

Hi PCEFC Families

What a great start to the Season! Our U5-U7's have had a couple weeks now, and finally most of our U8-U18's have seen some action this past weekend. There are a few things we want to remind everyone of as we navigate all the new health and safety protocols:

### **Spectators**

- On Grass Fields, please ensure that you remain a **minimum 10 ft back of the sidelines**. This is to allow players enough space for kick-ins while you still maintain social distancing.
- At Minnehada Playing Fields – please stay on the track so that the grass remains useable for the full season.
- On Turf Fields – please remain outside the fence line. We suggest you consider not using the bleachers, but rather space out along the fence line to maintain proper distancing.

### **Arrival/Departure**

- We ask that everyone please adhere to our Arrival/Departure plans for both Minnehada and Gates Park. Again - Social Distancing is important even though we are outside! You can find these plans at <https://pocosoccer.com/club-forms/>. The arrival/departure plan needs to be followed for both practices and games.

### **Health Protocol**

- All Team Officials are required to keep attendance records for all practices and games. Records may be required by the Club at any time for contract tracing.
- Participants are **not to return to activity for at least 14 days** following the onset of any of the symptoms below unless they have obtained a doctor's note/medical clearance:  
**Fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuff or runny nose, loss of sense of smell, headache, muscle fatigue, and loss appetite.**
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

***\*Please make note of the bullet of not returning to play for at least 14 days, however we do say that you may return to play earlier with a doctor's note.***

Our Club has a duty to ensure the safety of all members during this pandemic.

Thank you for your cooperation as we all navigate these protocols.

Sean Walker

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Port Coquitlam EURO-RITE FC  
"Growing Our Game"  
[www.pocosoccer.com](http://www.pocosoccer.com)

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