



### APPENDIX 4: PLAYER CHECKLIST

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

#### Before you Leave Home

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- 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 – food is discouraged on the 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

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

#### During activity at Field/Facility

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- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Practice physical distancing when not actively playing on field
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly

#### After activity is Complete

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