



## Phase 1 – RETURN TO TRAIN



### RECOMMENDATIONS AND GUIDELINES FOR COACHES

**Use this checklist to help return to the pitch safely.**

Coaches should hold an online pre-activity orientation with players and parents regarding OS safety protocols and specific protocols to the CSC facility.

#### Before Leaving Home

- Complete a self-check for symptoms of COVID-19 before going to training. Ontario COVID-19 Self-Assessment App <https://covid-19.ontario.ca/self-assessment/>
- DO NOT leave home if you are feeling unwell or experiencing COVID-19 Symptoms (fever, cough, shortness of breath, sore throat, or runny nose).
- Eat before you come.
- Thoroughly wash your hands with soap and warm water.
- Bring thoroughly washed water bottles and sanitized equipment (uniforms, socks, shin pads, soccer balls).
- Technical staff will supply some suggested drills and activities. Please reach out to the staff if you require any additional assistance.
- Follow the practice schedule provided by the CSC Club Head Coach at all times.
- Ensure parents are staying in their car or the parking lot area assigned to your field.
- Use the washroom.
- Follow all Return to Train protocols, including the CSC facility guidelines.
- Register your attendance for contact tracing.

#### Arrival at Field/Facility

- Set-up social distancing 'grids' for participants.
- Respect social distancing.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Sanitize all shared equipment between sessions (balls, cones, etc.).
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player or otherwise not maintaining 6 feet of distance.
- No heading, chest or hand contact with the ball (feet only).
- Regular sanitization breaks combined with water breaks.
- Only coaches and staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Structure drills and activities to maximize social distancing.





- Design activities so players may stay within their existing small groups to reduce amount of contact with different people.
- Bring personal hand sanitizer.

### **After Activity is Complete**

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- NO LOITERING.**
- Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at end of day.
- Respect social distancing guidelines.
- Thoroughly wash water bottle with soap and warm water and equipment (uniforms, socks, shin pads, personal soccer ball) each day.

