



August 27rd 2021

Dear Pen Bay Players, Parents and Coaches:

Health and Safety are forefront on my mind.

As we embark on the 2021 season, a first for some a last for others, Player & Coach Safety is my #1 priority, now and always. This season will be our best ever, while we maintain our vigilance vs. the virus. Pen Bay's season will require a cooperative relationship between the Coaches, Parents, and Players. While the **Coach** must create a safe environment, the **Parent** must also do their part. **Parents**, remind **players** to be responsible with their health and that of others and listen to their coaches. We are all eagerly awaiting the season kick off, we have teams in all age groups girls and boys, so lots of games to play, watch and support. Pen Bay is a community volunteer club where coaches give 1,000s of hours helping bring our club's mission to life

'Our mission is to challenge players to enhance their soccer skills, leadership qualities, and team awareness in a positive and safe environment.

Sportsmanship will be promoted at all times through respect for opponents, officials, teammates and supporters.

Quality coaching, with encouragement from parents and community members, will be used to nurture players in developing their skills on and off the field'

Play to the whistle, play hard and fair and be sportsmanlike at the end – A winning recipe for all – Good Luck Pen Bay for an epic 2021 season!

[COVID-19: When to Quarantine | CDC](#) / [How to Protect Yourself & Others | CDC](#)

Soccer Maine guidance



RETURN TO
PLAYPHASEVII-8-20-:

Please do not come to training/games if you have tested positive for COVID-19 in the last 14 days, or if you have been tested and are awaiting results – See Chart below;

COVID-19 Pre-Screening Tool for School Attendance

Within the past 24 hours
have you had a fever
(100.4 and above*) or
used any fever reducing
medicine?

YES =



Do you feel sick with any
of the most common
symptoms of Covid, had
vomiting/diarrhea, or felt
unwell?
(see symptom list to the right)

YES =



Have you been a close
contact of a person with
Covid in the past 14 days?

YES =



Have you traveled
outside of the state in
the past 14 days?

YES =



Contact
Your School

**Stay home with any YES response to the questions above OR
with two or more of the "less common" symptoms listed to the
right.**

Attend school when all answers are NO and your child is
feeling well with no other symptoms of illness. Call or see your
school nurse or other designated person at school if you have
questions.

Updated 10.9.20



Most Common Symptoms of Covid 19:

Cough
Shortness of
breath
or difficulty
breathing
Fever (100.4°F/
38 °C or greater)*
Chills
Sore throat
New loss of taste
or smell

Less Common Symptoms:

Muscle pain
Nausea or
Vomiting
Diarrhea
Fatigue
Headache
Congestion/runny
nose

*Fever is 100.4°F/
38°C regardless of
measurement
location (oral,
temporal).



[Additional Information Resources](#)

- [COVID-19: When to Quarantine | CDC](#)
- [How to Protect Yourself & Others | CDC](#)