



## Required Checklist

### *Coaches and Players*

- ✓ Do not allow any team member(s) with symptoms to attend any event
- ✓ If you are sick, feeling sick or have a temperature of 100 degrees or higher, you must not attend
- ✓ Players and coaches should remain in their vehicles until the designated time to enter the facility (to allow teams and supporters at previous games to leave the facility and allow time for sanitation)
- ✓ EVERYONE AT THE EVENT IS REQUIRED to wear a face covering at all times
- ✓ Players are required to social distance when not playing and to wear face coverings at all times
- ✓ Coaches are required to wear face coverings at all times
- ✓ Specific areas will be marked for players around their team sideline and bench/technical area to provide for adequate social distancing for those players who are not on the field during competition
- ✓ No early arrival and warm up in areas outside of the playing field prior to the game
- ✓ Coaches and players should maintain social distancing during half time, water breaks and at all times when off the field of play
- ✓ Coaches and players should maintain "social distancing" in the "bench area" and in between games (i.e. do not congregate in groups on the sidelines and maintain 6 ft. apart from other groups)
- ✓ Players and coaches should bring their own hydration and food.
- ✓ Do not share water bottles, drinks or food or any personal items
- ✓ Hand contact of any kind will be prohibited (i.e. handshakes, 'high fives,' etc.)
- ✓ Soccer balls and equipment will be disinfected before and after each game by home team
- ✓ No spitting will be allowed on the field, sidelines, or anywhere on the event premise
- ✓ Coaches should possess player passes during the game - do not exchange documents with the referee(s) Pre-game will be to check equipment only. Coach will provide player info if requested by referee
- ✓ Teams should designate one or more of the coaches or team manager to pay close attention to players in the technical area to ensure they follow social distancing protocols
- ✓ Tents or tarps may be used only in the technical areas to shield players from the sun and heat - It is recommended to bring enough tents so that all players may be in the shade while still maintaining proper social distancing
- ✓ Cover your mouth when coughing or sneezing - recommended into the nape of the elbow
- ✓ Avoid touching eyes, nose, and mouth with hands
- ✓ Players or coach should sanitize their hands each time they come off the field and in between each game
- ✓ All coaches and players are reminded to launder clothes, uniforms, and vests upon return home
- ✓ Away team will be deemed to have won the coin toss