

Play it safe

to prevent the spread of COVID-19



AVOID LARGE GROUPS

Teams, volunteers, and spectators should follow current gathering size limits.



PLAY WITH THE SAME PEOPLE

Pick one stable group to join this season and avoid playing with other teams.



KEEP YOUR DISTANCE

Keep 6 feet of distance between you and other players and coaches.



WEAR A MASK

Your mask should fit snugly but comfortably over your nose, mouth, and chin without any gaps.



WASH YOUR HANDS OFTEN

Wash or sanitize your hands before, after, and during practice.



USE YOUR OWN GEAR

Bring your own equipment, if you can. Sanitize shared gear between uses.



Practice makes perfect! Focus on skill building, not games.

For the latest information about COVID-19 visit

health.ri.gov/covid

