



Winter Indoor League General Information Sheet

Below are key informational points for the Winter Indoor League:

- You **MUST** Self-Screen before attending any of the Winter Indoor League Practices or Games.
- Per the Alabama Safer-at-Home Order, all Winter Indoor League attendees/participants **MUST** wear a face mask/covering at the Winter Indoor League venue as the event is in an indoor space. **ONLY exception is when the players are on the turf playing.** While on the sidelines, player **MUST** have their face covering/masks on.
- It is recommended that each player consider limiting their supporters to 1 person to assist social distancing and limit exposure.
- Players and parents should arrive to the facility no earlier than 5-minutes prior to game kick-off.
- To reduce crowds and limit exposure, teams/groups and their supporters/parents are encouraged to leave the indoor facility immediately after their practices/games.
- No food or chewing gum on the turf.
- No dumping or squirting water on the turf.
- Smoking and alcoholic beverages are **NOT** permitted at indoor facilities.
- Pick up trash prior to leaving.
- Contact the Winter Indoor League Director/Admin at Henry@northalabamasc.org with any questions.

PROTECT YOURSELF & OTHERS

Continue to protect yourself and others by practicing the following:

- **Wash your hands often** with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol when soap and water are not readily available.
- **Avoid touching your face** (eyes, nose, and mouth) with unwashed hands.
- **Avoid close contact with people** by maintaining a minimum distance of 6-feet between yourself and people who don't live in your household.
- **Cover your mouth and nose** with a mask when around others and cover your mouth and nose with the inside of your elbow or a tissue when you sneeze or cough.
- **Clean and disinfect** frequently touched surfaces.
- **Monitor your daily health.** Be alert for symptoms and take your temperature if symptoms arise.
- **Stay home** if you feel sick and contact your healthcare provider.
- **Follow CDC guidelines** if symptoms develop.

Please refer to the NASC Return to Competition Guidelines for additional COVID information by clicking [HERE](#).