



MASSACHUSETTS YOUTH SOCCER ASSOCIATION



PARENTS

- **Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.**
- **If your child has any symptoms, even mild ones, public health urges you to stay home and isolate until:**
 - **You have had no fever for at least 72 hours (without the use of medicine) AND**
 - **Other symptoms (cough, shortness of breath) have improved AND**
 - **At least 7 days have passed since your symptoms first appeared.**
- **Anyone in your household that you have had close contact with (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't been tested for COVID-19.**
- **Notify the club immediately if your child has become sick.**
- **Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.**
- **Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).**
- **Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.**
- **Ensure your child's clothing is washed after every session.**
- **Do not assist the coach with equipment before or after a training session.**
- **No carpooling with other members of the team.**
- **Be sure your child has necessary sanitizer with them at every session.**
- **Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.**