

Freeport United Soccer Club

COVID-19 – Guidelines and Recommendations

Overview

These guidelines can change at any time. Soccer Maine is closely monitoring the guidelines and policies related to COVID-19 and will update all clubs Statewide of any changes.

- Soccer Maine strongly recommend spectators make every attempt to physically distance a minimum of 6 feet between family units while outside and mask if not vaccinated.
- Players, Coaches, Officials and Spectators are not required to be masked during outdoor training sessions or games regardless of vaccination status.
- In the event Freeport United learns of a case that may result in exposure and potential infection to others while at a training session or a game, Freeport United will notify adult leaders, players and their families of the exposure while maintaining confidentiality.
- Parents, players, coaches, and officials must abide by the local requirements (masking, physical distancing, etc.) when playing/attending an away game or accessing indoor spaces while participating in a Freeport United sanctioned event.

Coaches

- Ensure the health and safety of the players by inquiring how players are feeling and send a player home should you believe the player acts or looks ill.
- Ensure all players have their individual equipment (water, bag, shin guards, etc.)
- Notify President of Freeport United (Phil DiRusso) immediately if a player tests positive for COVID-19. This is a requirement.
- You are not required to wear a mask during outdoor training sessions or games. However, you can wear one if you want to.
- Stay home if you are feeling ill.
- You should get tested if you are experiencing COVID-19 symptoms or come into close contact with someone with COVID-19.
- If you test positive for or have been identified as a close contact to someone who has tested positive for COVID-19, you must cease coaching immediately and may return to coaching 10 days after exposure or date of positive test.
 - **Exceptions to this:**
 - If you have had close contact with someone with COVID-19 and you meet one of the following criteria, you can still coach your team.
 - You have been fully vaccinated and show NO symptoms of COVID-19
 - You have been fully vaccinated and receive a negative test result.
 - You have tested positive for the COVID-19 illness within the previous 90 days and have recovered and remained without COVID-19 symptoms.

Parents

- Ensure your child is healthy by checking your child for symptoms of illness before attending every training session and game.
- Keep your child home if he/she is feeling ill.
- Notify your child's coach or President of Freeport United (Phil DiRusso) immediately if your child tests positive for COVID-19 or is identified as a close contact to someone who tests positive for COVID-19. This is a requirement.
- You are not required to wear a mask while spectating at outdoor training sessions or games. However, you can wear one if you want to.
- You should get your child tested if your child is experiencing COVID-19 symptoms or your child comes into close contact with someone with COVID-19.
- If your child tests positive for or has been identified as a close contact to someone who has tested positive for COVID-19, your child must cease playing immediately and may return to play 10 days after exposure or date of positive test.
 - **Exceptions to this:**
 - However, if your child has been identified as a close contact with someone with COVID-19 and you meet the following criteria, your child can still play.
 - Your child has been fully vaccinated and shows NO symptoms of COVID-19
 - Your child has been fully vaccinated and receives a negative test result.
 - Your child has tested positive for the COVID-19 illness within the previous 90 days and has recovered and remained without COVID-19 symptoms.

Players

- You are not required to wear a mask during outdoor training sessions or games. However, you can wear one if you want to or if your parent/guardian require you to.
- Do not touch or share anyone else's equipment, water, snack or bag.
- No group celebrations, no high 5's, hugs, handshakes etc.

Follow all Maine State and CDC guidelines:

- [Home | Covid-19 \(maine.gov\)](#)
- [Coronavirus Disease 2019 \(COVID-19\) | Airborne Disease Surveillance Epidemiology Program | MeCDC | Maine DHHS](#)
- [Maine Center for Disease Control & Prevention | Maine DHHS](#)