

RETURN TO PLAY – PARENT/GUARDIAN CHECKLIST



Use this checklist to help your player prepare for the pitch safely.

BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).**
- Check field status via the SPDSA website and check for SPDSA email communications.
- Eat before you come – no food or drink on premises (other than water bottle).
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water. Have water bottle filled before arriving. (There are no water stations at the field)
- Have thoroughly washed equipment on and ready to go for on field. (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom (there will be no washrooms at the fields).
- Register your attendance for contact tracing.

ARRIVAL AT FIELD/FACILITY

- Drop player off at facility entrance.
- Respect social distancing guidelines and remain 6 feet apart.
- Have personal hand sanitizer to use during sessions.
- Consider wearing PPE (masks, gloves).

AFTER ACTIVITY IS COMPLETE

- NO LOITERING.
- Respect social distancing guidelines.
- Pick player up at facility exit.
- Leave facility parking lot.