## Mandatory

**Participants/Spectators**
- Spectators must maintain six-foot social distancing.
- All individuals present must adhere to six-foot social distancing before, during, and after all events.
- Participants must conduct daily symptom assessments (self-evaluation). Anyone experiencing symptoms must stay home.*
- No touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after the events.
- Players must not share individual water bottles or other beverages before, during, or after all events.
- No spitting at any time before, during, or after events.
- Teams and individuals must adjust rules to adhere to the requirements herein.

**Equipment**
- Equipment and items related to the activity must be sanitized before, during, and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.

**Confirmed Cases**
- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact the local health district about suspected cases or exposure.

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## Recommended Best Practices

**Participants/Spectators**
- Spectators should wear face coverings.
- Athletes are strongly recommended to travel to the venue alone or with a member(s) of their immediate household, if possible.
- Face coverings are strongly recommended for individuals traveling to and from the venue and during participation in the activity.
- All individuals should avoid congregating in common spaces or parking lot before, during and after events. If applicable, individuals should enter or exit venues at separate times to adhere to six-foot social distancing.

**Equipment**
- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

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*Per the CDC, symptoms include cough, shortness of breath, difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat, and new loss of taste or smell.*