**Appendix H - Checklist for Players and Parents/Guardians**

* Follow all relevant state, local, facility and other applicable regulations.
* Use USA Ultimate Return to Play guidelines to inform decisions about participation.
* Bring and wear your own cloth face covering at all times during activity, in accordance with [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).
* Make informed decisions that prioritize the health and safety of participants.
* Be aware of CDC guidance, risk factors and behaviors that increase or decrease risk.
* Check with your local organization or team about how to reach their point of contact for COVID-19-related concerns and communications.
* Follow screening procedures and provide accurate information about illness and other risk factors.
* Notify activity’s COVID-19 contact if you or your child are sick, have COVID-19 symptoms, have tested positive for COVID-19 or have had contact with a person with COVID-19.
* Understand if you or your child are at [higher risk for infection or severe illness](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html). Communicate as appropriate with organizers and make informed decisions about participation.
* Follow guidelines set by local activity organizers, in compliance with local regulations.
* Perform hand hygiene regularly throughout activity, especially after contacting shared equipment (e.g., after a drill) or if there is concern about contamination by respiratory secretions (e.g., after close proximity between individuals), and before bringing hands to the mouth or nose. Refrain from spitting. Cough/sneeze into tissue and dispose of properly.
* Bring your own hand sanitizer, if available.
* Bring your own water bottle and other equipment or clothing as directed.
* Follow distancing rules and rules modifications as instructed, on and off the field.
* No high fives, handshakes, fist bumps, hugs, spirit circles, etc.
* Follow rules about sharing and cleaning of equipment.
* Follow rules about pick-up and drop-off for activities, as well as limits on additional spectators, parents or other personnel.
* Communicate with organizers about issues or concerns.
* Limit travel and interactions outside the local area, including any quarantine rules, based on local regulations.
* Use a phased approach to reintroducing activity to decrease the risk of injury.
* Consider how new procedures may disproportionately affect or marginalize any group or groups of people and how you might help to mitigate negative impacts, while maintaining health and safety.