



The Covid-19 Facility Plan has been designed to allow for maximum social/physical distancing while attending training sessions at the Portland Sports Complex in Portland, ME.

Foot traffic will flow in one-way patterns as much as possible. Fields will have separate check-in areas in an effort to keep players in small groups. While waiting for training sessions to begin, or for family to pick up, players are asked to follow social distancing guidelines.

Playing areas/field surfaces are designated for coaches and players only. Any spectators must wear a face covering while inside.



Parents and spectators are asked to respect and adhere to social/physical distancing guidelines. Please do not approach the playing area, as it will reduce the group size guidelines for training sessions.



Practice good hygiene, wash hands regularly with soap & water for at least 20 seconds. If soap and water is not available, please use hand sanitizer.



Please stay home if you have been in close contact with a confirmed case of COVID-19, are experiencing a cough, shortness of breath, or sore throat, or have had a fever within the past 72 hours.

The Covid-19 Procedures list exists to provide a safe environment while participating in programs taking place at Seacoast United facilities. Program-specific protocols will be distributed separately.

- Please enter the building no more than 5 minutes prior to the start of your scheduled program/rental.
- Drop-off/pick-up only for youth programs due to capacity limits of 50 or less for indoor programs in Maine. No spectators allowed for adult leagues or programs.
- Masks/face coverings are required and must be worn at all times.
- Please follow the facility entrance/exit protocols (see map).
- Spectators must remain a minimum 6 feet apart whenever possible.
- Please exit the facility immediately after the conclusion of the program.

All participants are asked to self-screen for COVID-19 symptoms at home prior to arriving for the start of their scheduled program. **PLEASE STAY HOME IF YOU'RE SICK.**

**If a participant has been exposed to someone with a confirmed or suspected case of COVID-19, or should become ill with a suspected or confirmed case of COVID-19, please notify the SUSC Program Director immediately.**

## Maine Screening Questions

Staff, athletes and volunteers must be screened prior to arrival at each competitive sporting event, training session, or practice by having their temperature taken (temperature checks for athletes participating in competitive events is at the discretion of the organizing entity but is not required) and all shall be asked if they:

- Do you have any of the following symptoms of COVID-19:
  - Fever (a documented temperature of 100.4 degrees Fahrenheit or higher) or are feeling feverish;
  - Respiratory symptoms such as a runny nose, nasal congestion, sore throat, cough, or shortness of breath;
  - General body symptoms such as muscle aches, chills, and severe fatigue;
  - Gastrointestinal symptoms such as nausea, vomiting, or diarrhea; or
  - Changes in your sense of taste or smell?
- Have you been in close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days? (**Note:** healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment are not considered to have a close contact exposure and should answer "No" to this question.)

If an individual is on-site at the event and answers "yes" to any of the above screening questions, please instruct the player to proceed to the isolation area and immediately contact the parent/guardian to be taken home. 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.

## 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 & vomiting
- Diarrhea
- Headache
- Muscle/joint pain
- Sudden loss of taste or smell
- Chills