



PARENTS

- Monitor the health of you and your player for symptoms of Covid.
- Ensure that your child's temperature is lower than 100.5 degrees before coming to training.
- Make sure your player has and uses hand sanitizer before and after practice.
- Clean and sanitize your player's outfit and equipment after practice.
- Wear a face covering when outside of your vehicle.
- Maintain social distancing.
- Limit carpooling.
- Avoid bringing extra people to watch practice.