

BELLE VERNON AREA YOUTH SOCCER

BEST PRACTICES FOR “RETURN TO PLAY”

The Belle Vernon Area Youth Soccer Club is instructing all its coaches, players, parents and immediate family members to observe the following **BEST PRACTICES FOR GAMES:**

1. No pre-game or post-game handshakes, fist bumps, elbow bumps.
2. Limit the number of spectators to only immediate family members.
3. Follow the CDC directive for adults over 60 and those with underlying health conditions and remind them that attending a game is not in their health’s best interest.
4. Players should not share water bottles and/or drinks. Players should have their own water bottle and/or drink container.
5. Players should not share snacks and/or other food items.
6. Players should not share goalkeeper jerseys, training vests, and/or other items of clothing.
7. Players, Coaches, and/or immediate family members who are ill should stay home.
8. Players should return home and immediately wash their uniform after the game and take a shower.

BEST PRACTICES FOR HEALTH: Everyday preventive actions should be taken:

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose and mouth.
3. Stay home when you are sick.
4. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
5. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
6. Follow the CDC’s recommendations for using a facemask.
7. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
8. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dry.