



USAV RETURN TO PLAY SAFETY GUIDELINES FOR STAFF, PLAYERS, PARENTS & SPECTATORS

BEFORE, DURING AND AFTER TRAINING...



- ✓ Wash and sanitize your hands often.
- ✓ Do not touch your face, eyes or mouth with unclean hands.
- ✓ Practice social distancing as often as possible.
- ✓ Wear a face mask when possible to reduce exposure to airborne particles
- ✓ Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- ✓ Do not share water bottles or drink from same cups

+ BEFORE TRAINING ACTIVITIES

- ✓ Be symptom free for at least 14 days prior to any activity.
- ✓ Stay home if you are sick or do not feel well.
- ✓ Be aware of and disclose any potential contacts with affected individuals.
- ✓ Keep a list of people you have been in contact with each day.

+ DURING TRAINING ACTIVITIES

- ✓ Refrain from attending any activity if displaying any COVID-19 symptoms.
- ✓ Comply with all permissible regulations approved for the venue.
- ✓ Refrain from contacting other participants and attendees (high fives and huddles).
- ✓ Bring hand sanitizer and sanitizing wipes.
- ✓ Properly dispose of your personal drinking cups, bottles, or utensils used
- ✓ Keep a list of people you were in contact with during the activity.

+ AFTER TRAINING ACTIVITIES

- ✓ Monitor your health and report any symptoms after every activity.
- ✓ Wash and sanitize all gear, uniforms and apparel used during the activity.

