



MASSACHUSETTS YOUTH SOCCER ASSOCIATION

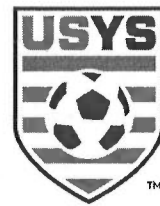


PARENTS

- Ensure your child's health. Take temperature daily. The average normal body temperature is generally accepted as 98.6°F (37°C). Some studies have shown that the "normal" body temperature can have a wide range, from 97°F (36.1°C) to 99°F (37.2°C). A temperature over 100.4°F (38°C) most often means you have a fever caused by an infection or illness.
- If your child has any symptoms, even mild ones, do not send them to practice or a game. Public health urges you to stay home and isolate until:
- You have had no fever for at least 72 hours (without the use of medicine) AND
- Other symptoms (cough, shortness of breath) have improved AND
- At least 7 days have passed since your symptoms first appeared.
- Anyone in your household that you have had close contact with (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't been tested for COVID-19.
- Notify the club immediately if your child has become sick.
- Adhere to physical/social distance requirements posted by the organization. These are based on state and local requirements. When at training, wear a face covering if you are outside of your car.
- Ensure that your child has a water bottle, equipment (ball and GK Gloves if necessary), light and dark shirt (no shared scrimmage vests will be provided).
- Ensure your child's personal equipment, cleats, balls, shin guards etc. are cleaned and sanitized before and after every training.
- Ensure your child's clothing is washed after every session.
- Do not assist the coach with equipment before or after a training session.
- No carpooling with other members of the team.
- Be sure your child has necessary sanitizer with them at every session.
- Ensure athletes arrive dressed for practice and leave immediately after practice. No recreational play, or loitering is allowed.
- A face covering will be required per the most recent EEA guidelines while actively playing and while on the sidelines. A face covering should be worn during arrival and departure from the field. Only a face covering that loops around a player's ears will be considered acceptable. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.



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PLAYERS

- Take temperature daily (see information outlining this in the parent's section).
- Practice and encourage proper hygiene, washing hands frequently with soap and water, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth) with unwashed hands.
- Have your own hand sanitizer with you.
- A face covering will be required per the most recent EEA guidelines while actively playing and while on the sidelines. A face covering should be worn during arrival and departure from the field. Only a face covering that loops around a player's ears will be considered acceptable. See PROTECTIVE EQUIPMENT AND FACIAL COVERINGS section for full description.
- Only a face covering which attaches around the ears will be allowed, so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings will be permitted during contact play.
- Practice physical distancing on the sidelines. When sitting on the sidelines you should be 6' from the next player and wear a mask as much as possible. Your belongings should remain in your space when not in use.
- Bring your own equipment (Ball, GK Gloves (if required), shin guards, jacket etc.) Do not touch anyone else's equipment.
- Bring your own water bottle and snack. Do not touch anyone else's belongings as sharing will not be permitted.
- Wash and sanitize your equipment before and after each training.
- No group celebrations, hugs, handshakes, fist bumps, etc.