

# COVID-19 PROCEDURES INDOOR FACILITIES

# SEACOAST



# MAINE



[www.seacoastunitedmaine.com](http://www.seacoastunitedmaine.com)



# COVID-19 PROCEDURES INDOOR FACILITIES

## PURPOSE

The recommendations for Seacoast United indoor facilities are provided to assist in safely participating in competition/activities while reducing infection risk in the setting of the ongoing COVID-19 pandemic.

Please note: The recommendations outlined in this document are intended to supplement those outlined by government agencies and the Center for Disease Control (CDC) in detailing items for consideration in an amateur sports environment.

## GENERAL RECOMMENDATIONS

Please continue to follow the recommended general hygiene practices to mitigate transmission of communicable disease, including COVID-19.

- Avoid touching your face.
- Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer ( $\geq 60\%$  alcohol).
- Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- Wear a face covering/face mask or covering any time you are in public and unable to maintain social distancing of 6 feet. (NH requires the use of face coverings/masks at gatherings of 100+ people.)
- Frequently clean commonly used surfaces (doorknobs, handles, etc) with a disinfectant cleaner.
- Avoid contact with other individuals such as shaking hands, hugs, fist bumps, etc.
- Maintain a distance of 6 feet between yourself and others whenever possible. Avoid crowded places.
- Conduct pre-screening at home before heading to the facility. Reference **Appendix A** for screening questions.
- **Stay home if you feel sick** and contact your health care provider.

**Participants are to notify the SUSC Program Director immediately should they suspect exposure to or confirmation of a case of COVID-19.**

Information provided by Seacoast United Maine related to the COVID-19 pandemic is available on the club website at: [www.seacoastunitedmaine.com/covid-19](http://www.seacoastunitedmaine.com/covid-19)



# COVID-19 PROCEDURES INDOOR FACILITIES

## RESPONSIBILITIES OF PARTICIPATING TEAM/ACTIVITY ORGANIZERS

- Distribute all information provided by the hosting facility to all players and families.
- Require the use of face coverings/face masks inside the facility, while walking to and from the fields for all players/coaches/spectators within your party, as well as by players and coaches in the "bench" areas.
- Symptom monitoring and plans for medical evaluation of symptomatic staff and players.
- Follow all foot traffic patterns (entry and exit) provided by the facility organizer, as well as all social distancing guidelines at all times.
- Review the current guidelines provided by the state of Maine and the Center for Disease Control on Youth Sports.
  - Maine guidance on [Community Sports](#)
  - [CDC Guidelines for Returning to Youth Sports](#)
- Any individual reporting or demonstrating symptoms of illness at any point should be removed from competition (or restricted from competition) and should seek guidance from his/her health care provider before returning to athletic activities.

## SCREENING PROCESS FOR ALL PARTICIPANTS

Prior to participation in each activity/game, families are asked to self-screen at home and upon arrival:

- Each player, coach, and referee should check his/her temperature at home (prior to arriving at facility), and refrain from participation if he/she has a fever ( $\geq 100.4$  degrees F).
- Each player, coach, and referee should follow the screening protocols outlined by Maine state guidance (see **Appendix A**).
- All coaches, players, referees and other attendees should be monitoring for symptoms at home to ensure:
  - He/she has not had any close contact with a sick individual or anyone with a confirmed case of COVID-19;
  - He/She has not had a documented case of COVID-19 in the last 14 days;
  - He/She is not currently demonstrating or suffering from any ill symptoms (see **Appendix B**);
  - Any individual who is unable to confirm these criteria should be restricted from participation and contact both their club and health care provider.
- If any member of a household is being tested for COVID-19, no member of that household should participate until a negative test has been confirmed.



# COVID-19 PROCEDURES INDOOR FACILITIES

## PARTICIPANTS

- Upon arrival at the facility, please remain in your vehicle or within the parking area.
- Seacoast United asks all participating players to get dressed in your vehicle (shin guards, socks, turf shoes/cleats) before entering the facility.
- Seacoast United requires the use of face coverings/masks upon entering the facility.
- **Players may enter no more than 5 minutes prior to the scheduled start time of your game or activity.** Please make sure you bring only the essentials with you while entering the field, and be mindful there is limited space on bench areas.
- Please adhere to social distancing guidance of 6 feet throughout your walk to and from the fields within the facility.
- Team pre-game and post-game handshakes should be avoided.
- Handshakes or contact during substitutions should be avoided.
- Post-game handshakes/fist bumps with referees should be avoided.
- Physical contact should be avoided during celebrations, halftime, and post-game activities.
- Social distancing should be ensured between players & coaches in bench areas, during play, and during any individual/group conversations (halftime, post-game, etc).
- Sharing of equipment should be discouraged, and limited/restricted wherever possible.
- Players and referees should bring their own equipment such as hand sanitizer, water bottle, towel, etc. These items are not to be shared between individuals.
- Please thoroughly clean the bench/field areas leaving them free of debris and trash.
- Teams/participants should look to exit the facility immediately following the end of their game/activity by referencing the published foot traffic patterns.
- No spitting.

