



SEACOAST UNITED COVID-19 LEAGUE GUIDELINES

SEACOAST UNITED 7v7 OUTDOOR LEAGUES

All players/participants in the 7v7 Adult Leagues must read and adhere to all guidelines and protocols below.

Leagues operated by Seacoast United will implement health and safety procedures that follow the NH State guidance and guidance provided by Seacoast United Sports Club.

STATE & LOCAL GUIDANCE

All participants should make themselves familiar with the current guidelines provided by the State of NH.

- [State of NH Youth/Amateur Sports Guidance](#)
- [Seacoast United Reopening Guidelines](#)
- [Center for Disease Control](#)
- [State of NH Universal Guidance](#)

PROCEDURES FOR PLAYERS/PARTICIPANTS - PRE ARRIVAL

HEALTH AND SAFETY PROCEDURES

Based on NH Youth/Amateur Youth Guidelines, all participants are required to pre-screen based on questions below ahead of arrival. Reminder: Please STAY HOME if you feel sick.

- Have you been in close contact with a confirmed case of COVID-19 in the past 14 days?
- Have you had a fever (temp of 100.4 or higher) or felt feverish in the last 72 hours?
- Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
- Are you experiencing any new muscle aches or chills?
- Have you experienced any new change in your sense of taste or smell?
- Have you traveled in the past 14 days either:
 - Internationally,
 - By cruise ship,
 - Or Domestically, outside of NH, VT, or Maine on public transportation (e.g. bus, train, plane, etc)?

Any player should stay home and not come to the facility if they feel sick or are experiencing any symptoms related to COVID-19.

Participants, coaches, and staff should follow hygienic practices at all times including no spitting at the facility.

DO NOT ATTEND THE FACILITY IF YOU FEEL SICK!



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FACILITY LOGISTICS - ARRIVAL/DEPARTURE

ARRIVAL AND DROP OFF

- Teams and players will receive weekly game times in advance.
- Players should arrive at the field NO EARLIER THAN 10 MINUTES BEFORE KICK-OFF. No-one is allowed on the fields earlier than 10 minutes before their scheduled kick-off time.
- Game times have been staggered to allow for a 10 minute buffer between games to limit exposure.
- Only players can enter the field of play. We are requesting no family members/children/spectators on or around the fields at this time.

ENTERING FACILITY

- Players will enter each field via a specific entrance. **See facility maps below.**
- It is recommended that all players wear a face covering when entering and leaving the complex. Players may remove face coverings while active during their games.
- Respect boundaries and personal space, adhering to the 6-foot rule at the complex.
- There will be no players allowed to enter the fields if they do not have scheduled games.
- Players should only interact with their own specific teammates.

EXITING FACILITY

- Players must collect ALL equipment and personal items, and leave in a timely fashion to prevent larger group gatherings.
- Players will exit the fields via a specific path and follow foot traffic pattern. **See facility maps below.**
- Players should go directly to their vehicle - no loitering around the fields or under the pavilion if possible.

FACILITY MAPS

- [Epping Outdoor Complex, Epping NH](#)
- [The Nick, Wolfeboro NH](#)



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LEAGUE/GAME RECOMMENDATIONS

THROUGHOUT YOUR STAY AT THE FACILITY

- Always try and support physical distancing.
- Teams should bring their own ball. Minimize shared equipment.
- No spectators are allowed on the sidelines or within the playing area.
- Please bring TWO colors for uniform (home and away) in case of a color clash. Pinnies will not be available.
- No shaking hands, high-5's, group cheers, huddles, etc.
- Try and limit (where possible) touching the game ball with your hands.
- Players should only use their own equipment/water bottle.
- Equipment bags/backpacks should be placed 6 feet apart on the sidelines.
- Players are encouraged to have their own hand sanitizer with their personal equipment bag.
- Participants, coaches and staff should follow hygienic practices at all times including **NO SPITTING** at the facility.
- All facilities have a Carry In/Carry Out trash policy. Please take any trash/bottles out of the facility on your way home.
- Please make note of the designated areas for isolation (player showing symptoms during the game) within the complex. Isolation areas are identified on the SUSC Facility Map for each SUSC operated location.