



COMMUNITY FIRST SOCCER

COVID-19 PRACTICE GUIDELINES

1. **Players are required to have a secure face covering.** Face covering must be worn when arriving to the field, exiting the field, and during all breaks from play.
2. Players must make every effort to observe social distancing (minimum of 6 feet apart) during training and during all breaks from play.
3. No handshakes, hugs, or physical contact between players not in the motion of play.
4. Players must bring their own filled water bottles to all practices and games. ***NO sharing of water or food at any time.***
5. Players must bring their belongings to their designated practice area and place at least 6-feet from their teammate's belongings.
6. Players must have their temperature checked before leaving the house. **Players with a temperature above 100.4 or players that are feeling ill should not attend practice.**
7. Players must go directly to their coach for a non-contact temperature check before the start of practice. **Players with a temperature above 100.4 will not be able to take part in practice.**
8. **No spectators allowed at the field.** All parents must remain in their cars during player drop off and pick up.
9. At the end of practice, players must go directly to their car to exit the field before the next practice begins.
10. All players must wait until players from the previous practice have left the field before the next set of players enters the field.
11. All players should sanitize their hands and wash their clothes after every practice.