### Before Practice/Games

- **Fever?**
- **Cough?**
- **Trouble breathing?**
- **Loss of smell/taste?**
- **Diarrhea/vomiting?**

Screen all athletes, coaches, referees and support staff for COVID-19 symptoms before beginning any activity.

- **Parents can drop off young children**
- **Maintain social distancing**
- **Bring your own water bottle and do not share it**
- **Masks are recommended for coaches, referees, and players**
- **Remain in car or designated area while waiting for your child/athlete**

### During Practice/Games

- **Assign athletes and coaches to pods of 50 or fewer. Pods should NOT interact with one another.**
- **Disinfect or wipe down all equipment and machines after each use**
- **NO team huddles**
- **NO unnecessary personnel**
- **NO handshakes or fist bumps**
- **NO congregating in parking lots or fields**
- **Limited spectators maintaining social distance and masked**

### After Practice/Games

- **Avoid using the locker room. If you cannot, maintain social distancing.**
- **Wash any and all workout clothing and gear daily**
- **Sanitize coolers after each use**
- **Disinfect any and all equipment**
- **Wash single-use ice towels before reuse**

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