



## PARENT CHECK LIST

We know there is a lot to consider as your player joins his or her team and takes to the field once again. The checklist below may help you navigate important steps and decision making to keep your family safe.

### BEFORE TRAINING

- Ensure your child is healthy. Test child's temperature before departing for soccer practice/games (if above 100.4, do not attend).
- Limit the use of carpools or vanpools, and limit passengers to household members.
- Facemasks are NOT required at this time but are welcome to be used if you prefer to.
- Wash your child's clothing after every training/activity (recommendation).
- Sanitize all equipment (ball, cleats, shin guards, etc.) before and after every practice.
- Clearly label your child's water bottle and personal items.
- Ensure your child has hand-sanitizing products with them at every session.
- Notify your team/club immediately if your child or family member becomes ill for any reason.
- Check Region and Coach communication regularly.

### DURING TRAINING

- Parents are allowed on the field to watch practices/games. We asked that you social distance from others not in your family unit.
- Stay at least six feet away from fellow parents, and other participants, at all times.

### AFTER TRAINING

- Pick your player up and depart immediately after team training ends.
- Ensure your player takes a shower immediately after returning home from training.
- Ensure your players' apparel and equipment are properly cleaned and sanitized immediately after training. Review CDC guidelines on cleaning [here](#).
- Reinforce any new important safety lessons that may have been learned or shared with your player.

Check for symptoms of illness:

1. Do you or your child have any of these symptoms? If yes, do not participate.

· Fever (higher than 100.4)	· Headache
· Chills	· New loss of taste or smell
· Cough	· Sore throat
· Shortness of breath or difficulty breathing	· Congestion or runny nose
· Fatigue (tiredness or weakness)	· Nausea or vomiting (stomach ache)
· Muscle or body aches	· Diarrhea

2. Check for recent Covid-19 exposure

· Recently tested positive for Covid-19
· Waiting for Covid-19 test results
· Self-quarantining due to possible Covid-19 exposure (e.g. travel quarantine)
· Living with someone with Covid-19
· Been in close contact with someone with Covid-19