

The following are thinkLAX guidelines for returning to play designed to help keep all participants and our community safe.

PART I: CDC Guidelines

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- Coaches and players, please check your temperature prior to leaving for scheduled practice on a rented field. If your temperature is 100 degrees or higher, you are not allowed to participate in any thinkLAX activity for a minimum of 14 days.
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a group practice, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

PART II: Field Rules

- Field entry and exit gates to remain open to minimize surface touching.
- Restrooms should be cleaned regularly. Please use proper handwashing techniques after using the restrooms and before returning to the fields.
- All players and coaches must use hand sanitizer before and after participation.
- A maximum of 10 persons allowed per half multi-purpose field.
- Players and coaches are to maintain a 6-foot distance between each other, both on and off the field.
- Players and coaches must wear masks when walking to and from the field.

- Assign a “station” for each player to place their equipment (bag, water bottle etc.), and that they should return to during breaks. Assigned space on the sideline for all players should allow for adequate distance (6-feet) per CDC guidelines.
- Each player must utilize their own equipment, which must be disinfected before and after each session as well as during sessions when possible.
- All players, coaches, administrators etc. cannot share water, towels, or any personal or playing equipment (e.g. cones).
- No physical contact should occur.
- No centralized hydration stations are permitted during thinkLAX activities.
- We encourage parents/guardians to remain in their cars. However, if parents/guardians want to be spectators, they may not enter the field area, they must wear a mask and maintain a 6-foot distance from other spectators.
- No group celebrations, fist bumps, high-fives etc.
- Players should remain in their cars until just before the beginning of practice, instead of forming a group.
- No congregating before or after your permitted field time. Please maintain a 6-foot distance when walking to and from the field.
- Field times will be staggered to avoid field renters crossing paths. If you stay on a field past your designated time slot and impact the next field user, you may forfeit future permitted field use. If you are permitting fields for multiple teams, please allow 15-minutes between each team’s practice. One team must leave the field area 15 minutes prior to the next team arriving.
- All other field use rules apply.

PART III: Team Recommendations

- ◆ Strongly recommend that parents/guardians bring their own player(s) to practice and not carpool.
- ◆ Please ensure that all players and coaches report to the field dressed and ready to participate.
- ◆ Players should stay with their practice group for the entire session.
- ◆ Recommend having sanitizing options available for your players and coaches. This may include but is not limited to:
 - ◊ Hand sanitizer
 - ◊ Disinfectant wipes to be used to wipe down all equipment
 - ◊ Recommend that each player label his/her equipment that they are using for practice.
 - ◊ We recommend that when players and coaches return home, they remove and launder their clothes and take a shower. In addition, they should sanitize any additional equipment (e.g. cleats, shin guard, gloves, balls etc.) before and after training.