



## Parent Game & Practice Checklist - Updated February 26th, 2021

### **Step 1 - At Home Before Practice**

1. Avoid carpooling to practice
2. Did my child go to bathroom - we would like to limit restroom use
3. Did I pack water, a soccer ball and hand sanitizer for my child ?
4. Do all attendees have a mask?
5. Nobody with symptoms may participate – complete [self disclosures](#) before every session.
6. Should you answer “YES” or exhibit any symptoms:
  - a. Parents remotely communicate health status to your coach and team administrator (if you have one) immediately.
  - b. Speak to a physician and follow CDC and/or CDPH COVID-19 guidelines on self-quarantine.

### **Step 2 - At Practice & Games**

1. Parents/Spectators should remain in their car until practice or game kick off time except for accompanying players to drop off if necessary.
2. Parents/Spectators are limited to immediate household members. This includes practice & games.
3. **Face coverings must be worn** when not participating (on the sidelines and to and from the field).
4. **Face coverings must be worn** by **coaches, staff and spectators at all times**, and in compliance with the [CDPH Guidance for the Use of Face Coverings](#).
5. Players can choose to wear face coverings during sessions as they so wish.
6. Observers maintain at least 6 feet from non-household members.
7. No sharing of drink bottles and other personal items and equipment.
8. Participants must sanitize hands before competition, during breaks and after competition
9. Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
10. All new players must sign and return the [Cal South Waiver](#) and [Self Disclosure Form](#)

### **Step 3 - After Practice/Game**

- Players, spectators and coaches depart the field wearing masks.
- Players should use hand sanitizer or wash hands.

### Now permitted in CA

- Regular Practice/Training
- Inter-team competitions between two teams, only if
  1. both teams are located in the same county and the sport is authorized
  2. teams are located in immediately bordering counties and the sport is authorized in both counties
- Only one competition, per team, per day maximum to be played.