a confirmed case of COVID-19 in the past 14 days.
- Should a player be diagnosed with COVID-19 they must contact SOCA staff immediately and must not participate until advised it is safe to do so by a medical professional.
- All players shall sanitize hands before playing in a match, sanitizing stations will be available at field locations.
- All players shall wear a mask to and from the field or when not actively participating in a match. This includes the bench area, masks shall be worn and players must stay 6 feet apart from one another.
- Avoid celebrations that involve contact, handshakes, high fives, and spitting while playing in a match. Follow physical distancing protocols whenever practicable.
- Teams may not provide communal water coolers or containers for their team. Players from different households should not share water.
- When the match ends, please exit the field area promptly and do not linger in team bench areas. Please allow the next group to establish their team area as soon as is reasonably possible.

### **Spectators:**

- In general, spectators are not encouraged to attend matches this season. Spectators who are not essential to player participation should not plan to attend.
- All attending spectators must remain separated by household. Six feet of separation is the required distance between people not from the same household
- Masks shall be worn by all non-participants when at the playing facility.

- No spectators allowed in team bench areas. Only players from the team are to be in the immediate playing field area. (At CHS spectators will find seating areas in the stands, at Davis field spectators will find areas on the opposite side of the field from team bench areas.)
- Do not linger in the facility and promptly exit at the conclusion of your match.

### **Referees:**

- All referees must self-monitor personal symptoms. No referee may participate if they are feeling sick, display respiratory distress (persistent coughing, runny nose or other cold/flu like symptoms), or have a body temperature of 100 degrees or more. Referees are encouraged to check their temperature before coming to matches if at all possible.
- No referee may work a match if they have been exposed to a confirmed case of COVID-19 in the past 14 days.
- Sanitize hands before each match.
- Referees shall wear a mask when on site and not actively refereeing a match. This includes when checking team rosters before a match and after the match concludes. It is not required to wear a mask during a match.
- Maintain a distance of 6 feet from players whenever possible, including during a match.
- Do not engage in postgame handshakes or other standard physical signs of appreciation as much as possible.

**\*\*Note: The bathroom facility at Charlottesville High School will be available and cleaned nightly. There is no bathroom facility at Davis field, please plan accordingly.**