



COLORADO INTERNATIONAL SOCCER ACADEMY

It's not just a sport; it's an education for life!

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COVID-19 Protocol for Players, Coaches, and Families

August 11th, 2020

Dear CISA Parents,

IMPORTANT: Please read this document entirely!

Staff, coaches, and volunteers are looking forward to continuing training with players and strive to have great fall soccer season. We are requesting that you ensure your child is healthy and protect the others around him. We encourage you to do your due diligence by checking temperature and monitoring their symptoms at home and before you leave for training or games. With everyone doing their part, we are confident we can provide a fun and secure training and game environment for our players.

Please Note: If a player's temperature is below **100.4°** and they answered **NO** to all of the symptoms listed below, they can participate in any off and on club activity.

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

- ✓ Fever (100.4 F or more)
- ✓ Cough
- ✓ Shortness of breath
- ✓ Sore throat
- ✓ Congestion
- ✓ Nausea and vomiting
- ✓ Diarrhea
- ✓ Headache
- ✓ Muscle/joint pain
- ✓ Sudden loss of taste or smell

If any player or coach has one or more of the symptoms listed above or has been in contact with someone that has tested positive for COVID-19, please stay home and it is the parent or coach's responsibility to report it to the club director.

You can resume regular practices or games if any of the following occurs:

1. High fever more than 100.4 requires to stay home. We recommend contacting your doctor for further instructions. After 72 hours have passed since the temperature went down below **100.4**. Provide doctor's note authorizing to resume sports activities. Please submit a copy to the club director to approve.
2. At least 14 days have passed since one or more symptoms first appeared or provide negative test results from an FDA authorized detection of SARS-CoV-2 facility taken after the first symptoms or after the first date reported to your coach and club director.
3. If the player, coach, or any family member living in the same household have directly been exposed to any positive COVID-19 individual(s) in the last 24 hours or more, Parents are responsible for reporting it to the coach and club director immediately! By not doing so, the club reserves the right to suspend the player/coach for any club activity indefinitely until negative test results of an FDA authorized detection of the SARS-CoV-2 facility is presented to the club director.

Return to Play Responsibilities:

1. All players are required to complete the following Assumption of the risk and waiver of liability relating to COVID-19 - https://docs.google.com/forms/d/e/1FAIpQLSfPz-4PwZNFqvBps7lv_a08ussQ16wqnmvMK5MUIkgpsvDyTw/viewform
2. Parents take your player's temperature BEFORE coming to the field each day.
3. Parents, players, or coaches should not attend training if running a fever, feel ill, or have been in contact with someone that has tested positive for COVID-19 in the last 14 days.
4. Players should wear their mask upon arrival and when departing, do not need to wear face masks when training. Optional for players to use it.
5. Players need to check-in with their coach upon arrival as COVID-19 protocols require keeping an accurate record of attendance and temperature readings at every training session.
6. Players need to bring their soccer ball and disinfect it after every practice or game.
7. Players should not share their water with anyone in the team. Please bring extra on hot days!
8. Coaches and players, please put your water bottles, backpacks, and equipment 6 feet apart, and follow social distancing when taking water breaks to avoid contact.
9. Players and Coaches avoid hugs, handshakes, or give high-fives with players or other adults while on the fields.
10. Players and Coaches need to maintain a social distance of 6 feet whenever possible. However, COVID protocol now allows scrimmaging during practice.
11. Players and Coaches are encouraged to bring their hand sanitizer to practice and games.
12. Players and Coaches should clean their equipment before each training day, including washing uniforms, bibs, disinfecting shin guards, cleats, and a soccer ball(s).
13. Players should not touch cones, goals, or other equipment. Coaches need to set-up, move, and pick-up all material that was used.

14. Players are encouraged to bring two shirts (dark & light) so that bibs, pinnies are used on a limited basis. No sharing is recommended.
15. Coaches must maintain a social distance of 6 feet whenever possible and wear a face mask when directing to the players or any other person.
16. Coaches should not provide team benches during games.
17. Coaches should track (written) attendance at all practices and games. If there should be a player who tests positive for COVID-19, this information will be required for appropriate contact tracing by local health officials.
18. Parents should drop off players and wait in cars or ensure they are social distancing and not gathering with others.
19. Coaches and parents to assure the player is aware of all responsibilities around COVID-19 restrictions and is prepared to adhere to them.
20. No parent or player congregating before or after training or games.

Respectfully,

Nelson Pinto
Colorado International Soccer Academy
Founder & Academy Director
P.O Box 3436, Parker, CO 80134
Cell: 720-352-8813

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