



## COVID 19 Guidelines for Players

- Take your temperature daily, especially before activities with others.
- Wash hands thoroughly before and after practices and games
- Players should bring hand sanitizer to each practice and game as well as a mask.
- Players must now be masked when participating in a game or practice session. There are no exceptions. Masks must always cover the mouth and nose. Players who are not actively participating in a game or practice session, i.e., are on the sidelines, may remove their mask if they are able to maintain a social distance of at least 6 feet.
- Masks are required for anyone who uses the restroom facilities at Soccerhouse.
- Practice social distancing. Bags and equipment should be spaced 6 feet apart. Players on bench should be at least 6-feet apart.
- Do not touch or share anyone else's equipment water, food or bag, including pinnies, keeper jerseys or gloves.
- Players should use their own equipment, water bottle, towel, hand sanitizer and any other personal hygiene products.
- Wash and sanitize all equipment before and after every practice and game.
- No pre-game team walkouts or post game handshakes, high 5's, fist bumps or elbow bumps. Players may acknowledge opponents and spectators with applause/hand claps. No group celebrations, high-5s, fist bumps, hugs, etc
- Players must not exhibit any signs or symptoms of the COVID-19 virus in the past 14 days and have no known exposure to someone that has been ill in 14 days.
- Players must not have above normal temperature readings. Anyone with a temperature of 100.4°F or above shall not be permitted to remain on site.
- Players should leave the field immediately following the conclusion of the game.