

Universal Guidelines/Personal Hygiene

- ANYONE feeling sick should stay home and contact their healthcare provider. Participating while symptomatic could potentially jeopardize the entire activities program in their school and other schools for an extended period of time.
 - Maintain social distancing (6') when possible.
 - Masks/face coverings should be worn at all times by all personnel, including students, except when students are directly participating in the activity.
Wearing a mask should never be discouraged unless it poses a safety risk.
 - Cover your mouth and nose when coughing or sneezing with a tissue or cough/sneeze into your elbow.
 - Frequent hand washing for 20 seconds with soap and water or using a hand sanitizer with a minimum of 60% alcohol.
 - Keep your hands away from your face.
 - Participants should shower, change, and launder workout clothing as soon as possible after an activity.
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- **NO MASK ~ NO PRACTICE/NO MASK ~ NO GAME**
 - **Players should provide their own water bottle and towel CLEARLY MARKED WITH THEIR NAME (DON'T SHARE WITH OTHERS).**
 - **ALL Clothing and Equipment (knee pads, mouth guards, gloves) should be washed and cleaned after every workout & competition.**
 - No shaking hands, hugging or high fives.