

# RETURNING TO PLAY SAFELY



We can't completely eliminate the risk of infection, so we must all do our best to limit the spread of the virus.

## PARENT RESPONSIBILITIES:

- Notify your team's coach immediately if your child or someone in your household becomes ill with COVID-19 symptoms
- Take temperature before departing for soccer practice or a game; if above 100.4, do not attend and notify the coach
- Adhere to social distance requirements during practices and games – maintain at least six feet from others
- Wear an approved face covering while around others and ensure your child has an approved, well-fitted (covering the nose and mouth) face covering of their own to wear during soccer activities
- Ensure that your child's clothing is washed after every practice and game
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after practices and games
- Ensure that your child has hand sanitizing products accessible (must have at least 60% alcohol)
- Do not assist coach with equipment before or after training
- Talk with your child about their responsibilities while at practice and on game days

**Symptoms of COVID-19 include fever, uncontrolled cough or new onset of shortness of breath –OR– two of the following: loss of taste or smell, muscle aches, sore throat, severe headache, diarrhea, vomiting or abdominal pain**

## PLAYER RESPONSIBILITIES:

- Inform your parent if you feel unwell
- Wash your hands immediately before and after practices and games
- Bring and use your own labeled hand sanitizer at every practice and game
- Do not touch or share anyone else's equipment
- Wear your face covering at all times during practice and games
- When taking mask breaks, make sure you are at least six feet from others
- Place your water bottle and equipment at least six feet apart from others
- Do not share drinks or use water fountains at the field
- Please no hugs or high fives or touching of other players or coaches

We trust you have read and accept the responsibilities above.

*Thank you for doing your part!*

