

## Parents Practice Day Checklist (Updated for Crystal Lake Sports Park and August guidelines)

Please read this document carefully so that you and your player are ready for training sessions. **Your player cannot attend practice if you have not done the following: (1) completed the July Practice Signups** (formerly called the Tryout Registration), and **(2) turned in a COVID waiver by email to [admin@corvallisoccerclub.org](mailto:admin@corvallisoccerclub.org)** or at the first training session your player attends.

1. Help your players to pack their bag with a labeled water bottle, a labeled clean soccer ball, hand sanitizer, and a face covering. They also need a navy shirt (Storm practice shirt or any navy shirt) and a white shirt and may be changing shirts during training. Please take the temperature of your child 30 minutes before you go to practice and only bring your child if he/she is healthy and no one else you have been in close contact with has been sick.
2. See the map below of the practice fields at Crystal Lake Sports Park and the drop off and pick up locations. Arrive 15 minutes before your scheduled practice time. Your child must be wearing a face covering when you drop them off. We ask parents to remain in their cars or leave the area during practice. Please only drive your children to practice and do not carpool with other families.



3. Coaches will check the players in at the field and keep a log of all attending players for contact tracing purposes.

4. Players will put their bags in a designated area 6 feet apart and wait with face coverings on until the coach addresses all players and begins practice. Once practice begins, players may opt to wear their face covering or take it off. Practices will begin with contact-free training activities and social distancing will be followed. Coaches may choose for the second half of practice to include some activities that will allow for player contact, in which case the players will need to wear their face masks. We recommend a neck gaiter style mask that players can easily pull up and down when needed, but any face mask is fine. Players also need to follow these rules:
  - No touching the ball with your hands unless you are at goalkeeper training (no throw-ins).
  - No headers.
  - No high 5's, no huddles, no spitting.
  
5. At the end of practice, players will return to their rest stations to get their bags and put on their masks then exit to the pickup location. Players need to distance themselves from their teammates while walking to/from the field and waiting to be picked up.