

COACH/MANAGER CHECKLIST

Peninsula Soccer Assn.

BEFORE SESSION

- Self-perform a symptom screening check before every Club sanctioned activity and on request by the Club at any other time.
- Notify the Club and stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- 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 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.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

UPON ARRIVAL AT THE FIELD

- Always follow posted signs at the park. Park maps found [HERE](#)
- Set up necessary signage for participants upon arriving at the field
- Communicate with volunteers/team members their roles at the field, and how to instruct players/parents upon arrival and exit of the field
- Check in with the Club before every session
- Check in all participants in your session at all sessions
- If any participants display any symptoms of illness they must be sent home.
- Remind players of the requirements for social distancing and equipment handling.
- 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 or do fist bumps.
- Players are to avoid touching the ball and other equipment – let the coach handle the equipment.
- 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.
- Line balls on the field and spray them with disinfectant cleaning solution leave them on the field after they are sprayed and take all other equipment to the washing station (i.e. cones) and wash them fully before

returning to the field to pack up equipment and put in designated storage area or ready the equipment for the next group of players.

REMINDERS

- If you do not feel well or are displaying 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- isolated for a minimum of 14 days.
- 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 are unsure of any symptoms they may be aware of they should use **COVID Self-Assessment Tool** to confirm their readiness to participate in the Activity.