**General Guidelines**

- Training sessions shall be timed to allow at least a 30 minute break between the finish and start of subsequent sessions, to allow for departure and arrival without crowding.
- Players and coaches will be asked to arrive no earlier than 15 minutes prior to a session and depart no later than 15 minutes after completion.
- Participants should pick up their own trash at the conclusion of all practices and activities. Extra trash bins should be provided, and more frequent dumping should occur.
- All requirements must be shared prior to the practice with all players and coaches.
- Limit sports activities to those in which participants can maintain social distancing or close contact is limited and brief. Examples include golf, baseball, softball, swimming, diving, dance, tennis, disc golf, horseback riding, track and field, figure skating, curling, running, and pickleball.
- For sports activities in which participants cannot maintain social distancing and close contact is frequent or prolonged (e.g., football, competitive, cheer, lacrosse, basketball, wrestling, rugby, water polo, and hockey), activities should be limited to conditioning, drills, and practices in which dummy players, sleds, punching bags, and similar equipment are used.
- All coaches and managers are required to wear face coverings. Players should wear face masks except while playing or exercising (e.g. on the sidelines).

**Team/Players**

- Players’ personal items and equipment should be spaced out at least 6 feet apart.
- Players should use their own equipment as much as possible.
- Players must bring their own water/beverage to consume during and after practice. No shared drinking fountains or coolers.
- No shared/communal snacks.
- Conduct daily symptom assessments.**
- No touch rule- no high fives, handshakes or other physical contact.
- No spitting or eating seeds, gum, or other similar products.

**Recommended Best Practices**

- Parents or guardians should be discouraged from attending practice, but if they must, coaches and facility operators must require 6 feet of social distancing except for members of the same household.
- Coaches/adult leaders and players should check their temperatures before participation in soccer activities and ask/administer screening questions about symptoms in participants or their household members.**
- Players are strongly encouraged not to travel with other members of the team and only members of their immediate households.
- Post informational signs regarding social distancing, facial coverings, and what to do if symptomatic.
- Promote healthy hygiene practices, such as hand washing as feasible.
- Provide hand sanitizer stations.
- Coaches and team managers should ensure that players are following COVID-19 related prevention measures included herein.

- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, if feasible.
- Promote healthy hygiene practices, such as hand washing wearing a cloth face covering, as feasible.
- Facility, the team, and/or coaches should have bottled drinks on hand, in case a player forgets his or her water bottle.
- Players should bring their own snacks; if snacks are provided, they should be individually packaged.

**Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.**

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<table>
<thead>
<tr>
<th>Coaches/Parents</th>
<th>Medical Clearance</th>
<th>Confirmed Cases</th>
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<tbody>
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**Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

Mandatory*  
- Ensure social distancing for all practice activities.
- Coaches must clean and disinfect shared equipment before and after each practice and games. Use disinfectants outlined on EPA List N.
- Parents must remain in their cars or drop off and pick players up afterwards.
- Enforce no touch rule – no high fives, handshakes or other physical contact.
- Stay up-to-date on the latest guidance issued by the CDC, state and local health authorities.

Recommended Best Practices*  
- Where feasible, adjust activities and procedures to limit sharing of items such as toys, belongings, supplies, and equipment.
- Train all coaches on health and safety protocols.
- Balls shared during practice should be changed out every 30 minutes with cleaned and disinfected balls.
- Before and after practice, teams should wash their hands for 20 seconds. If no handwashing station is available, then an appropriate hand sanitizer should be used.

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