

Requirements for Coaches (As of August 19th, 2020)

1) Notify the club president within 12 hours if you are sick, exposure to COVID-19, or symptoms of sickness to include the following:

- Sore throat
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Headache
- Sinus congestion
- Persistent or productive cough
- Joint aches or soreness
- Vomiting or diarrhea
- Rash

2) Prior to training:

- Clean and disinfect with solution at least 60% ethanol or 70% isopropanol all gear
- Wash any pennies (or avoid using them)
- Use provided practice plans or ensure any practice plans maintain social distance
- Assign gear staging/personal areas for each player at minimum of 6' from any other player space. It is highly recommended that cones are used to denote the player staging area.
If using pennies, lay them out in personal areas for each player
Setup as many drills as possible prior to practice

3) During training:

- Record attendance on tracking sheet for each session.
- Only one team can practice at a time with no more than 25 players in one session
- Plan the entire session to ensure that players can participate while staying a minimum of 6 feet away from each other. It is recommended cones in a grid formation are used to ensure social distancing.
- Ask players how they are feeling, both from a mental and physical standpoint
- Reminder players to maintain social distance, touch only their ball, & no heading or throw-ins
- Practice good hygiene, i.e. no touching face, cover mouth/nose, etc....
- Ensure you are the only one touching any gear, i.e. cones, flags, etc....
- Limit to assign space (half of 14U+ field, or whole 12U/10U field)
- When instructing players, wear PPE but maintain 6 feet distance from players
- Roughly 60 minutes per session and observe players to prevent them from pushing to hard

4) After training:

- Remind players to wear facemasks and leave session promptly
- Clean and disinfect any gear
- Wash any pennies that were used
- A photo of the dated attendance sheet must be emailed to the club admin (covidadmin@rocksoccerclub.org) within 6 hrs of the completion of practice

Resources

[US Soccer Phase 1 Return to Play Guidelines](https://www.ussoccer.com/playon/guides) - <https://www.ussoccer.com/playon/guides>

[USOPC – Coping with the Impact of Coronavirus for Athletes](https://www.teamusa.org/-/media/87C96F4FC4284670A6125D2206B8908B.ashx)

<https://www.teamusa.org/-/media/87C96F4FC4284670A6125D2206B8908B.ashx>

[CDC – Considerations for Youth Sports](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> [US Soccer](#)

[Recognize to Recover – COVID 19 and Mental Health](https://static1.squarespace.com/static/57125d942eeb814000fb1ca5/t/5e9f96decd51d52408a53259/1587517150726/R2R+Covid19+and+Mental+Health.pdf)

<https://static1.squarespace.com/static/57125d942eeb814000fb1ca5/t/5e9f96decd51d52408a53259/1587517150726/R2R+Covid19+and+Mental+Health.pdf>

[The ASPEN Institute Coronavirus and Youth Sports](https://www.aspenprojectplay.org/coronavirus-and-youth-sports)

<https://www.aspenprojectplay.org/coronavirus-and-youth-sports>