



SO FIELD HOCKEY COVID-19 ACTION PLAN

This action plan will serve as the COVID-19 requirements and recommendations for all So Field Hockey events in compliance with guidelines from our governing body, USA Field Hockey. These steps are expected to be followed by all participants, staff, and spectators.

So Field Hockey is dedicated to ensuring the health and well-being of all participants. As we navigate the coronavirus (COVID-10) environment in respect to operating our sports clinics and competitions, we have compiled recommendations and requirements from Center for Disease Control (CDC), our governing body, and state and local officials. We will monitor updates and will adjust ensure everyone's health and safety.

1. All staff will be trained to adhere to our action plan
2. All participating families will be notified of outbreaks, exposures, or risk of exposure immediately. We will return once it has been deemed safe to resume play based on CDC and local health official's protocols.
3. Anyone with a temperature over 100.4 or exhibiting signs of COVID-19 including but not limited to excessive dry cough, headache, sore throat, congestion, chills, shortness of breath, muscle or body aches, or nausea will not be allowed to participate.
4. Anyone who has tested positive for COVID-19 within the last 14 days or been in close contact with someone who has tested positive cannot enter the premises.
5. All participants will have an individual stick and ball. These will not be shared with any other participant. All balls will only be moved by stick and not physically handled.
6. Balls, cones, and other equipment will only be handled by staff including ball pick up, moving cones, clean up, etc. to mitigate contact and maintain safety standards.
7. Sites will have sanitation stations complete with hand sanitizer, Clorox, and wipes.
8. Spectators must remain a minimum of 6ft. apart of anyone who is not a family member or member of their household.
9. All staff members will wear masks within 6ft of players and will demonstrate technique using their own sticks- not touching a player's ball or stick by hand.
10. Upon entering the site, players must sanitize their hands before beginning play.