



# LIS Adult Soccer Guidelines & Rules

Please read below for our 2020 Adult Indoor Soccer League guidelines, check-in procedures, safety policies.

Longmont Indoor Soccer has a new release and waiver of liability. To participate in the adult leagues each participant is required to complete the release.

## [LIS Release & Waiver of Liability](#)

### **Game Check-in Protocol:**

Prior to the first game teams must provide LIS with a team roster. If you have changes to the roster, please contact us to add a new member to your team. Adult leagues will have staggered starts, separate entrances and exits to the field, and separate check-in location to maximize social distancing between games.

- All participants should be dressed in soccer attire prior to check-in.
- If there is a line at check-in, please wait at the designated floor markings.
- All participants must be pre-registered, **no walk-up registration**.
- Check-in must be completed at the registration desk.
- Wash/sanitize their hands before entering their designated field.

### **LIS Safety & Cleaning Policies:**

- All LIS staff & referees will be required to wear a mask during adult leagues.
- Face coverings are required for all participants.
- Commonly used surfaces will be disinfected frequently.
- LIS will NOT provide pinnies. Please have your team bring a uniform color jersey, and an alternate shirt in case of conflict.
- Facility will run exhaust fans continuously, exchanging the air in the building every 10 minutes.
- Hand sanitizer and disinfectant wipe stations are conveniently located throughout the facility/field.
- Daily wellness checks will be performed on all employees, per government guidelines.
- **If you are sick, please stay home.**

Please let us know if you have any questions or concerns so we can address them before games.

LIS Management

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