

Return to Play - Guidance for Coaches/Assistant Coaches Glenview AYSO - Region 362

Coaches/Assistant Coaches*:

- Send regular communications to player families to reiterate expectations described below.
- **Stay Home When Appropriate**
 - Only healthy participants should attend practices and games.
 - Ask players upon arrival if they have any symptoms of COVID-19.
 - Encourage players, volunteers, family members, and other spectators to stay home if they are feeling ill, have symptoms of COVID-19 (e.g., fever, cough, sore throat) or other illnesses or if they are known to have been exposed to COVID-19.
 - Anyone who has tested positive for COVID-19 should self-quarantine until a test shows that they no longer have the virus.
- **Hygiene and Etiquette**
 - Encourage players to wash hands before and after coming to practices and games, avoid touching their faces, and cough or sneeze into their elbows.
 - AYSO will provide hand sanitizer for coaches and players to use upon arrival, during breaks, and at the ends of practices and games.
 - AYSO will provide disinfectant wipes for shared equipment such as balls and goalie gloves.
- **Physical Distancing**
 - Coaches shall maintain physical distancing requirements from players and family members at all times if possible.
 - Require players to maintain physical distance requirements during all non-competitive situations.
 - No handshakes or physical greeting of players (verbal acknowledgement is expected).
- **Face Coverings**
 - Coaches and players should wear a face mask whenever maintaining physical distancing is not possible.
- **Modify Training Plans**
 - Spend more time at practice on individual skills, physical fitness, and spatial awareness instead of competition drills in order to limit physical contact ([appropriate content can be found here](#)).
 - Consider dividing players into small groups/cohorts and rotating between stations to avoid mixing with other groups as much as possible.
- **Avoid Sharing**
 - Ensure all players have and handle their own labeled equipment (e.g., ball, water bottle, training disks, etc.).
 - Only coaches should handle coaching equipment (e.g., cones, disks, pop-up goals, whistles, etc.). Do not let parents or attendees assist.
 - Wash pinnies after every use or avoid using entirely by having players bring light and dark shirts or jerseys for practices.
 - Either do not use goalkeeper gloves, have players use only their own goalkeeper gloves, or sanitize hands immediately prior to every use of shared goalkeeper gloves.
- **Contact Tracing**
 - The Coach Administrator will provide a link to a Google Sheet for the purpose of tracking

attendance at practices, scrimmages, and games.

- Coaches should ensure that someone records player, coach, and spectator attendance Google Sheet after each team event. We recommend asking your Team Administrator to handle attendance at games while coaches can take attendance at practices.
- Stay positive and create a fun environment in this “new normal.”
- Serve as focal point, or designate the Team Parent/Manager, for notification from team families if a family member becomes ill with COVID-19, tests positive for COVID-19, or comes in contact with a confirmed case of COVID-19.
- Complete and submit [AYSO's Incident Report](#) Form to the Region Safety Director immediately, including team roster.

**Designated volunteers or Team Administrators can be added to help assist coaches in accordance with the same health and safety guidance designated for the coach.*

