



Afrim's Sports suggest these tips to keep you and your loved ones healthy while playing sports.

Before/During the event:

- Don't come to practice or the game if you're sick or have been around someone who has tested positive for Covid-19 within 14 days.
- Fill your sports bag with these must-haves: Water bottle with your name on it, towel for sweat and hand sanitizer.
- Label all sports gear and belonging with your player's name. Keep items in gym bags away from other teammates.
- Limit carpooling with teammates.
- Be on time but not early. If you are, wait in the car until just before the event starts.
- Players must wear masks too and from fields.
- Disinfect hands upon entering fields with hand sanitizer or at sanitizer station.
- Afrim's Sports Request that each team only permits 2 players to use the bathroom at a time. Players must wear masks.
- Chewing gum and spitting is not permitted.
- Players should stay 6 feet apart during warmups and practice to maintain social distance.
- 2 spectators permitted per player.
- Celebrate a win with a thumbs up. Avoid fist bumps, chest bumps, hugs and high-fives.

After the event:

- Players need to disperse immediately and leave the field through marked exits.
- Immediately after game play, wash hands with soap and water for 20 seconds or use hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect all equipment.
- Wash uniforms as soon as you get home.