

Spring 2021 Player Responsibilities

PA West COVID Return to Play Requirements

- ★ Arrive **at least** 10 minutes early before every practice and game to help your coach complete Attendance and Health Questions
 - Do NOT arrive too early though as there may not be enough field space to keep 6ft or more apart from others already using the fields until your regular practice time begins
- ★ If you have recently had a household positive COVID-19 exposure, or experiencing any symptoms (fever, cough, etc.) then please do not participate in any practices or games until symptoms are gone or the quarantine period if over
- ★ Bring the following to **EVERY practice and game**
 - personal water bottle
 - personal hand sanitizer
 - **FACE MASK**
 - soccer ball to practices ONLY
 - your coach will NOT have extra practice balls to share this season
 - DO NOT bring your soccer ball to games
- ★ Use your personal hand sanitizer often
 - Your coach will have more hand sanitizer ready for you to use provided by RAYSA
- ★ No eating, gum chewing, spitting fingers in mouth allowed at the practice or game field
- ★ Please cover your mouth area when sneezing or coughing, and immediately go use some hand sanitizer
- ★ **Wear your mask at all times** except when playing in a practice drill/activity with your coach, or playing in a game.
 - Must wear mask to/from vehicle before and after practice and game
 - Players must wear mask again for water breaks or restroom breaks, and also sitting/standing on the sidelines as a substitute or at halftime in Saturday game
 - Obviously mask may be removed for drinking water, or breathing issues
 - Your coach will have extra masks provided by RAYSA in case you forget it for any practice or game