

PLEASE READ BEFORE ENTERING THE SOCCER PRACTICE FIELD



HELP PREVENT THE SPREAD OF COVID19

If you choose to play soccer, be sure to practice these safety tips and recommendations:

- Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.

DO NOT PLAY IF ANY OF YOU:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual. Vulnerable individuals include an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

PREPARING TO PLAY

Protect against infections!

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available.
- Clean and wipe down your ball.
- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching nets, fences, benches, etc. if you can.

WHEN PLAYING

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- Deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, tackling, and blocking.
- Avoid touching your face after handling a ball. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Remain apart from other players when taking a break.

AFTER PLAYING

- Leave the field as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after play.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the area immediately after play.