

# Coach/Staff Checklist



## BEFORE SESSIONS

- Self-perform a symptom screening check before every Club sanctioned activity and upon Club request at any other time.
- Notify the Club and stay home if feeling sick. If you have COVID-19 symptoms contact Health Link BC (8-1-1)
- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field.
- Change into your soccer apparel at home (not at the field)
- Consider wearing a mask and/or gloves during sessions if you feel more comfortable wearing one.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands (dispose of any tissue immediately).
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash or sanitize your hands and disinfect the surface you have touched as quickly as possible.

## UPON ARRIVAL AT THE FIELD

- Always follow posted foot traffic pattern signs at the park.
- Check in with the Club before every session.
- Check in all participants in your session at all sessions - make note of any absent participants
- If any participants display any symptoms of illness they must be sent home with a parent/guardian, Any/all siblings must be sent home as well.
- Remind players of the requirements for social distancing, limited equipment handling and handwashing if they use the washroom.
- Keep players to the area of the field under your control.
- Maintain physical distancing as required by health authorities.
- Avoid any physical contact with players.
- Do not shake hands, fist bump or otherwise make physical contact with other participants.
- Players are to avoid touching the ball and other equipment – let the coach handle the equipment.
- Any player without a ball will be given one for that session only. Such balls are to be removed from play at the end of the session and kept aside for cleaning/disinfecting.
- Goalkeeper must not share gloves or spit in their gloves.

## AFTER SESSIONS

- Players are to leave the field as quickly as possible after each session.
- Wash your hands / use hand sanitizer after every session.
- Any balls that have been loaned out shall be returned and put aside for cleaning at the end of the day. Balls, cones and any other equipment that has been used shall be lined on the field and sprayed with disinfectant cleaning solution before being put away.

## REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any Club program until you have self-quarantined for a minimum of 14 days.