



HEAT FC SPARKS ACADEMY INSTRUCTIONS & SAFETY PROCEDURES

WHAT TO WEAR

Sparks Academy participants need to wear the following:

- Athletic shorts (or warmup pants),
- A jersey or t-shirt
- Shin guards (required)
- Athletic shoes. Cleats are recommended but not required.

A Heat FC training shirt will be distributed to each participant at the first or second Academy session.

WHAT TO BRING

Sparks Academy participants need to bring the following items to each session:

- A soccer ball (size 3 for 2013/2014/2015 and size 4 for 2010/2011/2012).
- Goalkeeper gloves for those participating in goalkeeper training.
- Sufficient water for before, during and after each session.
- A face mask to wear at all times while not actively participating on the field.
- Personal hand sanitizer

CHECK-IN PROCEDURES

Sparks Academy participants must check in prior to the start of each training session; refer to the Sparks Academy field layout map for the location of the check-in station for each field.

- Wear your face mask and maintain 6 feet distancing at the check-in station.
- Sparks Academy staff will conduct a temperature check.
- Sparks Academy staff will conduct a brief health assessment survey.
- Sparks Academy staff will issue a wrist band to players approved to participate.
- Players with a wrist band may proceed to the field.
- Parents/spectators may assist with check-in but may not enter the field area. Those who wish to observe should remain outside the fenced area, follow social distancing and wear masks when around others.

DEPARTURE PROCEDURES

At the conclusion of your Sparks Academy session, depart through the gate designated on the Sparks Academy field layout map for your field. Leave within 10 minutes of the conclusion of your session, and do not congregate near the check-in or exit gates.

SAFETY - PLAYER RESPONSIBILITY

All Sparks Academy participants must comply with the following in accordance with State of Nevada Directive 034.

- Any player who is not feeling well, has a fever of ≥ 100.4 , or exhibiting any signs or symptoms of COVID-19, including mild to severe respiratory illness with fever, and/or difficulty breathing, or other symptoms identified by the CDC, is asked to stay home or leave immediately.
- Any player who has been in contact with someone who has tested positive for COVID-19 may not attend training. CDC guidelines on contact with a person who tests positive should be followed.
- Players that have tested positive for COVID-19, are encouraged to provide written confirmation of COVID-19 negative status and/or clearance from your physician in compliance with CDC guidelines.
- Players will complete an at home health assessment prior to each practice or game.
- Avoid high fives, handshakes and any form of touching.
- Maintain a minimum contact during training to the best of your ability.
- Players are required to wear masks when not actively training, including while coming to or leaving the field. Players are allowed to wear mask while training, but this is not mandatory.
- While not actively participating, maintain six feet of social distance.
- Player should use hand sanitizer before practice, during breaks, and after practice. SNSA will make sanitizer available, but it is recommended that players have individual containers as well.
- All players should bring their own ball and avoid sharing it as much as possible. All balls should be sanitized after each practice or game.
- Training shirts must be washed after each training session.
- No sharing of water bottles or food. Players should bring enough water for pre, during and post training.
- Only coaches are to move team equipment such as cones, training poles, etc.
- No spitting! This includes goalie gloves.
- No congregating before or after training sessions is allowed.
- Notice of non-compliance 3 times within the same session will result in park marshals being called to escort those individuals from the facility.

SAFETY - PARENT RESPONSIBILITY

Parents of Sparks Academy participants must comply with the following in accordance with Nevada Directive 034.

- Any member of your family who is not feeling well, has a fever of ≥ 100.4 , or exhibiting any signs or symptoms of COVID-19, including mild to severe respiratory illness with fever, and/or difficulty breathing, or other symptoms identified by the CDC, is asked to stay home or leave immediately.
- Any player or parent who has been in contact with someone who has tested positive for COVID-19 may not attend training. CDC guidelines on contact with a person who tests positive should be followed.
- Parents and other spectators must complete an at home health assessment and check their temperature prior to attending a Sparks Academy session.
- Assure your player is aware of all responsibilities around COVID-19 restrictions and is will adhere to them.
- Parents and spectators may not enter the field area for Sparks Academy sessions; those who wish to observe should remain outside the fenced area, follow social distancing and wear masks when around others.
- Training shirts must be washed after each training session or game.
- Parents should make sure their player has adequate water, food, or other items needed for training.
- It is strongly recommended each player bring their own hand sanitizer.
- Parents are not allowed to congregate before Sparks Academy sessions.
- Parents should plan to arrive with their player for check-in within 20 minutes of the Sparks Academy session start time and leave within 10 minutes of the conclusion of the session.
- Notice of non-compliance 3 times within the same session will result in park marshals being called to escort those individuals from the facility.

THANK YOU FOR YOUR COMPLIANCE WITH ALL SAFETY PROCEDURES!