



PLAYER CHECKLIST

Use this checklist to help your player prepare for the pitch safely.

Before you Leave Home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before you come – no food or drink on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Enter through established entrances.
- Respect social distancing guidelines.
- Register temperature/active symptom screening.
- Wash at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs to your location.

After activity is Complete

- NO LOITERING.
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball).

