



NUFC Covid-19 Information

Parents:

- Ensure your child does not have a fever and is healthy prior to attending any practices or games. If in doubt, keep them home.
- At games and practices please be cognizant of your distance with other parents and spectators.
- Follow all local and tournament/league guidelines which may include face coverings, seating distance from the fields, # of spectators, etc...
- Wash clothes and equipment after practices.

Players:

- If you do not feel well, let your parents and/or coaches know immediately!
- Keep your water bottles separate from your teammates and make sure that you are drinking your water not your teammates'.
- Avoid hand contact such as handshakes and high fives.
- Players should bring hand sanitizer with them to practices and events.
- Follow coach's instructions for the use of your training vests/pennies.

Coaches

- Try and keep players distanced on the sidelines during games and practices.
- Do not allow players to trade or wear previously used training vests/pennies.
- Wash all used training vests/pennies between games.
- Promote safe distancing when possible.

General Notes:

- We will have hand sanitizer at the concession stands for use by players, parents and coaches as they arrive and leave the Soccer Complex. We will keep it out there as long as nobody leaves with it.
- It is recommended that all players, coaches and parents wash their hands or use hand sanitizer before arriving at practice and when leaving practice.
- There is only so much that can be done with distancing as Soccer is a contact sport. That means that there will be contact in practices and games. It is unavoidable.
- If anyone is uncomfortable playing, having your child play or coaching, please let us know immediately and do not participate...IT IS YOUR CHOICE!