



## COVID-19 CHECKLIST FOR GIRLS SOCCER COACHES

- 1 Sanitize all equipment and your hands before and after each session and encourage your athletes to also do the same to their equipment before and after arriving for sessions-** Your equipment bag includes a first aid kit as well as a separate bag that includes hand sanitizer, rubber gloves, and disinfectant spray all of which we can supply more of, if needed. Be aware and read the disinfectant spray, some you need to wait 10 minutes after spraying equipment before use.
- 2 Parents/guardians are required to text or email their completed “Health Questions” document immediately before all practices and games to be cleared to play.** This can be done by either sending it as a scanned document to your email, a cut and paste document on an email itself, or a picture copy of the screen of a computer, texted to you. There are many ways they can evidence the completed document and it’s up to you how you wish to proceed but I would stay consistent with everyone on your team if at all possible, to make it easier for you. You could even set up a google email specifically for participants to respond to keep things separate, that way you can check on your smartphone 10 minutes before start time. If they answer yes to any questions they should not come to practice. If you need help with set up, let us know.
- 3 Monitor your temperature daily at home**
- 4 Report any symptoms to a health care provider and stay home if you have any symptoms.**
  - **You should always bring your roster to practice in case you need to call a parent. If a child shows symptoms at practice, keep them at a distance of 10 feet from the field sitting in the grass away from the parking lot with a mask on and call their guardian immediately for pick up. They will need to go home immediately and contact a health professional before returning to practice AND be symptom free to practice or play games. Also, you are required call PARPC at (717)926-9673 for more instructions on the next practice.**
- 5 If you or anyone on your team tests positive for COVID-19 please contact us at 926-9673.** Please refer to your Health Care professional for instructions for quarantine and returning to sports. One or more participants on a team with COVID19 will require missing practices and games at least 10 days. Make ups will be allowed if time permits.
- 6 No eating, spitting or chewing gum, and cough into your elbow. Avoid high-fives, fist bumps, or any form of physical contact with children and families.** Suggest various cheers instead at the end of sessions and games
- 7 Carry hand sanitizer in your pocket** to discreetly sanitize before and after any contact may occur
- 8 Masks are required for all athletes and coaches at all times.**

- 9 **Use rings, spots, or cones** as “home base” to keep children spread out as much as possible.
- 10 **Equipment should be cleaned up and put away only by coach.**
- 11 **Request players bring their own water bottle and soccer ball with their name written on both and all personal equipment should be spread out 6 feet apart and away from sidelines.**
- 12 **All substitutes at games need to remain 6 feet apart for social distancing.**
- 13 **During games- both soccer teams should be on opposite sides of the field.**
- 14 **Continue to remind children the importance on keeping safe distances** when practicing skills, by mentioning to, “keep your distance so you don’t bump into your friends” Coaches and players- please do not congregate during downtime this is easy to slip into by accident so please be cognizant of the 6 feet rule.
- 15 **Avoid the use of pinnies-** there are no pinnies provided this year for this reason.
- 16 Use **individual** drills and warmups, as much as possible
- 17 Parents are encouraged to drop off their athlete and wait in the car during practices since there are **no spectators allowed at practices.** We will update you further as the situation progresses for games. We are hoping to allow two spectators per athlete and all must wear masks, but the situation is changing so we’ll update you.
- 18 **Face masks-** Everyone at PARPC events **MUST** wear a mask at ALL TIMES to include coaches, players, spectators (if permitted) and referees.
- 19 We have spaced games further apart this year to allow for social distancing. Please be sure to arrive no earlier than 10 minutes before games for a quick warm up and exit the field and parking lot immediately after games (after a quick word to your team if you like, but keep it to 2-3 minutes at the most).

We understand this is a lot of information, but our top priority is keeping everyone safe!

Again, apologies for all this information as we are trying to stay transparent as possible so when things change, we can go forward together to stay safe.

**THANK YOU for your patience, willingness to work with our youth, and dedication to this program!!!**

**Many thanks for all you do!!!**

**Heidi Hershey**