



# Connecticut Junior Soccer Association



## PARENTS

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
- If your child has any symptoms, even mild ones, public health urges you to stay home and isolate until:
  - You have had no fever for at least 72 hours (without the use of medicine) AND
  - Other symptoms (cough, shortness of breath) have improved AND
  - At least 7 days have passed since your symptoms first appeared.
- Anyone in your household that you have had close contact with (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't been tested for COVID-19.
- Notify the club immediately if your child has become sick.
- Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.
- Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team.
- Be sure your child has necessary sanitizer with them at every session.

**If there is hesitation in returning to play – DON'T; just because you can, does not mean you must.**