



Parent Practice Checklist

Step 1 - At Home Before Practice

1. No carpooling to practice
2. Did my child go to bathroom before we leave - we would like to limit restroom use
3. Are shoes tied (for players that can't tie their own shoe)
4. Did I pack water, soccer ball, hand sanitizer for my child - red jersey (1st practice), white 2 (practice)
5. Does my child have a mask
6. Answer self checklist, and do not go to training facilities or fields if you answer "YES" or exhibit any of the CDC and/or CDPH COVID-19 symptoms.
7. Update teamsnap
8. Should you answer "YES" or exhibit any symptoms:
 - a. Parents (not players) should remotely communicate health status to your coach and team administrator within 24 hours of your training session.
 - b. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine.

Step 2 - Arriving at Facility

1. Follow information provided to your specific gate of entry and exit.
2. Parent parks and wait for exact practice time (NO CHILD TO BE LET OUT OF CAR EARLY)
3. Child (and parent if location of parking lot necessitates) exits the car with water, tied shoes, personal hand sanitizer, soccer ball and mask on (both parent and player) and maintain social distancing guidelines. Parents should remain 50 yards from the field to limit gatherings.
4. Coach will conduct a visual wellness check of all players upon arrival and ask if they have completed their self disclosure.
5. Once answered "yes" child will be asked to use their hand sanitizer and directed by coach to their area
6. If self disclosure not completed, child will be refused entry to practice
7. Each player will be assigned to their own socially distanced area
8. Each player can remove mask only when in square and the coach lets them know
9. Each player has their own ball - no sharing except passing drills
10. No participants to touch coaching equipment or static team benches and field shades

Step 3 - During Practice

1. Parents **must** remain in the car unless essential and must wear a mask and practice social distancing if outside. Parents should remain 50 yards from the field to limit gatherings.
2. Cell phones need to be available to receive calls.
3. Coaches will notify parents of any injuries/concerns that need parental assistance during practice.

Step 4 - After Practice

- Practice will end at the exact time stated for your team.
- Child should use sanitizer or wash hands.
- Coach will release the child one at a time once the player and coach identify where the parent's car is.
- Parents should stay in the car and park as close as possible to the exit area, if the facility allows, or maintain social distancing and wear a mask if field is not in view of parking lot.
- Drive Safe