

# COVID-19 Guidelines



## Before you Play

- Screening
  - If you answer 'yes' to any of the **screening checklist** questions, you must not participate. See questions at the bottom of the page.
  - Self-screening must be completed by all players prior to every game - no exceptions.
  - If any player is experiencing symptoms at their game, the Team Captain must send them home immediately; play cannot commence until the individual has left the playing area.
- Safety Measures
  - Players should wash their hands prior to heading out to their facility each week, and bring their own sanitizer.
  - Thoroughly wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Players should wash their hands again, as soon as possible after each game.
  - It is highly recommended that players wear a cloth face mask that covers the mouth *and* nose when not playing, including arriving, departing, and subbing during play.
  - In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of the same household.

## COVID-19 Screening Checklist

If a player answers **yes** to any of these questions, prior-to or at any point throughout the season, they **are not allowed to participate in our leagues**.

### Are you currently experiencing any of the following symptoms?

Fever	YES	NO
Cough	YES	NO
Shortness of Breath / Difficulty Breathing	YES	NO
Sore Throat	YES	NO
Chills	YES	NO
Painful Swallowing	YES	NO
Runny Nose / Nasal Congestion	YES	NO
Feeling Unwell / Fatigued	YES	NO
Nausea / Vomiting / Diarrhea	YES	NO
Unexplained Loss of Appetite	YES	NO
Loss of Sense of Taste or Smell	YES	NO
Muscle / Joint Aches	YES	NO
Headache	YES	NO
Conjunctivitis	YES	NO

**Have you, or anyone in your household, had close, unprotected contact with someone who is ill with cough and/or fever?** YES NO

**Have you, or anyone in your household, been in close, unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?** YES NO