



RETURN TO YOUTH FOOTBALL 2020

PREP KIT CHECKLIST – FOR PARENTS

As you get ready for this season, there are some precautionary measures you'll want to take. We put together this checklist for you to help prepare your family for a return to the fields. Next to each item is how many we think you'll need per kid per season.

WHAT YOU'LL NEED THIS SEASON

Equipment Disinfectant and Deodorizing Spray 1

- Spray all equipment before and after use.
- Get a vaporizing spray that is made to disinfect sports equipment like pads, gym bags and cleats.

Heavy-Duty Mesh Bag 1

- Keep all the equipment together and off the ground in one safe place.
- Find a large heavy-duty mesh bag that is water resistant and easy to clean to carry all of your athlete's equipment.

Water Bottle 1

- Avoid drink sharing by getting your athlete their own bottle.
- Look for one that will hold enough water and keep it cool for the duration of the activity.
- **Tip:** Make it a fun trip to the store and have them pick out which one they like best. *If they pick it out, they'll want to actually use it.*

Hand Sanitizer 1-2 for you & 1 for your athlete

- Easily disinfect yours and your athlete's hands before, during and after practices and games.
- The CDC recommends buying one that contains at least 60% alcohol to properly disinfect and prevent the spread of germs.

Latex-Free Gloves 1 box

- Parents can wear the gloves while handling equipment or if you don't want to touch the door handles in the bathrooms or railings on the bleachers. Players can wear these during practice/games where it makes sense.
- Make sure they are the right size to fit your athlete's hands and yours. Be sure they are tear proof and anti-slip.

Face Masks 1-2 for you & 1 for your athlete

- Players and parents can wear them during practice, games or team gatherings.
- If you go with disposable masks, you'll need a lot more of those. If you go with a reusable mask, consider buying two for your athlete so they have one to use while the other is being cleaned.

