



COVID-19 CHECKLIST FOR FIELD HOCKEY 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 back 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 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 All athletes and coaches should wear a mask in the parking lot entering and exiting practice, be a good example- wear the mask as much as possible. Athletes do not**

- wear a mask during practice, but it is highly encouraged for parent coaches to wear a mask during practice, if at all feasible.
- 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 field hockey balls, if possible and mouth guards need to stay in their mouths at all times. All personal equipment must be spread out 6 feet apart and 6 feet away from the field.
 - 12 All substitutes at games need to remain 6 feet apart for social distancing.
 - 13 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.
 - 14 Avoid the use of pinnies- there are no pinnies provided this year for this reason.
 - 15 Use individual drills and warmups, as much as possible
 - 16 During games- both teams should be on the SAME side of the field but opposite ends from each other. All spectators are to remain on the OPPOSITE sideline from where the two teams reside and ALL stay 6 feet back from the field.
 - 17 Parents are encouraged to drop off their athlete and wait in the car during practices, and two spectators per athlete at games.
 - 18 Be prepared with face coverings for members of your family if permitted to attend events. Everyone at PARPC events as a spectator MUST wear a mask at ALL TIMES. Coaches wear them as much as possible and is feasible and athletes wear a mask in and out of the parking lot until they play on the field. Athletes and referees ONLY do not wear a mask during games.
 - 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!

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

Many thanks for all you do!!!

Heidi Hershey