



## RECOMMENDATIONS & GUIDELINES FOR COACHES

- Priority is to ensure safe environment, complete coach certification and safe sport.
- Coaches hold an online pre-activity orientation with players and parents regarding safety protocols- i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean - contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Wear facemasks.
- Structure activities to maximize physical distancing.
- Age appropriate considerations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow for coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same household).
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- No heading, chest or hand contact with ball (feet only).
- Regular sanitization breaks combined with water breaks.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Frequently clean all surfaces, including counters, door handles, benches, tables, etc.
- Soap or hand sanitizer should be made available to all people in various locations throughout facility.