

Coach Expectations: COVID Mitigation Efforts

To all Fox Chapel Youth Soccer Coaches:

As we head into this unprecedented Spring soccer season, the number one priority of our club is the safety of our participants. As the coach of a team, your actions are the linchpin to our mitigation efforts.

Please take the time to thoroughly review the guidelines being set forth by the Fox Chapel Youth Soccer Organization listed below. Keep the parents on your team informed, and ensure you enforce these rules every time your team is on the field for both training and competitions.

Thank you in advance for your diligence and for all that you do to allow our participants to grow as players and most importantly for them to have fun!

Getting Ready For Training or Competitions

1. All participants, including players and coaches should prepare and pack individual water bottles.
 - a. Pack at least two bottles of water for training or matches, to limit the need for refills. You should not share water bottles and should avoid public water fountains if possible.
 - b. Clearly mark your name on your water bottle.
2. Get dressed at home in your gear so that you can arrive to the training/match site ready to play.
- c. Coaches should confirm uniforms with their players in advance of competitions, so players can avoid changing on site.
3. Participants are recommended to pack and bring personal sanitizing supplies to training and competitions, including hand sanitizers. Sanitizing materials should be clearly marked and not shared.

4. Avoid bringing any unnecessary belongings to the training or competition.
5. Masks should be worn when walking to your playing or training field.
6. Masks are required to be worn at all times by players, coaches, referees and spectators. This includes in the field of play/practice.
7. Each participant should check for COVID like symptoms before attending any practice or game. If a participant has any symptoms as described by the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>) that participant must not attend and should quarantine following CDC guidelines.

Arrival and Protocols For Trainings & Events

1. Players should arrive no earlier than 15 minutes prior to their scheduled practice time. Players should not go to the field until the coach is present and if there is a team practicing before, that team has left the fields.
2. Hand sanitizer must be available at the location. A bottle of sanitizer will be provided to all coaches for their teams use throughout the season.
3. Confirm all participants have brought adequate hydration from home.
4. All coaches must track all participants who attend each practice and game. This can be done electronically if you use Teamsnap or Gamechanger. If you do not, just keep a log for each event.
5. Spectators should socially distance at all times and avoid congregating. Spectators are not encouraged to attend trainings. It is recommended that only the participant departs the vehicle upon arrival to training. The driver is recommended to either leave the training facility or stay in the parking lot, remaining in the vehicle and observing all

social distancing guidelines to avoid unnecessary exposure to participants.

a. Participants should wait in their cars until their specific time to enter the facility or field.

6. Set up a line of cones 6-feet apart in an area to the side of the field of play.

b. Arrange one cone per participant (player & coach)

c. When a participant arrives, designate a cone as their “personal prep station” for the duration of the training session or pre-game activities. The individual should place their bags, water bottles, towels, etc. at this cone.

Equipment Management for Trainings & Competitions

1. Field set-up for trainings or match warm-ups should aim to use minimal equipment to limit exposure and transmission of COVID-19.

2. Be vigilant about sterilization procedures. All equipment (e.g. flags, balls and cones) should be disinfected prior to the start of the session or match activities.

3. Participants should not pick-up field equipment, move goals or handle other equipment.

4. Where possible, general team bibs should not be used for training or matches.

5. If team bibs are used, they must be washed by the coach afterwards in order to decrease the transmission of COVID-19.

6. Coaching tools or equipment (ex. clipboards) should only be used by one coach and should not be shared amongst coaching staff.

7. No benches are permitted at practices or competitions for team use.

Competitions Considerations

Warm-Ups

1. Warm-ups should not begin until previous teams have left the field.
0. Coaches should not be within six feet of any player
1. In general, maintain as much social distance as possible during warm-up activities.
2. Participants should avoid intentionally touching each other before or after competitions. This includes hugs, high-fives, or huddles.
3. Team pre-game meetings should be kept brief.
4. Huddles should be avoided.

Game Time

1. Players and coaches are reminded to wear PPE for the duration of the match including on the field of play and on the sidelines.
2. No handshakes, high fives, fist bumps, chest bumps, huddles, group celebrations, etc., should take place, including when goals are scored, or when substitutions are leaving or entering the field.
3. Players should sanitize their hands.
4. Coaches should limit the amount of time the entire team is near the bench area at one time.

Post-Game

1. No post-game handshakes should take place. Consider other forms of sportsmanship or instituting new acknowledgement traditions, such as clapping, etc.
2. Teams should pack-up and immediately leave the field following the game.
 - a. Post-game meetings should be kept brief, if any meeting is held at all.

- i. All participants should wear proper PPE and endeavor to maintain space between themselves and others.
Prolonged proximity, even with masks should be avoided.
- ii. Huddles should be avoided.
- iii. Do not have a team snack that is shared among the team members.
4. Players should not take off any equipment until they have left the facility.
5. Teams should clean up bench area so that it is clean of ALL trash.

Please direct any questions or inquiries related to this document to the Fox Chapel Youth Soccer Board of Directors. Contact information can be found here: <https://www.fcays.org/Default.aspx?tabid=919601>.