



PARENTS CHEAT SHEET

[RETURN TO CLUB ACTIVITIES REQUIREMENTS]



SYMPTOMS | PARENTS

Any coach, player, parent, referee and or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected corona virus) will be prohibited from attending training or games. Any coach or administrator who sees any adult attendee who displays any of these symptoms should be politely but firmly asked to leave. A minor who is displaying any of these symptoms should be safely isolated until an adult responsible for the minor can remove the minor.



PARENTS TO WEAR MASKS AT FIELDS

Any non-coaches or non-players are required to wear appropriate face coverings during while at fields. Players will also be allowed to wear masks while training, but this will be a personal choice of the player's parent of guardian. Any other individuals attending the training session are required to wear appropriate face coverings and follow social distancing guidelines.



ARE YOUR PLAYERS PREPARED

Parents please make sure your players have read and understood the requirements before taking the field. Also, ensure that your player's are packed properly with their pinnie, hand sanitizer, their own water, a ball and their face mask, if it is their choice.



PLAYERS CHEAT SHEET

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SYMPTOMS | PLAYERS

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MINIMIZE TOUCHING BETWEEN PLAYERS & COACHES

Coaches shall ensure and all players and coaches avoid “high fives,” handshakes, or other types of physical touching. We understand that this may be difficult as players enjoy celebrating with their teammates (or even give them a hug after being apart for so long!), but we need to be diligent at enforcing this protocol for health and safety of our players and their families.



REDUCE PLAYERS TOUCHING PRACTICE EQUIPMENT

The handling of all training items, i.e., cones, flags, goals etc. should be limited to coaches.



AVOID “SHARED” EQUIPMENT

Players should have their own alternate color training top or pinny – Pinnies should not be shared. Players should have their own ball, water bottle, etc.



HAND SANITIZER

Players should have hand sanitizer for personal use. Club will have some, but with limited supply, please bring your own and use often.



COACHES CHEAT SHEET

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SYMPTOMS | COACHES

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AVOID “SHARED” EQUIPMENT

Players should have their own alternate color training top or pinny – Pinnies should not be shared. A player should have their own ball, water bottle, towel, etc.



REDUCE PLAYERS TOUCHING PRACTICE EQUIPMENT

Coaches should avoid having players stand or assemble in lines or small groups. Coaches should alter their training methods to incorporate appropriate social distancing (maintaining 6’ distancing between players when providing instruction, etc.). It is recommended that player and referee benches be removed, and that players and referees provide their own individual seating to allow for 6’ separation.



ADMIN CHEAT SHEET

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SYMPTOMS | CLUB

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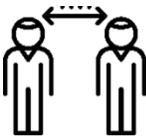
FACILITY STRUCTURES CLEANING AND USE | CLUB

Any facilities that are accessible during training and games should be cleaned and disinfected hourly. Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. If permanent bleachers are available for spectators, clubs should display signage on or near the bleachers reminding spectators to maintain 6' distancing from non-family members.



INCREASED SIGNAGE THROUGHOUT FACILITIES | CLUB

Clubs should post reminder signage throughout facilities wherever possible to remind all players, coaches and spectators to maintain social distancing.



SOCIAL DISTANCING OVERSIGHT | CLUB

Clubs should assign people to be physically present to monitor fields and facilities to politely but firmly ask any groups of parents or players to disperse and maintain appropriate distancing and that failure to do so risks the sanctioning and protection (including insurance) for the players and the club.
