



If you've been sick with or having symptoms of COVID-19 or have been exposed to someone who has been sick with or having symptoms of COVID-19 within the last 14 days, please **STAY HOME** and have your parent notify the club at admin@sterlingsoccerclub.org.

FOR PLAYERS PRIOR TO TRAINING

- Be sure all your training gear and equipment has been properly cleaned and sanitized
- With your parent, complete the pre-play temperature check and CDC self-checker questionnaire, and follow the appropriate reporting protocols based on the results
- Wash your hands or use hand sanitizer before arriving to the field
- Bring your own equipment, including your own ball, water bottle and hand sanitizer, as equipment cannot be shared (put your name on all personal belongings)
- If you are a goalkeeper, bring your own goalkeeper's gloves
- Wear a face covering to the field
- Carpooling with others outside of your household should be avoided
- When entering the field either for practice or game/scrimmage your child will get his/her temperature checked by a parent volunteer or a coach. If the player has a temperature ≥ 100.4 degrees F he/she will not be allowed to participate to the event and will be sent home. He/she will not be allowed on the premises.
- Parents should wait until their children is allowed for the event before leaving the premises

FOR PLAYERS DURING TRAINING

- Enter the field through the designated entrance and head directly to your assigned field
- Players can wear their face mask during practice or choose to take it off while maintaining social distancing
- Practice physical distancing where practicable – do not give hugs, high fives, fist bumps, or touch anything that does not belong to you
- Upon arrival to your training area, place your equipment in the designated area and appropriately space (6 ft. apart) your equipment on the sidelines.
- Use your own ball - do not share or borrow another player's ball
- If you are practicing as a goalkeeper, always keep your gloves on, and sanitize your gloves and hand afterwards
- No spitting on the field

FOR PLAYERS AT THE END OF TRAINING

- Collect all personal belongings, including ball, water, sanitizer, and face covering
- When released, exit the field at the designated location and return to your car while maintaining social distancing
- Wear a face covering when leaving the field
- Use hand sanitizer after the session and wash your hands when you get home
- Upon returning home, promptly wash your hands, clean your clothing, and have your parents disinfect your training gear prior to the next session

PLAYERS GUIDELINES FOR GAMES

- Place your personal items and equipment 6 feet away from others
- Wear your face mask if you are not in the game
- Wear face mask after completion of the game and while on-premises