

KMSL Soccer Guidelines Updated 8/20/20

Soccer Guidelines:

- 1) Do not attend a session if showing signs of illness or not feeling well.
 - A) Coaches should confirm at each practice and game that everyone is feeling well.
- 2) Play at your own risk.
- 3) Restrooms will only be cleaned weekly and not daily sanitized.
- 4) Sessions will be held outdoors in areas where the players can spread out.
- 5) Players can utilize their own equipment for drills.
(It is Recommended personal equipment be sanitized before each practice and after)
- 6) Handshakes/high fives etc. are not allowed.
- 7) Hand sanitizer will be provided
- 8) Balls and Equipment will be sanitized after each Session.
- 9) Players on sidelines will use social distancing
- 10) Each player will provide their own labeled water or refreshments.
- 11) All players bags, water bottles and equipment will be kept at least 6 ft. apart from others.
- 12) Any spectators who attend practices or games must employ social distancing. Masks encouraged.
- 13) Each player should have a mask available to wear when they feel it is necessary. No Metal or Plastic is allowed on the Mask. Coaches are encouraged to wear masks when speaking to their team.
- 14) No Spitting is allowed.
- 15) Any coughing or sneezing must be done directed away from others and into your elbow.
- 16) Players should refrain from using their hands to touch the ball or any other players.
(Goalkeeper must wear Gloves to touch the ball and clean after each session)
- 17) Only Pre-packages snacks and drinks allowed. No sharing of Snack or Drink
- 18) Coaches will ensure that players follow all Guidelines.