



Return to Play- FAMILIES/GUARDIANS

Expect to:

- Have athletes undergo a COVID-19 Health Screening Questionnaire upon arrival (including temperature check)
- Have clearance from physician to return to sport if athlete has tested positive for COVID-19
- Wait in car during practice sessions
 - Trainings are limited to athletes, partners, coaches
 - If an athlete needs 1:1, caregiver should remain with that athlete throughout and not move to help other
- Remind athlete to wear mask at all times (exceptions when active exercises)
- Remind athlete to maintain social distance of 6ft from all participants
- Remind athlete to practice fun, new greetings that avoid close, physical contact
 - Examples: Air high fives, dances
 - Avoid team huddles, hugging, high fives, hand shaking, fist bumps
- Have athlete eat prior to or after a training session
- Have athlete shower and change clothes after a training
- Remind athlete to bring personal equipment that they will not share including:
 - Water Bottles
 - Towels
 - Tissues
 - Sport specific Equipment
- Have athlete wash hands for a minimum of 20 seconds or sanitize before and after participation
- Have athlete wash or sanitize hands after coughing or sneezing
- Remind athlete to cough or sneeze into a tissue or elbow
- Arrive on time-Don't arrive too early to avoid gatherings with other athletes & families prior to event