

## USA Cup Guidelines (Updated 1/31/2022)

### Screening

- Must complete home screening for COVID-19 Symptoms or another assessment tool/attendance tracker such as GameDay Ready, SportsEngine, Team Snap and others.
  - If a person has a temperature over 100.4 degrees, feels sick or has any COVID-19 symptoms they should not attend the event.
    - Do you have any of these other symptoms?
    - Shortness of breath or difficult breathing?
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
- The best way to reduce your risk of getting sick from or spreading COVID-19 is to:
  - wear a face covering when unable to maintain social distancing.
  - people who are sick or exposed to someone with COVID-19 must stay home, and
  - wash hands often.

### Spectators During the Event

- There will be no limit to the number of spectators.
- Spectator seating area will only be available on one side per field.
- All spectators must stay at least 12 feet from the game playing surface.
- Cover your mouth or nose with their sleeve or a tissue when coughing and sneezing and to avoid touching their face, in particular their mouth, nose, and eyes, with their hands.
- Masks are recommended when in crowded areas where social distancing cannot be maintained but not required.

### Participants

- Teams should arrive to playing field no more than 20 minutes prior to practice/game time.
- All attendees must leave the field and campus as immediately as possible once their team completes their scheduled game/practice for the day. (Post game/practice meetings on campus should be limited to 10 minutes)
- Individuals without a face covering will not be allowed to enter any indoor facility on NSC campus.

### Match Procedure Referees

- All referees are required to wear face coverings in all indoor areas of the facility.
- In an outdoor setting, per MDH guidelines referees are strongly recommended to wear face coverings especially when having face-to-face interactions of less than 6 feet.

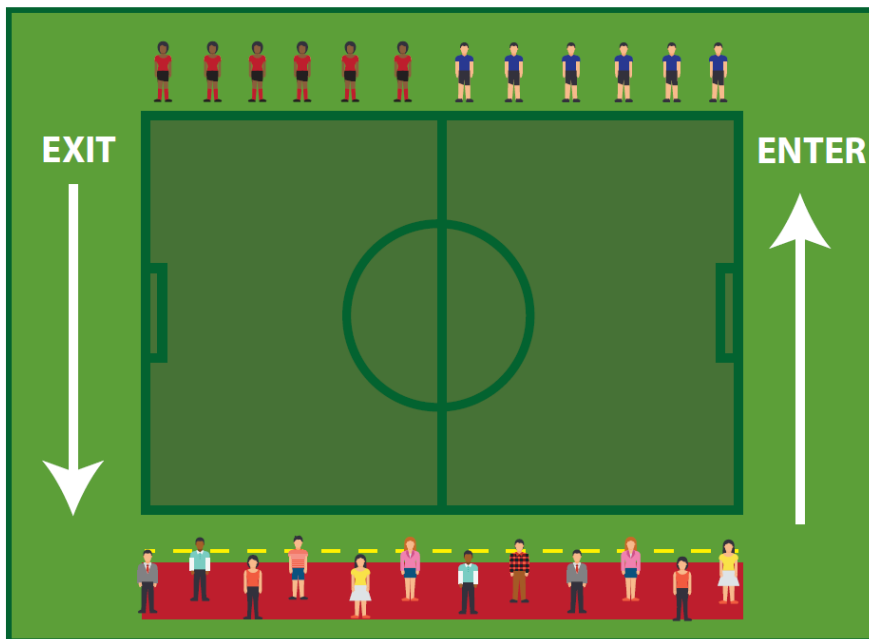
### Reporting Confirmed COVID-19 Infections:

- Individuals or clubs should report any cases of player, coach, referee or spectator, to the Minnesota Department of Health at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us)
- If a player, coach, referee, or spectator that has attended a NSC Tournament or program becomes infected, please inform the National Sports Center by emailing the tournament/league director.
- See CDC for quarantine and isolation guidelines - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

### While at the Facility:

- All attendees must maintain six feet distance, whenever possible from anyone outside their household.
- All Patrons must follow directions on all NSC signage.

## COVID FIELD GUIDELINES



Players should enter benches from the right side of the field and exit on the left side

Teams should respect social distancing when seated on the sidelines

Spectators should be seated behind dotted line and respect social distancing and should only sit with members of the same household

For more information and COVID guidelines please see our website.

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