



River City

YOUTH SOCCER LEAGUE

Sacramento, California

Dear River City Youth Soccer League Parents,

River City Youth Soccer League is sending this letter to notify you of guidelines that will need to be followed for all soccer families participating in fall 2021 season. On February 26, 2021, Governor Gavin Newsom updated California's guidelines for return to play for youth and high school sports. These guidelines apply to Cal North Soccer Association, which include River City and your local soccer clubs.

River City created return to conditioning guidelines based on the Governor's guidance in April 2021. Since that date, the Governor lifted most COVID related restrictions on June 15, 2021. Because of the lifted restrictions, River City and affiliated clubs began to plan for a "new normal" for the fall 2021 soccer season. Each River City club has begun to register players and create teams preparing for the new season based upon those guidelines, which must be followed in order to secure permits for all River City soccer fields.

With soccer practices and games beginning in August, the health and safety of our players, families, and coaches is our highest priority. To that end, there will be guidelines that must be followed on the soccer fields this year and it will be up to all of you to make sure we continue following the guidelines to ensure our children can continue to enjoy the sport of soccer, socialize outdoors, and learn valuable life lessons such as teamwork.

Recently, because of the growing concern with the COVID-19 Delta variant, some restrictions for local cities and counties have returned, such as indoor mask mandates. River City and its affiliated clubs continue to monitor new information and may amend the attached guidelines as needed. If amendments are necessary, those will be communicated out to families as expeditiously as possible.

It is important for each family to self-evaluate for COVID symptoms before going to practices or games. Be honest in your self-evaluation and be responsible to yourself, your family and your communities.

Below are important links to COVID-19 Information and guidelines.

[COVID Symptoms](#)

[COVID Fact Sheet](#)

[RCYSL COVID Protocols](#)

[RCYSL COVID Symptoms Checklist](#)

[RCYSL Downloads Section](#)

Sincerely,

Michael Dallas

Michael Dallas

President

River City Youth Soccer League

RCYSL COVID Protocols (August 1, 2021)

- Each Participant must be screened by their responsible adult before entering any facility or field for COVID-19 Symptoms; attendance at a field indicates screening is complete and the Participant is symptom-free (see symptom checklist).
- Participants and Coaches must wear properly fitting and applied masks or face coverings to and from the field, on the sidelines, while not on the playing field, and in between practice drills. Spectators and volunteers are encouraged to wear face masks at all times, but must maintain at least 6 feet of distance from others outside their household. Some individuals may be exempt from wearing a face covering. Exemption basis should be provided to the club, and must be approved by the RCYSL Board.
- Responsible adults should ideally drop off kids and pick them up from practice. If responsible adults choose to stay and observe the practice, they may do so while keeping at least 6 feet of distance from Participants, Coaches, and other people outside their household, and are encouraged to wear masks.
- Participants, Coaches, and any spectators and volunteers must exit fields promptly after their event has completed.
- All sport recognition involving physical contact such as hugs, high fives, etc. is not allowed. Each club shall encourage the use of non-contact recognition during practice and games.
- Participants must wash or sanitize their hands before entering the field; Hand sanitizer will be available from coaches.
- Participants will handle and care for their own equipment. Personal and non-soccer items (like water bottles and snacks) will not be shared.
- Equipment will be sanitized before and after each use. Pennies should be washed after every practice and game and not shared between players at any given practice or game.
- All Participant personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed at the field if physical distancing is maintained between all items.
- Unnecessary equipment will not be available to Participants or will be removed from the facility (where possible), such as chairs, tables, etc.
- Participants must bring their own meals or snacks if they need to eat, and practice physical distancing when unmasked and/or eating.
- Clubs will not provide seating areas at the fields and or gathering areas.
- Where appropriate, doors to restrooms will be propped open.
- The number of Participants will be limited in the restrooms to allow for users to easily maintain at least six feet of distance from one another at all times.
- Sport equipment will be designated and marked for each team. This equipment must not be used by any other team.
- Designated and separated practice areas will be identified for each team.
- Coaches will place and retrieve all equipment.
- Trash cans will be touchless; Participants must dispose of their own trash.
- Each club will monitor compliance of this safety plan. Violations of these protocols may result in Participants, Coaches, spectators and/or volunteers being removed from practices or games.

RCYSL COVID Symptom Checklist (August 1, 2021)

Review the following questions daily and STAY HOME and contact your Coach if the answer is “YES”:

1. Do you have any of the following symptoms in the past 24 hours that are not caused by another condition?
 - Fever 100.4°F / 38°C or higher
 - Cough
 - Shortness of Breath or Difficulty Breathing
 - Chills
 - Fatigue
 - Muscle Pain or Body Aches
 - Headache
 - New Loss of Taste or Smell
 - Sore Throat
 - Congestion or Runny nose
 - Nausea or Vomiting
 - Diarrhea
 - Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)

2. Have you been in close contact with anyone with confirmed COVID-19? Close contact means being within 6 feet (2 meters) of an infected person for 15 minutes or more.

3. Have you had a positive COVID-19 test for active virus in the past 10 days?

4. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19?

If you answer YES to any of these questions, stay home and contact your Coach.