## Participant Checklist

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| 1 | Come dressed ready to play; other equipment such as a gloves and masks are recommended. |
| 2 | Be prepared for a health assessment before **every** session. |
| 3 | Bring your own bottle of water with enough to last for the duration of the activity. |
| 4 | Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored). |
| 5 | Coaches and Safety Officers will designate where each athlete will place their personal belongings. |
| 6 | Use the designated entrance and exit; follow the drop-off and pick-up protocol. |
| 7 | Only athletes, coaches and safety officers are allowed within the perimeter of the field of play. |
| 8 | Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety  officers. |
| 9 | If you show **any** symptoms of COVID-19 you are required to stay home. |