



COVID-19 Guidelines

On The Field:

Maintain 10 feet of distance when possible.

Avoid high-fives and other unnecessary contact.

No food, seeds, gum, spitting.

Don't share water or equipment.

Off The Field:

Maintain 6 feet of distance.

Try to wear masks.

Indoors:

Maintain 6 feet of distance.

Wear masks at all times, unless engaged in strenuous physical activity.

Open windows and doors if possible.

Parents stay outside.

Before and After Practices and Games:

Submit daily symptom check.

Try to wear masks on your way to and from the field.

Limit carpooling.

Don't congregate indoors.

STAY HOME IF SICK!

See firebirdsfp.com/covid for the full policy and additional information.