



### **Indiana Soccer COVID-19 Pre-Check Guidelines**

Prior to each training session or game, each individual participating in or attending the activity: coach, manager, player, referee or spectator, should utilize the following protocol before attending. It is the decision of the club if the individual is to follow this protocol prior to attendance or if the club will have each individual checked on site. If individuals are to be checked on site, be sure to check all individuals prior to them administering the tests.

- Take their temperature
- Are you experiencing any of the following symptoms?
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell
- Have you come in contact with anyone who was exposed to COVID-19?

According to the Indiana Department of Health, if the individual's temperature is 100.0 or above and/or if they are experiencing any of the above symptoms and/or the individual has come in contact with anyone who was exposed to COVID-19, they should not participate in or attend the activity. The individual or their guardian should contact their physician or local health department for next steps.