



## **Return to Play-ATHLETES**

*Expect to:*

- Have a COVID-19 Health Screening Questionnaire upon arrival, including a temperature check
- Have clearance from physician to return to sport if you have tested positive for COVID-19
- Wear a mask at all times (exceptions when active exercises)
- Maintain social distance of 6ft from all participants
- Practice fun, new greetings to avoid close, physical contact
  - Examples: Air high fives, dances
  - Avoid team huddles, hugging, high fives, hand shaking and fist bumps
- Have fewer people attending trainings
- Have your parents or caregivers wait in their cars
- Wear appropriate clothing/shoes at all times
- Leave training without showering or changing clothes
- Bring personal equipment that you will not share including:
  - Water Bottles
  - Towels
  - Tissues
  - Sport specific Equipment
- Eat before or after training, if possible
- Wash hands for a minimum of 20 seconds or use hand sanitizer before participating
- Wash or sanitize hands before touching common surfaces, equipment or participating in workouts
- Wash or sanitize hands after coughing or sneezing
- Cough or sneeze into a Kleenex or elbow
- Dispose of waste in proper containers
- Arrive on time-Don't arrive too early to avoid gatherings with other athletes prior to event