

CHECKLIST FOR COACHES



PROTECT YOUR PLAYERS FROM COVID-19

Send a welcome email or host a virtual online meeting with parents/players. Inform them about actions that your club will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick.

Be a role model. Wear a cloth face cover and encourage parents, fans, officials, and sports staff to wear one during practices and games. Encourage good hygiene practices.

Recommend all players have hand sanitizer with at least 60% alcohol with their personal equipment to use before and after practices/games, or encourage them to wash their hands with soap and water.

Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.

Remind players about social distancing and identify markers (cones, signage). Encourage your players to focus on building their individual skills and cardiovascular conditioning so they can limit close contact with other players.

Check with your organization to make sure they are following cleaning and disinfection recommendations.

- Cleaning and disinfecting frequently touched surfaces on field or playing surface at least daily or between use.
- Cleaning and disinfecting shared equipment.



To learn more about the Northern New England Soccer League's guidelines on the COVID-19 pandemic, please visit:

www.nnesoccerleague.org/covid-19