



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 [CITYSCITEMECULA.COM](https://www.cityscitemecula.com) AND CHECK EMAIL REGULARLY FOR UP TO DATE POLICIES AND PROCEDURES

2) DAILY SCREENINGS

- REGULARLY SCREEN ALL HOUSEHOLD MEMBERS FOR SYMPTOMS
- STAY HOME IF YOU DON'T FEEL 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
- MAINTAIN A MINIMUM OF 6 FEET DISTANCE AT ALL TIMES

5) COMMUNICATION

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