

# COVID-19 Procedures for Families to do **BEFORE** Practice

*HSA Select 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.

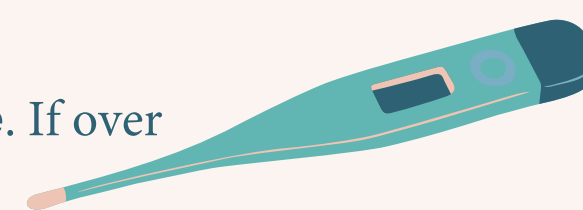
## Stay home if...

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. If over 100, stay home.

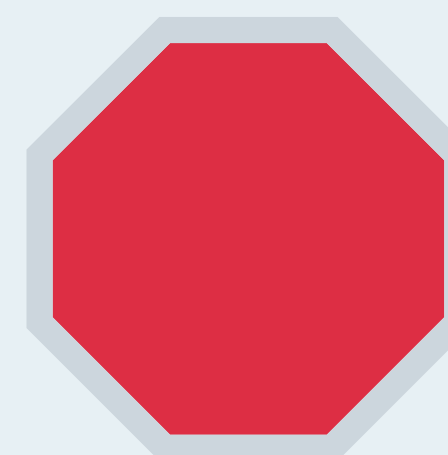


## Wear mask to practice.

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

## Use designated drop off areas.

Families should limit carpooling 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.

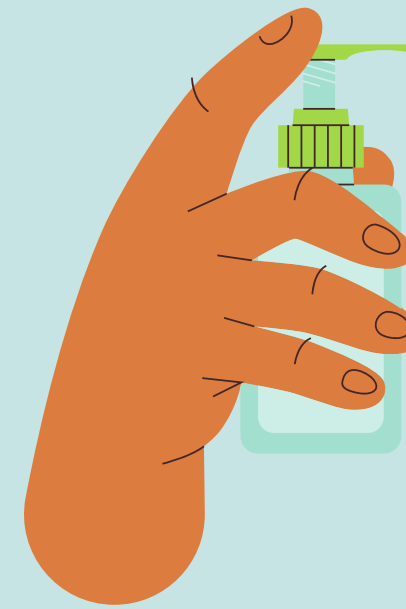


# COVID-19 Procedures for Families to do **AFTER** Practice

*HSA Select 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.

**Sanitize hands at end of 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!



**Wear mask after practice.**

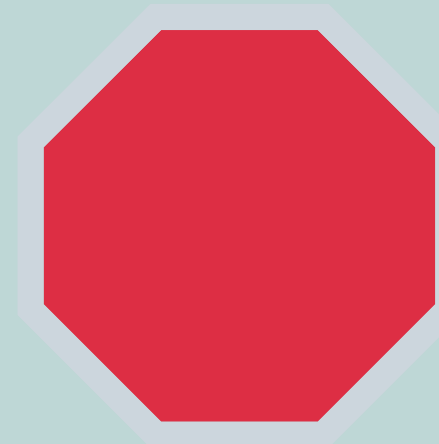
Masks must be worn after practice.

**Sanitize equipment after practice.**



**Use designated pick up areas.**

Families should limit carpooling from practice.



**Allow coach to clean up equipment without assistance**

**Wash clothes after each practice.**

