



# Return to Training and Play Guidelines

The Texas Governors office has issued and amended the COVID-19 related executive orders several times, to allow for a phased approach of Return to Practice and Play for outdoor sports participants. Effective June 15, 2020, players and teams were allowed to return to both training and games.

The following guidelines are to be considered to allow for everyone to return in the safest possible environment. Remember, we are all in this together, so all players, parents, coaches, referees, and administrators should be aware of these guidelines. There may also be guidelines specific to a city or county. It is important that you are familiar with, and follow your local government and health authority warnings and guidelines.

## Parent and Player Responsibilities

- Ensure the player is healthy by checking the players temperature before activities with others. Do not attend trainings or games if exhibiting any symptoms of COVID-19 such as fever, cough, difficulty breathing or other symptoms identified by the CDC.
- Players should not attend trainings or games if they have been in contact with someone with COVID-19 within the past 14 days.
- Consider not carpooling or very limited carpooling.
- Parents should stay in their car or at least 6 feet from other non family spectators and should not approach non family players.
- Wear a mask when at training or games, except for when actually playing in a game.
- Bring your own hand sanitizer to trainings and games and use when not on the field.
- Ensure players clothing is washed immediately after each training or game.
- Ensure players equipment (shoes, ball, shin guards, etc.) are sanitized before and after each training or game.
- Ensure the player has his/her own equipment (ball, water, bag, etc.) and is told not to share with others.
- Notify your coach or manager immediately if the player becomes ill for any reason.
- Do NOT engage in handshaking, hugs, high fives, during training or games.
- When not on the field, players and players' equipment should be six feet from other players and equipment.

