

Attention Pueblo Rangers!



There have been a growing number of classroom quarantines, at our local schools and we want to update you on our COVID-19 policies. These policies are continuously evolving and may be slightly different from previous recommendations.

- If you are feeling ill or showing any symptoms of COVID-19, DO NOT attend practices or games!!! (Symptoms include fever or feeling feverish, chills, sweats, runny nose, sore throat, changes in the ability to smell and /or taste, headache, body aches, cough, wheezing, shortness of breath, difficulty breathing, chest pain, nausea, or vomiting, abdominal pain, diarrhea, nasal congestion, dehydration, or confusion.)

THE PUEBLO COUNTY HEALTH DEPARTMENT IS HIGHLY RECOMMENDING THE WEARING OF MASKS AS A LAYER OF PROTECTION AGAINST THE VIRUS. PLEASE BE RESPECTFUL OF OTHERS AND MAINTAIN 6 FEET OF DISTANCE TO HELP LIMIT THE CHANCE OF THE VIRUS PASSING FROM ONE INDIVIDUAL TO ANOTHER! WE ALL WANT TO MAKE SURE OUR KIDS GET TO PLAY SOCCER, SO LET'S WORK TOGETHER TO MAKE SURE THIS CAN HAPPEN!!

- If a player or coach has been exposed (meaning they were within 6 ft of the positive individual, for 15 minutes or more accumulated time) to someone who has tested positive for COVID-19, that player or coach must quarantine for a period of 10 days from the time of exposure and cannot participate in any soccer activities for 10 days. The Pueblo Rangers must be notified immediately.
- If a player or coach is in quarantine from an exposure at school or work, they must refrain from attending any soccer activities until their quarantine period is complete.
- If a player or coach has tested positive for COVID-19, they must isolate for a period of 10 days and cannot return until they are symptom free for at least 24 hours. The Pueblo Rangers must be notified immediately.

According to the CDC, Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Please refer to the Colorado Department of Public Health and Environment for additional guidance regarding quarantine and isolation.

- **RECREATIONAL TEAMS-** Players/coaches and spectators will sit on one side of the field and the opposing team's players/coaches and spectators will sit on the opposite side.

PLEASE MAINTAIN DISTANCE FROM ONE ANOTHER ON THE SIDELINES.

COMPETITIVE, INTERMEDIATE AND MIDDLE SCHOOL TEAMS – Players/coaches from both teams will occupy one side of the field (separated by the center line) and spectators will occupy the other side of the field opposite their teams, separated by the center line.

Please be respectful of one another and maintain distance. Also, sanitizer can be found at the Pavilion and in buckets, located at each field. Feel free to use these!

We are very grateful to have the opportunity to get our children active and on the field again and we need to continue to work together keep each other safe. Thank you for following these guidelines and recommendations!