



## Arrival Process

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- **All Participants** will need to fill out and sign the waiver. Anyone who does not submit a waiver will not be able to participate until it's submitted
- **All Participants** should arrive no more that 10 minutes prior to their practice time
  - Arrive dressed and ready to play
  - **Water Bottles:** Participants are to bring their own refillable water container

## Health & Safety Protocol

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### Standard Procedures / Reminders

While attending a Viper Field Hockey Club Summer Training, participants should remember to follow all recommended health and safety actions. Per the CDC, these include things like:

- **Hand Washing:** Participants will need wash their hands with soap and water for at least 20 seconds after using the lavatory and returning to the field.
- **Social Distancing:** It is recommended to stay at least 6 feet (about 2 arms' length) from other people, when possible. We will be encouraging social distancing with our spectators by sitting at least 6' from non-family members.
- **Cover Coughs and Sneezes:** Always remember to cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **When to Stay Home:** We need any participant who is sick, or coming from a household where someone is sick, to stay home.
- **Temperature Check:**
  - **All participant** when they arrive will have their temperature taken using a contact-free thermometer
  - Temperature reading above 100.4 degrees – will be asked to go home and they will not be permitted back to play in 14 days, unless documentation of a negative test result can be provided and 72 hours has passed.
- **Updates:** Our staff will regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and we will update policies and procedures when needed.



## **Exclusionary Criteria**

- **Temperature:** Participants who register a temperature above 100.4° will not be permitted participate for 14 days, unless documentation of a negative test result can be provided and 72 hours has passed.
- **Symptomatic Individuals:** Participants will be sent home if showing symptoms and will not be allowed to return to training for 14 days, unless documentation of a negative test result can be provided and 72 hours has passed. Parents of participants who were exposed to symptomatic individuals will be notified through their team coach or representative. It will be the coach/representative responsibility to notify the remainder of the team.

## **Sanitation**

- **Hand Sanitizing:** Recommend that each athlete has individual hand sanitizer for use.
- **Hand Sanitizer Bottle** will be placed at the center field line for those who need it. Before entering the pitch area, each participant will need to use their hand sanitizer or the hand sanitizer bottle at mid field.
- **Personal Items:** Recommend the players keep all personal belongings in their car and only bring the necessary equipment onto the pitch.

## **Masks/Face Coverings**

- **Viper Field Hockey Club Staff:** All staff will be wearing cloth face coverings
- **Family Members:** We ask that everyone wear a face mask
- **Family Members:** need to follow the 6' social distancing guidelines and avoid being next to some both by the fence and in the stands
- **Participants:** Athletes will not be required to wear cloth face coverings during practice time
  - Face coverings are still recommended by the CDC, especially for older youth & adults, when feasible, particularly in indoor or crowded locations.
  - Older youth and adult participants should have a mask readily available if a situation arises where you need to put one on.
- **Penalty Corner Mask – IF corners are practiced:**
  - The Viper Field Hockey Club **WILL NOT** Provide any mask
  - We recommend that **NO SHARING** of penalty corner mask be done.
  - **Sharing a mask is done at your own risk**



## ***Athlete/Coach: Shared Objects/Equipment***

- We discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- We instruct participant to try and keep their belongings separated from others.
- Follow directions for spacing and other outlined social distancing instructions
- **No** handshakes, high fives and other contact related encouragement done
- Avoid touching your face
- Don't share equipment
- Avoid touching the balls
  - Balls should be hit by a stick or kicked back to the center to start another drill
- Staff will be the only ones allowed to touch the cones used for drills
- Coaches use verbal cues rather than physical contact when instructing athletes
  - Maintain social distancing during instructions & chalk talk prior to starting a drill
- Encourage social distancing on the sideline
- Avoid sharing food, drinks, towels and other personal care items
- Wash hands thoroughly or use a hand sanitizer after your game
- Leave facility as soon as reasonably possible after your practice finishes
- Disinfect all personal equipment when you get home

## **Updated Waiver/Registration Form**

We will be emailing our Waiver Form for the summer training that includes information regarding COVID-19. Even if you have previously signed a Waiver Form for us at any point, we will need all participants to complete a new waiver form. The new registration/waiver form will also be posted on our website in the Viper Field Hockey link: [www.vipersportsclub.com](http://www.vipersportsclub.com)