



## PSPL: Return to Play Guidelines

### TIPS FOR SAFE SOCCER

Limit play groups to 5 to 10 people or less, depending on the state of Washington's phased reopening plan. *(This is a recommendation for initial practices and when kids return to play with a gradual resumption of the usual numbers for games, based on specific age groups.)*

1. Do not allow anyone with symptoms to attend activities.
2. Have hand sanitizer available before, during and after activities.
3. Require parents and spectators to maintain "social distancing".
4. At training, only players and coaching staff are allowed on the field.
5. For games played on fields with no "spectator specific location" to watch games; each team and its spectators must be located on opposite sides of the field. Fields with spectator specific locations like bleachers or a fence enclosing the field, spectators must be outside the fence or in the bleachers.
6. For training purposes, assign a numbered practice bibs to each player. The player is responsible to bring the practice bibs to each training along with laundering it. Coaches should have a few extra and clean training bibs. Practice bibs should be reversable with 2 opposite colors.
7. At training sessions, when teams break during the session, players should use hand sanitizer before heading back on the field to resume training.
8. Prohibit hand contact (i.e. handshakes, "high fives", etc.).
9. Avoid touching eyes, nose, and mouth with hands.
10. Cover mouth when coughing or sneezing.
11. No spitting on the field or sidelines.
12. Do not provide team snacks or drinks.
13. Do not share water bottles, drinks or food.
14. Disinfect balls and equipment before, during and after activities.
15. Launder clothes, uniforms, and vests after activities.
16. For match day, spectators should wear a mask at the field to watch the game.
17. Coaches & managers should wear masks and gloves at training & games.