## FACE COVERINGS/MASKS AND PLAYER SAFETY

- All players who are on the field of play must have a mask on their person.
- During game play, all players who are on the field must properly wear their face covering on every restart. On referee's whistle, players will have the ability to put their mask on and referee will pause to ensure that players are set prior to restarting play. Once the ball is in play, players should wear their mask whenever possible if they are within 6 feet of another player. Note: Players will be allowed to play without a mask fully covering their mouth & nose in moments of high exertion until the next stoppage in play/restart.
- Players who have pre-existing conditions such as asthma will be allowed to manage their personal mask use to best support their health and well being while making attempts to adhere to SUSC's Mask & Player Safety guidelines.
- Players are asked to maintain 6 feet of distance between themselves and all teammates and opponents at the commencement of all restarts whenever possible.
- Use of face coverings/masks in bench areas is required at all times for both players and coaches.
- Mask guidance also applies to training sessions, skills classes, and any other activity taking place within the indoor facility.



# COVID-19 PROCEDURES INDOOR FACILITIES

## EQUIPMENT

- Team areas should be separated from spectators and each other so that participants and spectators will not touch the same surfaces (benches for example).
- Shared surfaces such as soccer balls, disc cones, and any other equipment should be disinfected before and after each game/activity.
- Sharing of training vests (pinnies) should be avoided or eliminated if possible. If vests are to be used, they should stay with a single player for the duration of the game/activity and washed before and after each use.
- Players and referees should bring their own equipment such as hand sanitizer, water bottle, towel, etc. These items are not to be shared between individuals.
- Equipment used by staff such as cones, etc. should not be handled by players or other attendees and should be disinfected after each use.
- Referees should use electronic whistles where possible.

## SPECTATORS

Due to the current Maine Community Sports guidelines, Seacoast United is limiting the number of spectators at its indoor facilities.

- Limit of 1 spectator per participant for Maine Minis (3-4 yrs; Topsham/Portland locations) and Grassroots programs only (ages 4-8; York location only). Spectators should consist of immediate family only whenever possible.
  - Seacoast United requires all spectators to wearing a face covering/mask for the full duration of their stay at a Seacoast United indoor facility.
  - Spectators should remain in the parking area until 5 minutes before the start of the game/activity.
  - All spectators must remain outside of the fields of play. Turf areas are for players and coaches only.
  - Spectators should exit the facility along the defined foot traffic patterns while returning to the parking lot immediately following the conclusion of the game/activity. Please wait for your child outside the facility exit doors to avoid congestion issues as participants exit the playing surfaces/facility.
- Spectators are not allowed for rentals or programs where participants are 9+ yrs of age due to the indoor group limitation of 50 individuals.
- SUSC is operating under a strict drop off/pick up policy due to group size limitations.
- Please adhere to all social distancing guidelines while waiting outside the facility or in parking areas.



# COVID-19 PROCEDURES INDOOR FACILITIES

## FACILITIES

### PREVENTION MEASURES

- Field layout and map will be provided for each Seacoast United-operated facility. Please familiarize yourself with the field layout, spectator areas, and foot traffic patterns for each location as they will vary. Facility maps will be available under the event homepage at [www.seacoastunitedmaine.com/covid-19](http://www.seacoastunitedmaine.com/covid-19).
- Increased cleaning and disinfecting of all high touch surfaces.
- Increased cleaning of athletic equipment.
- Disabling water fountains/public sinks.
- Encouraging cashless/online payments only.
- Additional staff training concerning sanitization and COVID-19 facility protocols.
- Installation of hand sanitizer stations at all indoor facilities.
- Additional signage at all locations for reminders on social distancing and COVID-19 symptoms/screening.
- Staggered start times for classes and programs.

### FACILITY MAPS

All facility maps for Seacoast United operated locations can also be found at [www.seacoastunitedmaine.com/covid-19](http://www.seacoastunitedmaine.com/covid-19) and [www.seacoastunitedmaine.com/facilities](http://www.seacoastunitedmaine.com/facilities).

- [Topsham Indoor Sports Complex, Topsham ME](#)
- [York Sports Center, York ME](#)

## RESOURCES

Center for Disease Control: [www.cdc.gov](http://www.cdc.gov)

State of Maine: [www.maine.gov](http://www.maine.gov)

Maine [Community Sports](#)



# COVID-19 PROCEDURES INDOOR FACILITIES

## APPENDIX A

### SCREENING PROTOCOLS BY STATE

#### Maine Screening Questions

Coaches, volunteers and athletes must stay home if they are feeling ill or have any symptoms of COVID-19. Organizers/coaches should ask all staff and players (or guardians of players, if appropriate) to self-screen for COVID-19 symptoms prior to practice or competition using either of the following approaches:

- Use an electronic or app-based self-screening form, such as the Coronavirus Self-Checker available on the [Center for Disease Control \(CDC\) website](#).
- Self-screen using the following questions:
  - Do you feel ill or have you been caring for someone who is ill?
  - In the past two weeks, have you been exposed to anyone who tested positive for COVID-19?

When screening at home with these questions, if an individual answers "yes" they should not go to the facility and should not participate in the event.

## APPENDIX B

### SYMPTOMS OF COVID-19 INFECTION

Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. The most common symptoms associated with the infection include:

- Fever ( $\geq 100.4$  degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills

# SEACOAST



# MAINE

**SEACOAST UNITED MAINE  
20 ATWOOD RD  
TOPSHAM, ME 04086**

[www.seacoastunitedmaine.com](http://www.seacoastunitedmaine.com)