



APPENDIX 6: PARENT/GUARDIAN CHECKLIST

Use this checklist to help prepare for a safe environment for your son/daughter.

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 as food is discouraged on the premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Drop player off at facility entrance.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves).
- Consider bringing personal hand sanitizer.

During activity at Field/Facility

- Stay in designated spectator area and/or vehicle
- Maintain physical distancing of 2 metres from others
- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly
- Refrain from yelling or cheering to prevent spread of vapor droplets

After activity is Complete

- NO LOITERING.
- Respect physical distancing guidelines.
- Pick player up at facility exit.
- Leave facility parking lot.