



## PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands).
- Have your own hand sanitizer with you.
- Wear a face covering before and immediately after each training session. They may be removed while participating in practice and drills, provided players are able to maintain at least 6 feet of distance from other persons present.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training.
- No group celebrations, hugs, handshakes, fist bumps, etc.

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