



Outdoor Sports Safety Guidelines

- Hand Sanitizer is to be utilized prior to and throughout practices and games
- No unnecessary physical contact such as high fives, handshakes, fist bumps or hugs.
- It's recommended that each player have his or her own equipment. If a player needs to use rec issued equipment it must be cleaned and sanitized following use. Sharing another player's personal equipment is prohibited.
- Social distancing among players on the field at all times except when ball is in play. During times when players are not actively participating in practice or games, attention should be given to maintaining social distancing by increasing space between players on the sideline, dugout, or bench. Players are encouraged to spread out into spectator's area if more space is available.
- 6-foot social distancing is recommended for all spectators.
- There will be a 15-20 minute gap between practices or games to allow for one group to leave before another group enters the field. We ask that you not arrive too early and wait in your car until the field is mostly cleared out from the practice or game prior.
- All participants must bring their own water bottle. Team water coolers are prohibited
- No team snacks.
- Face covering may be worn by players and coaches.
- No spitting into the air, ground, on equipment or hands. Sunflower seeds are prohibited
- Parents will be responsible for monitoring their child for signs of sickness. If your child becomes sick they need to stay home, self isolate and parent should notify coach. If a coach becomes ill they must notify the community rec office as well as stay home and self isolate. Anyone who becomes ill may not return until they have met the CDC criteria to discontinue home isolation.