



CITY SC RETURN TO PLAY

BEST PRACTICES

WE ALL HAVE A ROLE TO PLAY IN KEEPING OUR COMMUNITY SAFE AND KEEPING OUR KIDS ON THE FIELD. CITY SC IS CALLING ON ALL PLAYERS, PARENTS AND COACHES TO OBSERVE THE FOLLOWING BEST PRACTICES FOR RETURNING TO PLAY:

1) STAY INFORMED

- REFERENCE [CDC.GOV](https://www.cdc.gov) FOR BEST PRACTICES ON PROTECTING YOURSELF AND OTHERS
- REFERENCE [OURCITYSC.COM](https://www.ourcitysc.com) AND CHECK EMAIL REGULARLY FOR UP TO DATE POLICIES AND PROCEDURES

2) DAILY SCREENINGS

- REGULARLY SCREEN ALL HOUSEHOLD MEMBERS FOR SYMPTOMS
- KEEP KIDS HOME IF ANYBODY IN YOUR HOUSEHOLD IS NOT FEELING WELL
- IF YOU AREN'T SURE, STAY HOME

3) PRACTICE EXTENSIVE HYGIENE

- WASH AND SANITIZE HANDS FREQUENTLY
- FOLLOW CDC GUIDANCE FOR STOPPING THE SPREAD
 - SANITIZE HIGH TOUCH SURFACES FREQUENTLY
 - AVOID ANY PHYSICAL CONTACT WITH PEOPLE OUTSIDE YOUR HOUSEHOLD
 - AVOID SPITTING
 - COVER COUGHS WITH ELBOW, SHOULDER OR TISSUE
 - DO NOT SHARE WATER, FOOD, OR EQUIPMENT

4) OBSERVE SOCIAL DISTANCING

- AVOID CARPOOLING
- REPORT DIRECTLY TO AND FROM YOUR CAR AND DESIGNATED FIELD VIA THE DESIGNATED ROUTES
- STICK TO DESIGNATED WAITING/OBSERVATION ZONES BEFORE AND AFTER PRACTICE
- WORK WITHIN YOUR ASSIGNED AREA AT PRACTICE
- DO NOT LINGER OR CONGREGATE ON THE FIELD OR SIDELINES
- NO HIGH FIVES, FIST BUMPS, HUGS, OR PHYSICAL CONTACT WITH OTHER PLAYERS/COACHES/PARENTS
- OBSERVE PHYSICAL DISTANCING AT ALL TIMES. WEAR MASK UNDER THE CHIN AT ALL TIMES AND COVER FACE WHEN 6 FEET CANNOT BE MAINTAINED

5) COMMUNICATION

- CLUB COMMUNICATE IMPORTANT GUIDELINES, POLICIES AND PROCEDURES
- PLAYERS COMMUNICATE HONESTLY WITH PARENTS AND COACHES IF YOU FEEL ILL
- PARENTS COMMUNICATE WITH COACHES IMMEDIATELY IF ANYBODY IN YOUR HOUSEHOLD HAS OR HAS BEEN IN CLOSE CONTACT WITH A CONFIRMED OR SUSPECTED CASE OF COVID19
- STAFF COMMUNICATE PRESUMED OR CONFIRMED CASES TO CLUB IMMEDIATELY
- SHOW RESPECT FOR FAMILIES WHO CHOOSE TO REFRAIN FROM ATTENDING PRACTICE