

# GAME DAY QUICK TIPS

## FOR PLAYERS & COACHES

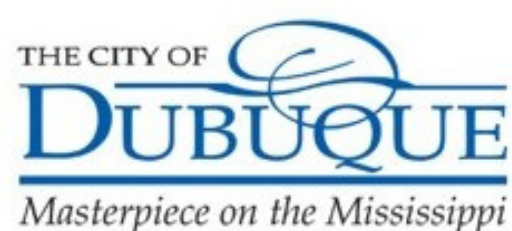
- If a player or coach is sick or showing symptoms of COVID-19, they should stay home and follow appropriate quarantine/isolation, and testing guidance.
- All players should bring their own towel and water bottle to the event.
- All equipment/clothes should be taken home after events. Locker rooms should not be used to store these items.
- All shared equipment should be sanitized before and after each competition.
- At least 6 feet of social distancing should be followed while on benches, in lockers rooms, on buses, during instruction, etc.
- Visitor locker room should be identified and sanitized before and after use.
- All players and coaches should wear masks while on the bench, as well as in the locker rooms.

## FOR SPECTATORS

- Minimize spectators to **2** per athlete.
- If more than **25** people at an indoor event, masks will be required. If more than **100** people outdoors, masks will also be required.
- Consider broadcasting the event for families to watch from home.
- Families may sit/stand together but should social distance from others. Frequent reminders to social distance should be announced throughout the event.
- Require all spectators to wear a mask while at the event.

## OTHER TIPS

- The scorer's bench should be restricted for only scorekeepers and announcers, who should also be spaced at least 6 feet away from each other.
- Schools should communicate with media regarding protocols for practices and games in advance.
- Consider closing concession stands during the event. If concession stands are open, use markers to demonstrate 6 feet of social distancing in lines.



UnityPoint Health  
Visiting Nurse Association