



## NUFC Covid-19 Information

### Parents:

- Ensure your child does not have a fever and is healthy prior to attending any practices or games. If in doubt, keep them home.
- At games and practices please be cognizant of your distance with other parents and spectators.
- Follow all local and tournament/league guidelines which may include face coverings, seating distance from the fields, # of spectators, etc...
- Wash clothes and equipment after practices.

### Players:

- If you do not feel well, let your parents and/or coaches know immediately!
- Keep your water bottles separate from your teammates and make sure that you are drinking your water not your teammates'.
- Avoid hand contact such as handshakes and high fives.
- Players should bring hand sanitizer with them to practices and events.
- Follow coach's instructions for the use of your training vests/pennies.

### Coaches

- Try and keep players distanced on the sidelines during games and practices.
- Do not allow players to trade or wear previously used training vests/pennies.
- Wash all used training vests/pennies between games.
- Promote safe distancing when possible.

### General Notes:

- It is recommended that all players, coaches and parents wash their hands or use hand sanitizer before arriving at practice and when leaving practice.
- There is only so much that can be done with distancing as Soccer is a contact sport. That means that there will be contact in practices and games. It is unavoidable.
- If anyone is uncomfortable playing, having your child play or coaching, please let us know immediately and do not participate...IT IS YOUR CHOICE!