

QUEEN CITY FOOTBALL CLUB

ADDITIONAL QCFC RULES FOR REINTRODUCTION TO PLAY

BEFORE ATTENDING TRAINING:

- Make sure to have signed in online via attendance spreadsheet so coaches can plan accordingly to maintain proper field/player ratios
- Wash or sanitize your hands
- Do not attend if you have a temperature 100 degrees or over

DURING TRAINING:

- Maintain Social Distancing - No high-fives, fist bumps, hugs, etc (inability to do so will result in removal from training)
- No sharing water or snacks.
- Use proper hygiene. Cover coughs and sneezes. No spitting.
- Leave immediately after

DO NOT ATTEND TRAINING IF:

- You are feeling ill or have felt ill in the past 24 hours. Symptoms include: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, sore throat, new loss of taste or smell.
- You have been exposed to anyone who is diagnosed with COVID-19 and you have not quarantined for 14 days