



PLAYERS

- Monitor yourself for symptoms of Covid.
- Wash your hands before and after practice.
- Bring hand sanitizer to use immediately before and immediately after practice.
- Wear a mask until you're on the field to practice, and as soon as you leave the field.
- Don't touch other people's things.
- Maintain social distancing.
- Don't touch the ball with your hands (unless you're doing goalkeeper training).