



# PLEDGE11 PLAYER'S CHECK LIST

## BEFORE TRAINING

- Carefully review Edge11 Academy's Return-To-Play Guide and COVID-19 Safety Plan. Talk to your family and teammates about the importance of health and safety during training at this time. Take the PLEDGE11 PLAY ON CHALLENGE and encourage others to do the same.
- Ensure you have clean equipment for training, including a face mask. Have your face mask (and any PPE) ready to wear to and from training, and when not active at training.
- Pack at least two clean water bottles for training—and put your name on each.
- Get dressed in your training gear at home in order to arrive ready to play.
- Wash your hands before training. Use soap and water for a minimum of 20 seconds.
- If able, conduct a temperature check. If your temperature is 100.4 degrees F or above, do not go to training. Consult your family physician. Have your parent or guardian notify Edge11 Academy.
- Remember that participating in training is your choice. Do not pressure yourself or others, if you or they do not feel comfortable returning to play.

## DURING TRAINING

- Follow your Edge11 Academy's safety protocols for training arrivals, including arriving at the appropriate time to minimize your personal wait time.
- Be sure to socially distance at training. Stay at least six-feet apart from others, including your teammates during training exercises.
- Wear your face mask when you are not active at training. You do not need to wear it when you are physically exerting yourself during training, as it may obscure vision, increase respiratory challenges, or increase other injury risks.
- Know your fitness readiness. To avoid injury, don't go "too hard, too soon" when you first return to play.
- Do not touch others. This includes high-fives, hugs, team huddles, or through training exercises.
- Do not share water bottles.
- Follow hygiene recommendations. Avoid touching your eyes/mouth/nose as much as possible. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Avoid spitting and coughing.

## AFTER TRAINING

- Depart immediately after training.
- Shower immediately at home following training, and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.



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*We know there is a lot to consider as you take to the field once again. Use the check list above to make sure you're following the safest and best practices.*



# PLEDGE11 PARENT'S CHECK LIST

## BEFORE TRAINING

- Carefully review Edge11 Academy's Return-To-Play Guide and COVID-19 Safety Plan.
- Talk to your player and other family members about the importance of health and safety during training at this time. Take the PLEDGE11 PLAY ON CHALLENGE and encourage others to do the same.
- Ensure you have a list of appropriate contact information for Edge11 Academy, including your team coach, an administrator, and if designated, a safety officer.
- Ensure your player has clean equipment for training, including a face mask.
- Plan appropriate transportation for your player. It's recommended one player and one parent ride together. Avoid ridesharing as much as possible.
- If possible, take your player's temperature before training. If your player's temperature is 100.4 degrees F or above, do not take your player to training. Consult your family physician. Advise your Edge11 Academy.
- Model safe behavior for your player. Follow PPE (face mask) guidelines. If you are unwell (or have a temperature 100.4 degrees F or above), stay at home and consult your family physician.
- Remember that participating in training is your player's and family's choice. Do not pressure your player or others, if you or they do not feel comfortable returning to play.

## DURING TRAINING

- Follow your Edge11 Academy's safety protocols for dropping your player off at training, including arriving at the appropriate time to minimize wait time for your player.
- If possible, do not stay at training. Depart the area or wait in your car. At some venues Edge11 Academy may consider arranging a designated area for parents with social distancing protocols enforced.
- Stay at least six feet away from fellow parents, Edge11 Academy staff members, 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.
- Reinforce any new important safety lessons that may have been learned or shared by Edge11 Academy with your player.



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