



PLAYERS' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as you take to the field once again. Use the checklist below to make sure you're following safe best practices. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you. Talk to your family and teammates about the importance of health and safety during training at this time. Take the PLAY ON PLEDGE at ussoccer.com/playon and encourage others to do the same.
- Ensure you have clean equipment for training, including a facemask. Have your facemask (and any PPE) ready to wear to and from training, and when not active at training.
- Pack at least two clean water bottles for training - and put your name on each.
- Get dressed in your training gear at home in order to arrive ready to play.
- Wash your hands before training. Use soap and water for a minimum of 20 seconds.
- Conduct a temperature check. If your temperature is 100.4 degrees F or above, do not go to training. Consult your family physician. Have your parent or guardian advise your club.
- Remember that participating in training is your choice. Do not pressure yourself or others, if you or they do not feel comfortable returning to play.

DURING TRAINING

- Follow your Club's safety protocols for training arrivals, including arriving at the appropriate time to minimize your personal wait time.
- Be sure to socially distance at training. Stay at least six-feet apart from others, including your teammates during training exercises.
- Wear your facemask when you are not active at training. You do not need to wear it when you are physically exerting yourself during training, as it may obscure vision, increase respiratory challenges, or increase other injury risks.
- Know your fitness readiness. To avoid injury, don't go "too hard, too soon" when you first return to play.
- Do not touch others. This includes high-fives, hugs, team huddles, or through training exercises.
- Do not share water bottles.
- Follow hygiene recommendations. Avoid touching your eyes/mouth/nose as much as possible. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Avoid spitting and coughing.

AFTER TRAINING

- Depart immediately after training.
- Shower immediately at home following training, and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.

As a reminder, these best practices are intended for use WHEN AND IF your local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing participating in group activities in violation of any federal, state or local mandates.