



Team Sports COVID-19 Game Plan

An important part of being a part of a team is protecting and defending your teammates. You are responsible for not only trying to keep yourself healthy and safe but your teammates and coaches as well. Here's the game plan for preparing before, during, and after each practice and game.

Before

- ▶ Consider, do you have any symptoms of COVID-19? Have you been diagnosed or are you waiting for test results? Exposed to someone with COVID-19? - STAY HOME.
- ▶ Before leaving the house make sure you pack:
 - A water bottle, filled with water from home.
 - Hand Sanitizer, with at least 60% alcohol.
 - A mask, cleaned and marked with your name.
 - All needed equipment, to reduce unnecessary sharing.
- ▶ Wash your hands before leaving the house.
- ▶ Wait in the car, or away from the playing area, until just before warm-up.

During

- ▶ Stay 6' from team members whenever possible.
- ▶ Keep your mask on whenever possible.
- ▶ Avoid high fives, fist bumps, hugs, or handshakes.
- ▶ Keep space between players on the sidelines, bench, or dugout.
- ▶ Focus on building your individual skills first and foremost (ex: dribbling, batting, catching, strength, speed, agility)

After

- ▶ Wash your hands.
- ▶ Sanitize shared areas like benches, door handles, bathrooms, etc.
- ▶ Avoid congregating in the parking lot or near the field after the practice or game.
- ▶ If playing indoors, make sure your entire team (+family members) leaves before the next team enters.
- ▶ When you get home, wash your mask and uniform in hot water. Sanitize equipment.