



LTAA COVID-19 Guidelines

(Based on NJ Youth Soccer and CDC guidelines and recommendations)

The following guidelines will be followed at each event:

- Every athlete and coach should be symptom free prior to each activity
- Coaching staff and parents/guardians will wear cloth or disposable face coverings
- Athletes are encouraged to wear cloth or disposable face coverings on the way to the field and when leaving the field
- Face coverings are not required to be worn by athletes during play
- Dress at parent car or come to the event already dressed
- No bags or extra equipment can be brought to the field for practice
- No sharing of water coolers, water bottles or food
- Players will follow social distancing guidelines while on sidelines and during breaks
- Unnecessary physical contact will be discouraged including huddles, high fives, fist bumps, handshakes, etc
- Number of spectators per player should be minimized and social distancing must be maintained on sidelines