



During this period of heightened health concern FC Dulles will continue to follow the recommendations of the Centers for Disease Control (CDC), the State of Virginia, Fairfax County, VYSA, and US Soccer all of which provide guidance, protocols, and safety precautions to help avoid infection and the spread of the Covid-19 virus. We have instructed our coaches to adhere to proper hygienic protocols, and encourage FC Dulles coaching staff & players to stay home if ill.

We encourage all Club members to follow the CDC's guidelines:

- Stay home if you are sick!
- Avoid close contact with people who are sick
- Avoid touching your face (eyes, nose, mouth)
- No spitting at practice, games or during any form of athletic activity
- No high fives
- No sharing of water bottles
- No shaking hands, with coaching staff, opponents, referees or teammates. Elbow bumps and foot taps are ok.
- Cough or sneeze into a tissue, then immediately throw the tissue away and wash your hands
- Clean and disinfect regularly handled surfaces such as phones, keys, etc.
- Wash your hands regularly with soap and water for at least 20 seconds, especially before eating, after sneezing or coughing, and after using the restroom

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

We understand the uncertainty in the community regarding this global health issue. FC Dulles will continue to monitor COVID-19 developments, and will follow recommended guidelines and instructions to ensure a safe and healthy club environment.

The safety of our players, parents and staff is our number one priority and guiding principle in all decisions we make as a Club. Our coaches are instructed to go over and reinforce these protocols. Please make sure to discuss these protocols with your son/daughter to strictly and responsibly follow them.

Sincerely,

FC Dulles