



BRAMS UNITED GIRLS SOCCER CLUB

8950 McLaughlin Road South, Building D
Brampton, ON L6Y 5T1
905-452-8169

COVID-19 – PLAYER CHECKLIST (PHASE 1)

Before You Leave Home:

- DO NOT leave home if you are feeling unwell or have COVID-19 symptoms (fever, cough, shortness of breath, sore throat)
- DO NOT attend if you have not yet completed the Health Check online (cannot participate until completed and must pass the
- Double check for field closures or any cancellations
- Thoroughly wash equipment (water bottles, cleats, ball)
- Thoroughly wash your hands
- Use the washroom before (no bathroom accessible at activities)
- Complete the online health check/contact tracing
- Review field maps for drop-off and pick-up locations
- Ensure personal ball and hand sanitizer is packed (mark ball to easily identify)

Arrival and During:

- Enter activity via established entrance
- Respect social distance guidelines. Place bags/equipment 6 feet apart
- Confirm attendance with coach and that you completed the health check
- Apply hand sanitizer on field (not in car)
- DO NOT share water bottles or equipment (only foot-to-foot passing)
- Follow traffic flow signs and coach instruction on field to adhere to social distance guidelines

After Activity/Leaving:

- DO NOT Loiter
- Respect social distance guidelines
- Apply hand sanitizer before leaving activity area
- Proceed to pick-up location and designated field exit. Coaches will stagger when participants attend to adhere to social distancing
- Thoroughly wash water bottles and equipment at home (cleats, ball, shin pads, uniforms)