



2020 SAFETY PROTOCOL

COVID-19 PREVENTION GUIDELINES

DAILY GUIDELINES FOR CLUB ACTIVITIES



Perform temperature checks at home before all club activities, including training and games. $<100.4^{\circ}$ = OK to play



Wash your hands and sanitize your soccer equipment including shoes, goalkeeper gloves, personal training vests and backpacks.



Bring personal water bottles and hand sanitizer. Water bottles must be clearly labeled to avoid confusion.



Avoid handshakes, fist bumps, and high-fives as much as possible.



Parents need to practice social distancing as much as possible.

SYMPTOMS / EXPOSURE IN THE EVENT OF



Notify your coach immediately if your child becomes sick.



If you experience COVID-19 symptoms, you should notify your coach and avoid any club activities. You may resume club activities after 3 days with no fever and no respiratory symptoms.



If you think you have been in close contact with a person with COVID-19, you should notify your coach and avoid any club activities.

AFTER TESTING STEPS TO FOLLOW



If you tested negative for COVID-19, you may resume club activities immediately after providing test results to your coach.



If you tested positive for COVID-19 and continue to have no symptoms, you can resume club activities after 10 days have passed since the test or after 3 days with a negative re-test.



If you tested positive for COVID-19, and continue to experience symptoms, you need to self quarantine for 14 days.

FC SUDAMERICA TESTING PROVIDOR >



[Visit Website >](#)

LifeHope Labs
5009 Roswell Rd
Sandy Springs, GA 30342
24-hour Drive-Thru Testing
Exclusive Pricing \$50 (50% OFF)
FC Sudamerica Link to be Provided

// FC Sudamerica Safety Protocol is subject to change as CDC and Governing Bodies release new recommendations.

IMPORTANT GUIDELINES AND RESOURCES >

[CDC CONSIDERATION YOUTH SPORTS >](#)

[CDC COVID-19 SYMPTOMS >](#)

[CDC QUARANTINE GUIDELINES >](#)

[US SOCCER PLAY ON GUIDELINES >](#)

[CDC EXPOSURE GUIDELINES >](#)