



## Morinville Minor Soccer Club

### COVID – 19 Coach/Volunteer Check list

Use this document to help your player prepare for the pitch safely.

#### **Before you leave home:**

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come as food is discouraged on the premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (uniforms, socks, shin pads, soccer balls).
- Use the washroom.
- Register your attendance for contact tracing.

#### **Arrival at Field/Facility:**

- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Respect physical distancing.
- Wash at provided handwashing stations.
- Complete the register temperature/active symptom screening for each participant.
- DO NOT share water bottles.
- Sanitize all shared equipment between sessions (balls, cones etc). Game balls to be wiped with sanitizing wipes at field with referee oversight and re-sanitized where needed.
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.
- Assist referee with games sheet and card check prior to kick off and at end of game. (See Referee and Manager Game day Scripts)

#### **During activity at Field/Facility:**

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Practice physical distancing from participants if not part of the Sport Cohort
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly

#### **After activity is Complete:**

- Sanitize all shared equipment (balls, cones etc). between group arrivals if applicable and at end of day.
- Take down established entrances & exits.
- Take down traffic flow signs out of your location.
- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash water bottle with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) each day.