



MOST COMMON FAQs

What practice will look like?

Where can I reference the details of City SC's Safe Return to Practice Plan?

Please reference the City SC Return to Play Handbook for the most detailed and current COVID19 Protocols. The handbook is posted on cityscstemecula.com and will be distributed to families, coaches, and staff via email.

When will my team return to practice?

Team training camps are scheduled to resume the week of June 15, 2020.

What will practice look like when we go back?

Initially, players will train in stable groups of 12 players. Sessions will be strictly no contact with players working in their own individual grid. Drills will focus on individual skills, fitness and possibly passing exercises. As it is deemed safe, restrictions will be eased to allow for contact drills, increasing the size of stable groups and eventually scrimmages and games will resume.

How long will it be until practice returns to normal?

It is unknown how much time we will spend in each phase of our return to field plan before resuming "normal" practice activity. We will follow guidelines from Riverside County and the City of Temecula with regard to easing training restrictions and moving through each phase of the return to field plan.

What steps is the club taking to help prevent the spread and keep players safe?

- Training in stable groups of 12 players
- No contact curriculum progressing to limited contact and full contact
- Designated entry/exit points for each field and designated waiting zones before and after practice to promote social distancing
- Access to hand sanitizer at all fields
- Return to Play Handbook- Education, Policies and Procedures
- Adherence to CDC Guidelines and recommendations for maintaining physical distancing on the field
- Adherence to local and CDC Guidelines for handling confirmed and suspected cases

Will the club take players' temperatures before practice?

No, we will not take player temperatures. Parents are required to monitor their children's symptoms at home and take their temperature before training.

Are players or coaches required to wear face coverings at training?

Players are not required to wear face coverings at training. We strongly recommend players carry a face covering at all times for use when social distancing is difficult to achieve. Coaches are required to have a face covering on hand at all times and must wear a face covering if they are unable to maintain six feet of distance with players, parents or staff. Reference the CDC's Guidance on Face Coverings.

What should I do if I don't feel comfortable sending my child to practice?

Do not send your child to practice if you do not feel comfortable yet. Our staff understands that all families are at a different risk for exposure and will fully respect your decision. Please communicate your plans to your coach.

What do I need to do as a parent to prepare to send my child to practice?

- 1) Keep your child home if they don't feel well and screen for COVID19 Symptoms before practice:
Check Temperature (must be <100.4°F), Administer COVID19 Symptom Screening Survey, Examine for visual signs of illness
- 2) Talk to your child about the importance of observing social distancing at practice
- 3) Educate yourself and your child on the pick-up and drop-off procedures at your field
- 4) Make sure your child has a soccer ball and plenty of water



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Drop Off & Pick Up Procedures

What is the Drop Off procedure before practice?

General Drop Off Procedures are as follows:

- *Players remain in car until 5 minutes before practice start time*
- *Players proceed directly from their car to their field via designated entry route*
- *Players place bags in designated areas around the perimeter of the field*
- *Maintain 6 feet of distance from teammates, coaches and other parents at all times*

What is the Pick Up procedure after practice?

General Pick Up Procedures are as follows:

- *Players can either proceed directly to the parking lot to wait for their parents OR can move to the designated waiting zones surrounding the perimeter of the field and wait for their parents to park and pick them up.*
- *No lingering or congregating. Maintain 6 feet of distance from teammates, coaches and other parents at all times*

What if I drive myself to practice?

Stay in your car until 5 minutes before your practice start-time. Report directly to your field for practice, and directly back to your car after practice. Place your equipment in the designated area around the perimeter of your field and wait for your coach to direct you to your work space. Maintain 6 feet of distance while walking to and from the field and your car– no congregating on the sidelines or in the parking lot.

Are parents allowed to stay and watch practice?

Parents are strongly encouraged to return to the car after dropping their child off and to remain in their car for the duration of practice to minimize the amount of people on the field.

Is carpooling allowed?

Carpooling is strongly discouraged until we resume normal practices. Please avoid if at all possible.

What should I do if I rely on a carpool to get my child to practice?

If you are unable to provide transportation to practice, it is acceptable to keep your child home while social distancing measures are in place. Just communicate your situation to your coach.



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When to stay home and protocol for suspected or confirmed cases of COVID19

If my child is not feeling well should I still send them to practice?

No. Keep your child home if they do not feel well, even if their symptoms are not consistent with COVID19. If you are not sure, err on the side of caution and keep them home.

If a member of my household is not feeling well should I still send my child to practice?

No. If a member of your household does not feel well, do not send your child to practice, even if your child is feeling ok and even if symptoms are not consistent with COVID19.

What happens if my child starts feeling sick while at practice?

If your child is not feeling well at practice, your coach will contact you and ask that you pick him/her up. Continue to monitor your child's symptoms. If they are showing symptoms of COVID19, keep them home for at least 72 hours from when they have recovered from symptoms, and 10 days from when symptoms first occurred.

What should I do if my child shows symptoms or tests positive for COVID19 after returning to practice?

Contact your coach immediately. Your coach will initiate necessary communication protocols including alerting local health officials and close contacts if necessary. Your child's identity will be kept private. Keep your child home from practice until at least 72 hours with no fever without use of fever reducing medications and symptoms improved and 10 days from when symptoms first appeared. Reference CDC Guidelines for Isolation, and CDC guidelines for symptom based vs. test based strategies for ending isolation.

What should I do if a member of my household shows symptoms or tests positive for COVID19?

Keep your child home from practice until 14 days after their last exposure and monitor for symptoms. Follow the CDC Guidelines for Quarantine.

What should I do if my child or a member of my household tests positive for COVID19 but has no symptoms?

Keep your child home from practice until 10 days have passed since the positive test, or until two negative tests in a period greater than 24 hours. Follow the CDC Guidelines for Ending Home Isolation.

What should I do if my child has recently been in close contact with a confirmed case of COVID19?

If your child has been in close contact with a confirmed case of COVID19 within 48 hours prior to the confirmed case showing symptoms, keep them home for 14 days and monitor for symptoms. See CDC Guidelines for Community Related Exposure.

What happens if a member of my team has a suspected or confirmed case of COVID19?

The club has a responsibility to report close contacts but also maintain privacy of confirmed or suspected cases. If a member of your team reports a confirmed or suspected case, while the player's identity must be kept private, all members or your child's training group will be notified of the potential exposure and advised on next steps based on the situation.



MOST COMMON FAQs

Outlook for the remainder of the season

Will my team be able to play in summer tournaments?

We are unsure if and when summer tournaments will be able to resume. Individual tournaments will make these decisions based on guidance from their respective County.

Is the Fall league scheduled to start on time?

As of now, yes, all the leagues that our teams participate in intend to begin fall league play as scheduled.