

# Play It Smart

## STAY HEALTHY AND ON THE FIELD

### RULES FOR A SAFE RETURN TO PLAY

- Stay home if you are sick!
- Coaches must ask and document completion of the daily health check questions of every player and coach before each practice, scrimmage or game.
- Participants must maintain social distancing of 10 feet, where practicable.
- Coaches must disinfect player benches before and after each practice.
- All players must social distance and wear a face covering when in or on the player bench area.
- Coaches must wear face coverings when social distancing of 10 feet can not be maintained or when they are in the bench area.
- Personal equipment must be socially distanced outside the bench areas.
- Teams must provide hand sanitizer with at least 60% alcohol to players before and after each practice.
- Players must not share water bottles, towels, team coolers, personal or team equipment other than the ball.
- Players need to bring their own water.
- Players should refrain from touching their face after touching a shared use ball.
- Players should use their own balls during drills when possible.
- The use of chewing gum and the act of spitting is prohibited.
- The use of sunflower seeds is prohibited.
- Parents should bring their own chairs as the bleachers will remain closed as they will not be disinfected.
- The Health Department recommends players/coaches that were within 6 feet of a person infectious with COVID-19 for a total of ten minutes, to self-quarantine for 14 days.

For more information, visit  
[www.loudoun.gov](http://www.loudoun.gov)



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### Required Daily Health Check Questions

**In the past 24 hours have you or anyone in your house had:**

- A temperature of 100°F or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or new runny nose?
- New loss of smell and or taste?
- New muscle aches?
- Any other sign of illness?
- Contact with someone in the previous 14 days with confirmed diagnosis of COVID-19 or someone who is ill with a respiratory illness?

**If you answered yes to any of these questions you are not permitted to participate. You should not return until you or your family member is fever and symptom-free, without the use of medication for the fever or symptoms for three days.**

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