



2020 Fall Training Guidelines

- ☆ **Only players, coaches, officials and NH Tomahawks staff on the playing surface**
- ☆ **1 Spectator per Player socially distanced when standing or sitting, especially 6 ft apart.**
- ☆ **Facecoverings REQUIRED by spectators at all times and players/coaches/staff going to/from fields.**
- ☆ **No Tents**
- ☆ **Players should bring plenty of water.** (Players should bring their own filled water bottles. NO Sharing, common use water bottles or drinking stations allowed and players should not touch others water bottles.)
- ☆ **Sidelines:**
 - ☆ **Focus on maintaining 6 feet between players and coaches**
 - ☆ **No shaking hands, high fives or huddles**
 - ☆ **Players should break for water & sanitization whenever needed.**

- ☆ **Players/coaches should only pick up a ball with their stick.**
- ☆ **No sharing of any equipment. Player equipment bags/backpacks should be placed 6 ft apart.**
- ☆ **No spitting, chewing gum, licking fingers, chewing sunflower seeds**
- ☆ **Arrival: Players/coaches should arrive not earlier than 10 minutes before scheduled time.**
- ☆ **Departure: Players/coaches should leave the playing surface immediately after training concludes with no congregating.**

Very Important Self-Monitoring:

For players under 18, parents should ask the questions below prior to training each day.

If the answer is “YES” to any of the following questions, you/your player must stay home.

1. Do you have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher?

Universal Guidelines: <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-universal.pdf>

2. Have you had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days?

Online Waiver to be completed prior to training:

<https://nhtom.sportngin.com/register/form/408568126>