

COVID-19 Procedures for Families to do BEFORE Practice

Highline Soccer Club follows state and federal guidelines, and encourages membership to adhere to those guidelines to reduce the spread of COVID-19.

Sources

Centers for Disease Control and Prevention (cdc.gov), Washington State Department of Public Health, Washington State Youth Soccer, and Puget Sound Premier League.

Stay home if...

1. You have a fever or other Covid-19 symptoms,
2. Live with an elderly person or people with weak immune systems,
3. You have been around someone who tested positive for Covid-19



Check your temperature.

Check your temperature at least two times a day.

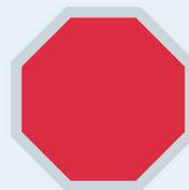


Wear mask to practice.

Masks must be worn to practice. However, players will not train in the masks.

Use designated drop off areas.

Players are not allowed to carpool to practice.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer. Do this before every practice!



Label and bring your own ball and water.

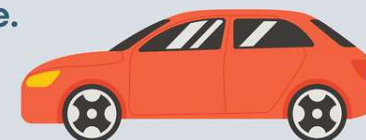
To prevent cross contamination, all players should bring their own equipment. Players will not be allowed to share water.



Pack sanitation products.



NO CARPOOLING to practice.



COVID-19 Procedures for Families to do **AFTER** Practice

Highline Soccer Club follows state and federal guidelines, and encourages membership to adhere to those guidelines to reduce the spread of COVID-19.

Sources

Centers for Disease Control and Prevention (cdc.gov), Washington State Department of Public Health, Washington State Youth Soccer, and Puget Sound Premier League.

Sanitize hands at end of practice.



Wear mask after practice.

Use designated pick up areas.

Players are not allowed to carpool from practice.



Wash clothes after each practice.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer. Do this after every practice!



Sanitize equipment after practice.



Allow coach to clean up equipment without assistance



NO CARPOOLING
after practice.

