



GUIDELINES FOR PRACTICES

Parents:

Please arrive before the scheduled start time and have the player exit the car dressed and ready to train.

The only equipment the player needs to bring to the field is a water bottle and ball, both labeled with the player's name.

We are asking that parents stay in their cars and drop off/pick up the player at the field.

Please contact the coach by phone, text, or email after the session if you have questions. We're avoiding having one on one conversations on the field at the session.

If you decide to watch, you will not be allowed on the field and social distancing guidelines must be followed. Please do not distract from the session by not following guidelines.

Sharing water bottles is not allowed during practice. Athletes must use their own water bottle, clearly marked with their name.

Coaches:

It is suggested that coaches wear face masks when not directly involved with coaching.

No unnecessary individuals should be present on the field (managers, extra coaches, non-participating individuals, etc.).

There should be no spectators allowed at any workouts or practices. Parents/caregivers should remain in their cars during this time.

No congregating is allowed in the parking lot or fields.

A drop-off line for practices is recommended to avoid unnecessary exposure.

For younger children, one parent/caregiver can accompany the child to drop them off at the field, returning at the end of the session.

No team huddles should take place.

No handshakes or fist bumps should take place.

It is recommended that pinnies are not shared, or any other equipment that cannot be sanitized between uses.

Only coaches should handle picking up equipment at the end of the session.

Any equipment used during activities should be disinfected with certified sanitation products between individual uses.

Hand hygiene is essential. Provide hand sanitizer or sanitizing wipes.