

# RETURN TO PLAY – PARTICIPANT CHECKLIST



Use this checklist to help your child prepare for the pitch safely. You are not required to bring this to each session, it is for contact tracing for you to keep track of, in case information is needed by AHS, should an outbreak occur.

## 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).**
- 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).

## ARRIVAL AT FIELD/FACILITY

- Enter through established entrances and go to your designate field.
- Respect social distancing guidelines and remain 6 feet apart.
- Check in with SPDSA coaching staff/manager and log attendance and symptom screening.
- Wash at provided handwashing / sanitizing stations.
- DO NOT** share water bottles.
- Have personal hand sanitizer to use during sessions.
- Arrive to sessions, dressed and ready to go. There will be no dressing rooms at the facilities.

## AFTER ACTIVITY IS COMPLETE

- NO LOITERING.
- Exit through designated exits.
- Clean hands at provided handwashing / sanitizing stations.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball).

