

COVID-19 Frequently Ask Questions

What is the current health directive for outdoor sports?

Please [click here to read the current health directive](#) for adult recreational sports from the city of San Francisco as of 3/2/21. The rules are changing at a rapid pace and may update at any time on the [SFPH website](#). Norcal Athletics (NCA) will do their best to stay updated with current guidelines.

Is it safe to play outdoor soccer?

Your health and safety is our highest priority. Our health and safety reopening plan include an entry and exit non-contact policy, a mandatory facemask, 6 feet of distance requirement on the sidelines and sanitization available at the admin table.

Our healthy and safety plan is designed UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE and DIRECTIVES OF THE HEALTH OFFICER OF THE CITY AND COUNTY OF SAN FRANCISCO REGARDING REQUIRED BEST PRACTICES FOR YOUTH AND ADULT RECREATIONAL SPORTS

What are the current requirements to follow for Outdoor Soccer?

All Norcal Athletics (NCA) participants, staff, and referees **MUST wear a facemask at all times**. Facemask should cover nose and mouth with ear loops and must not be taken off while playing. Sub “on-the-fly” if you need to catch your breath, keep your mask on, stay six feet away from teammates.

What is **NOT** Facemask?

The following forms of face coverings and not currently allowed for adult sports such as:

- Neck Gaiters
- Bandanas
- Balaclavas
- Ski masks
- Scarves

What type of Facemask can I wear?

For your mask to be effective, it must be worn properly and consistently. Wear your mask so it **completely covers the nose and mouth** including:

- Fitted medical mask
- Cloth Mask
- Sports material face mask

What if a player takes their mask off while playing?

Participants will be pulled off the game to enforce facemask covering and given a first warning. If participants persist on removing their facemask, will be penalized with a

Yellow Card. If a player receives a yellow card, the team must play short for two (5) minutes. Within the 5-minute period, if the opposing team scores, then the player that received the yellow card can immediately return.

If a player receives two (2) yellow cards in one game, this is equivalent to a red card. The player must leave the field and that player will have to sit out the next scheduled game. No exceptions.

If a player receives a straight red card, they must leave the field and that player will have to sit out the next scheduled game. No exceptions.

Can I take my Facemask off on the sidelines?

If you have difficulty breathing due to wetness, you can change to a clean dry mask at least twelve feet away from others.

You may remove your facemask on the sideline at least twelve feet away from others. Immediately after catching your breath, you must bring your mask back covering your nose and mouth.

Before my game, what am I required to do in order to play?

1. RSVP 48 hours prior to your scheduled game time. **Remember your team has NO Guest players.** Make sure to RSVP it is IMPERATIVE!!!
2. Arrive at least 15 minutes before your game to check-in, get sanitized and get your temperature taken. You must wait to step on the field until directed by site management
3. Follow NCA's safety protocols such: Enter the field, sanitize before, during and after your game. Follow the NCA entry and exit signs.
Wear your facemask at all times - before, during your game on the sidelines and after your game.
Exit the field opposite of where you entered so there is no mixing with teams coming on the field. Follow NCA exit route.

How do you check-in/entry and check-out/exit from your games?

Follow NCA safety protocols such:

1. Enter the field, check-in, hand sanitize before, during and after your game. Follow the NCA entry and exit routes.
2. Wear your facemask before, during your game on the sidelines and after your game.
3. Follow NCA exit routes, so there is no mixing with teams coming on the field.

Do you share any equipment at NCA games?

We do not share soccer cleats, you must bring your own.

We do not share shin guards, you must bring your own.

We do not share goal keeper gloves, you must bring your own.

We do not share soccer socks, you must bring your own.

We do not share soccer shorts, you must bring your own.

We do not share soccer team jerseys, you must bring your own.

We do not share bibs, you must bring your own team jersey.

Any Soccer balls provided by the league or other objects (such as cones) provided by the league will be sanitized before, during and after your scheduled game.

How many players can I have in my roster?

Teams are a minimum of 10 players, maximum up to 15 roster players. With current SFDPH rules - no guest players, no substitutes from prior games. Only registered players on your team roster can participate, so we can contact trace due to COVID-19 health directives through the SFDPH.

What happens at the breaks during half-times?

During water breaks, Participants must maintain at least six feet of physical distance and immediately replace their facemask covering their nose and mouth as soon as they are done taking a drink. Hand sanitization for all participants will also be available at the admin table at halftime. Please keep six feet of distance if you need to approach the admin table.

Who can talk to the referee during a game?

If there is a question that needs to be addressed during the game, only the team captain can speak with the referee. Your facemask should remain on at all times and maintain six feet of distance from the referee when asking your question in a calm manner.

Is spitting allowed at the games?

Absolutely, NOT. Participants will be removed immediately; we will not tolerate spitting. If participants are caught spitting before, during or after scheduled games, They will receive a straight red card, they must leave the field and that player will have to sit out the next scheduled game. **No exceptions.**

What if a Norcal staff member tests positive for Covid 19?

If a NCA personnel tests positive for COVID-19 or SARS-CoV-2, we will follow the guidance on "Business guidance if a staff member tests positive for COVID-19," available at <https://sf.gov/business-guidance-if-staff-member-tests-positive-covid-19>

Can I bring someone with me to watch the games?

Unfortunately, under the current health directives guests and spectators are not allowed.

I have been vaccinated; can I play without my mask?

Not at this time. Under current health directive rules from SFDPH everyone (even those that have been vaccinated) must wear their facemask covering their nose and mouth completely at all times upon enter, playing, standing on the sidelines and exiting their game location

What do I do if I am a registered league player and have been diagnosed or come in contact with COVID-19?

Do not come to the fields under any circumstance and speak with your healthcare provider. As soon as possible contact NCA league administrators at info@norcalathletics.com. All personal information will remain confidential. Any team that has a teammate that reports a diagnosis of covid-19 (and the opposing team they played against) will not be able to return to play until following guidelines provided through the SFPH.