



# FHL COVID-19 PRECAUTIONS

All athletes and families **MUST** read through and adhere to the below guidelines.

## BEFORE TRAINING

### SYMPTOM SELF-CHECK

Coaches, players, and parents must take temperature prior to arrival and perform symptom self-check.

If experiencing symptoms, stay home.

## DURING TRAINING

### SOCIAL DISTANCING

Sessions will be structured to follow the current guidelines and recommendations for social distancing as they pertain to contact sports practices at the time of the session.

## AFTER TRAINING

### LEAVING THE FACILITY

Athletes are to wear a face covering to exit the facility, and will exit through the doors near the parking spaces.

Athletes should head home immediately.

No congregating after practice.

### FACE COVERINGS

Athletes must wear a face covering prior to the start of warm-up and when exiting the facility. They can be removed at the start of the warm-up.

Coaches will wear face coverings prior to, during, and after sessions.

### FACE COVERINGS

Athletes may remove their face coverings for the duration of the session.

Coaches will wear face coverings during training sessions.

### EQUIPMENT

Equipment will be sanitized at the end of each session.

### NO SPECTATORS

Space is limited inside the facility. Because of this, parents, guardians, and/or other family members are asked to remain outside the facility.

### NO-TOUCH RULE

Athletes are not to high five, hug, or make contact with other individuals before, during, or after sessions.

Physical contact would only be permitted within the rules of play of the game. No huddles.

Air fives from at least six feet away are encouraged :)

### CONFIRMED CASES

Immediately isolate and seek medical care for anyone who develops symptoms.

FHL will work with local health department to help identify potentially infected or exposed individuals.

### WARM-UP OUTSIDE & NO CONGREGATING

Athletes will park and make their way outside to the side of the facility with the garage doors.

Warm-up spaced at least 6 feet apart.

Upon completion of the warm-up, athletes will stagger their entry into the facility.

### EQUIPMENT

Equipment will not be shared between athletes. Athletes should bring their own water bottle.

Equipment will be sanitized between sessions. Ball collection should be done with sticks only - no hands. Coaches will move equipment during sessions.

