**Return to Play Guidelines**

**WCUN1TED Field Hockey Academy**

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| **Arrival to Venue:** | All participants, spectators and staff must adhere to 6-foot physical distancing while at WCU training sessions. Limited to 1 spectator per athlete. |
|  | All participants, spectators and staff must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home. |
|  | No team water coolers or shared drink stations. Each participant and coach must provide their own drinks. |
|  | Parents are asked to stay in their cars and not congregate in the parking lot. |
| **Training and Practices Sessions:** | Coaches and players must adhere to physical 6-foot distancing except when the ball is in play. Avoid physical contact with other players and staff. |
|  | WCU Staff must wear face coverings when the 6-foot barrier has to be broken. |
|  | WCU athletes must wear face coverings while not actively participating in the field of play. (ie. water breaks and huddles) |
|  | Athletes are required to stay in their assigned groups at all times. (groups of 10 on each half of the field at a time.) |
| **Athletes:** | Must bring their own hand sanitizer to use when hand washing is not available. |
|  | Must bring their own water. |
|  | Must not share equipment. (sticks, mouthguards, etc.) |
|  | “No touch rule”: players should refrain from high fives, handshakes, and other physical contact with team mates, coaches and opposing players. |
| **Coaches:** | Must ensure that players and spectators are following COVID-19 related prevention measures. |
|  | Whenever possible, equipment and personal items should have proper separation and shot not be shared. If equipment should be shared, proper sanitation should be administered between uses. |
|  | Are responsible for cleaning and moving all equipment. (Balls, cones, nets) |