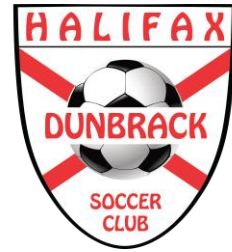


PLAYER CHECKLIST

Use this checklist to help prepare for the field safely



BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before arriving to the venue – no food at the venue. Water bottles are permitted.
- Thoroughly wash your hands with soap and warm water, when possible bring hand sanitizer.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom.
- Register your attendance for contact tracing.

ARRIVAL AT FIELD/ FACILITY

- Enter through established entrances.
- Respect social distancing guidelines.
- Wash hands at provided hand washing stations, if available.
- DO NOT share water bottles.
- Follow traffic flow signs to your location, if available.
- Place your equipment in the designated area, following distancing protocols, six feet or 2 meters from anyone else's equipment.

AFTER ACTIVITY IS COMPLETE

- NO LOITERING.
- Exit through established exits.
- Wash hands at provided hand washing stations, if available.
- Follow traffic flow signs out of your location.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water (at home).
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) at home.