

# COVID-19 Guidelines

## Before Arrival each Saturday

1. Any athlete showing symptoms of COVID-19, or any athlete with a family member showing symptoms should not attend the clinic.
2. Clean and disinfect hands before and after training.
3. Athlete must bring their own water bottle clearly labeled with their name. Water bottles cannot be shared.
4. Athlete's stick and goggles must be clearly labeled with their name.

## Arrival

1. Arrive shortly before your scheduled clinic (10 minutes), dressed and ready for training.
2. Athletes should wear a mask from their cars to the field.
3. 1 parent/guardian per player.

## On Field

1. Athletes are limited to touching only their personal equipment.
2. Masks are not required by players to be worn during play.
3. Masks are required for all coaches and spectators.
4. All shared equipment will be handled by coaches.
5. Separate balls and cones will be used for each age division and disinfected each week.
6. Do not touch the balls or cones with your hands. Only collect balls with stick.
7. Limit touching mouthguard with your hands.
8. Only 1 parent/guardian per player. If present, practice social distancing.

## Departure

1. Leave directly after practice, do not linger.
2. Masks must be worn when leaving field walking to cars.

PLEASE READ THE FOLLOWING COVID-19 SAFETY PRECAUTIONS CAREFULLY:

- 1) In addition to wearing your masks when you arrive, masks are now required on the sidelines of all Fast Flicks events per the recent order of Governor Wolf and guidance issued from the Department of Health:

Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines and anytime 6 feet of social distancing is not possible.

Details of these guidelines can be found on the PA Department of Health web site at the following link.

[PA Department of Health Guidelines](#)

- 2) The State of Pennsylvania has recommended that all PA residents who have traveled to and returned from certain states that have increasing levels of COVID-19 cases should quarantine for 14 days upon their return. These states are Alabama – Arizona - Arkansas – California – Florida - Georgia - Idaho – Iowa – Kansas - Louisiana - Mississippi – Missouri – Nebraska - Nevada - North Carolina - North Dakota – Oklahoma - South Carolina - Tennessee - Texas – Utah - Wisconsin.

**Fast Flicks will enforce a 14 Quarantine period for ANY player who have traveled to, and have returned from, any of the above listed states.**

Upon returning from any of the above listed states, players registered for any of our clinics will be required to:

- Quarantine for 14 days from the date of their return
- Notify Fast Flicks' President, Jessica Rice, at info@fastflicks.org that they have just returned from one or more of the 15 States, advising the date they returned.
- If the player exhibits any of the COVID-19 symptoms during their quarantine period they must immediately notify Fast Flicks' President, Jessica Rice, at info@fastflicks.org.
- At the end of their 14 day Quarantine period the player must notify Fast Flicks' President, Jessica Rice, at info@fastflicks.org, that they have been symptom-free prior to returning to any Fast Flicks program.

Details of this recommendation can be found on the PA Department of Health web site at the following link

[Travel Information](#)

3) PLEASE monitor your players extra carefully for the following symptoms and take your player to get tested if she exhibits any of the following

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

4) ANONYMITY GUARANTEED: Please rest assured, that when you or your player reports a health concern (traveling, symptoms or positive test result) to Fast Flicks, their name will not be revealed to any other athletes or their families. Upon receiving notice of a positive result, we will notify the player's division or CLINIC group that they would have had direct contact with about the positive test. It will then be the responsibility of that group to monitor their children closely for symptoms and to get their athlete tested should the need (or any concern) arise. Players who test positive will not be able to return to any Fast Flicks clinic until 14 days after their symptoms subside, or if no symptoms are presented, 14 days after their positive test results.

Fast Flicks Board Members