



Return to Practice Suggested Guidelines

Initial Practice Return

- ✓ Complete [TVLL Medical Release/Health Declaration](#) – please have parents complete this online form which will result in capturing required 2020 Medical Release and COVID-19 Health Declaration. **If the supporting parent or player (parent who will be on the field as either a coach or spectator) answers YES to any of the questions, they will need to stay home and inform me, immediately.**

Pre-Practice Symptom Monitoring

- ✓ As of now, parents will be required to conduct self-monitored and reporting symptom check. It's essentially a review for symptoms as well as health exposure since the last practice. The game day symptom check app will be deployed starting June 22, 2020. Until that is deployed, we will need to impress upon parents that any experiences of the symptoms listed in the health declaration within the past 48 hours must be reported and protocols adhered to. A key indicator for the players will be to monitor their temperatures. CDC recommends monitoring for 100.4 and above. As a community and team, we will rely on families to self-monitor and report to me if health exposure or symptoms occur between practices. I can't stress the importance of this criteria as it is incumbent upon us as a community to work together to ensure compliance and the safety of our families.
- ✓ **Anyone considered to be a [high-risk candidate](#), as outlined by CDC, should consider refraining from physically attending practices and or assisting on the field coaching.**

Drop-Off / Parking and Remaining at the Field

- ✓ **Drop-off and go** – we would recommend for the first two weeks that parents attempt to stay at practice as a support mechanism for the players. There will be a transition for most players from the current environment to this new environment. If you can't remain, we understand, please let us know so we can have a discussion regarding a smooth transition back into play. **If you are considered a potential as high risk given the parameters outlined by CDC, we are advising you to not remain at the park.**
- ✓ **Parking and Remaining at the Field** – this is assuming you are staying. Best practice suggested is to park cars at least a car width apart for the initial return. I would strongly suggest that we apply this for those that will be staying to either assist or watch the first couple of practices.
- ✓ **Remaining on the Field as a Spectator**
 - **Social Distancing 6-foot rule** - Must maintain 6-foot social distance spacing from the kids staging area for gear behind the fence
 - **Masks** – our preference is that masks are worn at all times, however, I understand that the guidelines indicate that they are to be worn when not able to social distance (coming within 6-feet of each other). The rule at the park will be that once the kids come off the field, everyone will need to put their mask on.

Field of Play – Coach & Player

- ✓ **Masks** – everyone needs to have one and they need to wear them when social distancing cannot be obtained. I will review with players their requirements for on-field activities. When playing between the lines I will also coordinating putting them on and when they can take them off. For parents coaching and/or watching, the same rules will apply.
- ✓ **No dugouts** – no players or parents in the dugouts
- ✓ **Social Distancing 6-foot rule** – each player must adhere to the social distancing 6-foot rule during practice activities. This will be closely monitored to ensure compliance. We will institute timeouts for players if they don't adhere to this rule.



- ✓ **Hygiene** – proper protocols for hygiene are required. If they sneeze or cough they will need to take the proper actions (example is coughing or sneezing into arm).
- ✓ **Sanitize and disinfect** – they need to bring with them either sanitizer or a disinfectant to apply to equipment and use with their hands on a regular basis. They need enough at practice to do this regularly. They will be using onsite closed bin receptacles to throw away any used items for sanitizing and disinfecting.
- ✓ **Equipment Staging Area** – each player will have their own equipment staging area, there will be no sharing of equipment. That area will be set up applying social distancing measures as well to comply with the 6-foot rule.
- ✓ **Water** – Each player will need to bring their own hydration equipment for their needs.
- ✓ **Food** – no gum, sunflower seeds, or candy allowed.

Health Declaration Prior to Initial Practice along w/ Symptom Checking Prior to Each Practice

History of Exposure	YES	NO
Within the last 14 days, have you had contact with any person who has been tested positive for an infection with the COVID-19?		
Have you ever been admitted to or visited a hospital in the past month?		
If yes, please specify the reason for the admission or visit:		

Have you experienced any of the following symptoms during the past 14 days?					
Symptoms	YES	NO	Symptoms	YES	NO
Fever (100.4 or above)			Vomiting/Nausea		
Cough (persistent)			Diarrhea		
Dyspnea			Skin hemorrhage		
Sore throat			Rash		
Chest Pain			Fatigue/Tiredness		
Conjunctivitis			Headache		
Myalgia			Loss of taste		
Chills			Loss of smell		
If you answered YES to any and are being treated already, please list which vaccines and/or biologicals are being used:					

Please be aware that if you have answered YES to any of the above questions, **YOU SHOULD STAY HOME**, inform your Team Manager immediately and follow local public health guidelines.