

ARLINGTON SOCCER CLUB

COVID-19

Coaches Toolkit

Updated March 25, 2021

Arlington Soccer Club (ASC) is dedicated to protecting the health of all people in and outside our community. To assist our players, coaches, and parents with returning to play in the Spring 2021 season, ASC has put together the following guidelines for our members. Most of this guidance was created by Mass Youth Soccer (MYSA) and edited it to make it Arlington specific. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health(DPH) guidelines. If there is a change, we will issue an update to this guidance.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only.



Coaching a Training Session:

Step 1: Player Contact - Every Practice:

- ☐ Send an email regarding the date time and location of the practice session.
- ☐ Understand that there may be intervals where parents/guardians stop sending their child to soccer, due to health concerns.
- ☐ Request that each player bring a dark and light shirt to eliminate the need of shared scrimmage vests.
- ☐ Create a list of expected attendees to keep track of attendance. (to assist with Contact Tracing if required)

Step 2: Prior to arrival at the practice location:

- ☐ Obtain necessary cleaning, disinfecting and personal protective equipment supplies.
- ☐ Players are required to wear face coverings per the most recent EEA Guidelines. Players must properly wear their face covering at all times when on the sidelines and in any huddles except when 6 or more feet from another player for a “mask break” to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled. .
- ☐ Only face coverings that secure with loops around a player’s ears are acceptable. Face coverings must be worn at all times. During play when spacing is greater than 6 feet from another player a “mask break” to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ☐ Select, read and understand the age appropriate Training Session Plan that you are going to use.
- ☐ Take inventory, clean and disinfect all coaching equipment to be used.

Step 3: Upon arrival at the practice location:

- ☐ If possible set up the field to deliver the practice session. (Start with the end in mind.)
- ☐ As Players arrive, inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- ☐ Assign each player to a designated “waiting area”.
- ☐ Create a designated “Player Equipment Area”.
- ☐ Remind the players regarding - No handshakes, fist or elbow bumps or any other physical contact.



Step 4: During the practice activity:

- ☐ Throughout the practice, during breaks for water encourage proper hygiene, washing hands frequently with soap and water or hand sanitizer, for at least 20 seconds at a time. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- ☐ Ensure the health and safety of all athletes.
- ☐ Coach is to be the only one to handle cones, discs, goals etc.
- ☐ Ensure all athletes have their individual equipment. (Ball, water bottle, GK Glove etc.)
- ☐ Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- ☐ Do not allow shared team snacks.
- ☐ Coaches wear a face covering, at all times and abide by the physical/social distance requirements from players and parents.
- ☐ **STAY POSITIVE** – Players and parents will be looking to you to remain calm and supportive during this transition time.

Step 5: At the conclusion of the practice session:

- ☐ Monitor Players as they exit the playing area.
- ☐ Ensure Social Distancing is adhered to and that PPE is being worn.
- ☐ Ensure that each player is picked up by their parents or guardian.
- ☐ Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- ☐ Remind the players to clean and disinfect their individual equipment when they arrive home.

Step 6: Post Practice Session:

- ☐ Clean and disinfect all equipment.
- ☐ Launder any and all clothing worn during the practice session.
- ☐ Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19
- ☐ Reflect on the Players Performance
- ☐ Reflect on your Performance.
- ☐ Plan for the next practice session.



Coaching Games: Phase III - Step 2 - Moderate Risk:

Moderate Risk - Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants.

Examples: Baseball, softball, crew, sailing, track and field, running clubs, team swimming, volleyball, dance class, fencing, field hockey, girls lacrosse, soccer

Sports and activities included in the **Moderate Risk** category can participate in Level 1, 2 and 3 types of play. Levels of Play:

The following types of play are defined by level from least to greatest risk.

- Level 1: Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- Level 2: Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- Level 3: Competitions (Inter-team games, meets, matches, races, etc.)
- Level 4: Tournaments (Outdoor only) - Not Permitted in Phase 3 Step 2 for Moderate Risk Sports.

Moderate risk is defined as a sport or activities that involve intermittent close proximity or limited, incidental, physical contact between participants. Sports in this category are permitted to participate in Level 1, 2, and 3 training activities.



Spectators

The spectator area must allow for at least of 6' feet of social distancing between all family units

Note: This updated guidance is in force unless the facility has stricter limits.

Involvement of Non Playing Participants:

- ☐ Coaches have always been responsible for the actions of their players, parents and spectators. This does not change
 - ☐ Assign a team COVID Coordinator to help
- ☐ Coaches, staff, referees and other officials are required to wear facial coverings and maintain social distance of 6 feet at all times.
- ☐ Attendance must be kept for all activities including games
- ☐ Spectators must wear facial coverings and maintain six feet of social distance at all times.

For the purposes of Competitions (Games), we suggest:

- ☐ Ask that those who are immunocompromised and considered at risk for COVID-19 not attend unless they are the player's guardian or chaperone.
- ☐ If necessary, to accommodate spectators, use areas around the field other than just the spectator side. (See diagram below for spectator viewing areas)
- ☐ Make sure this is communicated to coaches, parents and referees.



The Players

- ❑ Arlington Soccer Club is requiring all players wear a face covering per the most current EEA Guidelines for Organized Youth and Adult Amateur Sports. Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn when at all times. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- ❑ Players must properly wear their face covering at all times when on the sidelines, in any huddles, during all time-outs except when 6 or more feet from another player for a "mask break" to catch their breath, drink or eat. If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled.
- ❑ A mask or face covering that wraps around the head or head and neck (i.e. gaiter) will be considered dangerous equipment. A mask that fits over the ears only will be considered safe to wear. Masks with exhalation valves or vents (including mesh masks) are not acceptable for players and should NOT be worn.
- ❑ Upon arrival at the field players will be assigned to a designated waiting and equipment area that ensures physical distancing is maintained when not playing.
- ❑ Players who start the game as substitutes will remain in their designated waiting area until they enter the field of play.

During the Game:

- ❑ Throughout the Game, during breaks for water encourage proper hygiene. Use alcohol based hand sanitizer (at least 60% alcohol). Cover coughs and sneezes with tissues or sleeves, do not use your hands. Do not touch your face (eyes, nose, mouth with unwashed hands). Follow all state and local health protocols.
- ❑ Ensure the health and safety of all athletes.
- ❑ Coach is to be the only one to handle cones, discs, etc.
- ❑ Ensure all athletes have their individual equipment. (Ball, water bottle, GK Glove etc.)
- ❑ Ensure player's personal belongings (bags, coats, sweatshirts) remain in their personal space and are kept physically distanced from the belongings of others. Do not allow sharing of personal items.
- ❑ Do not allow shared team snacks.
- ❑ Coaches wear a face covering, at all times and abide by the physical/social distance requirements from players and parents.
- ❑ STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.



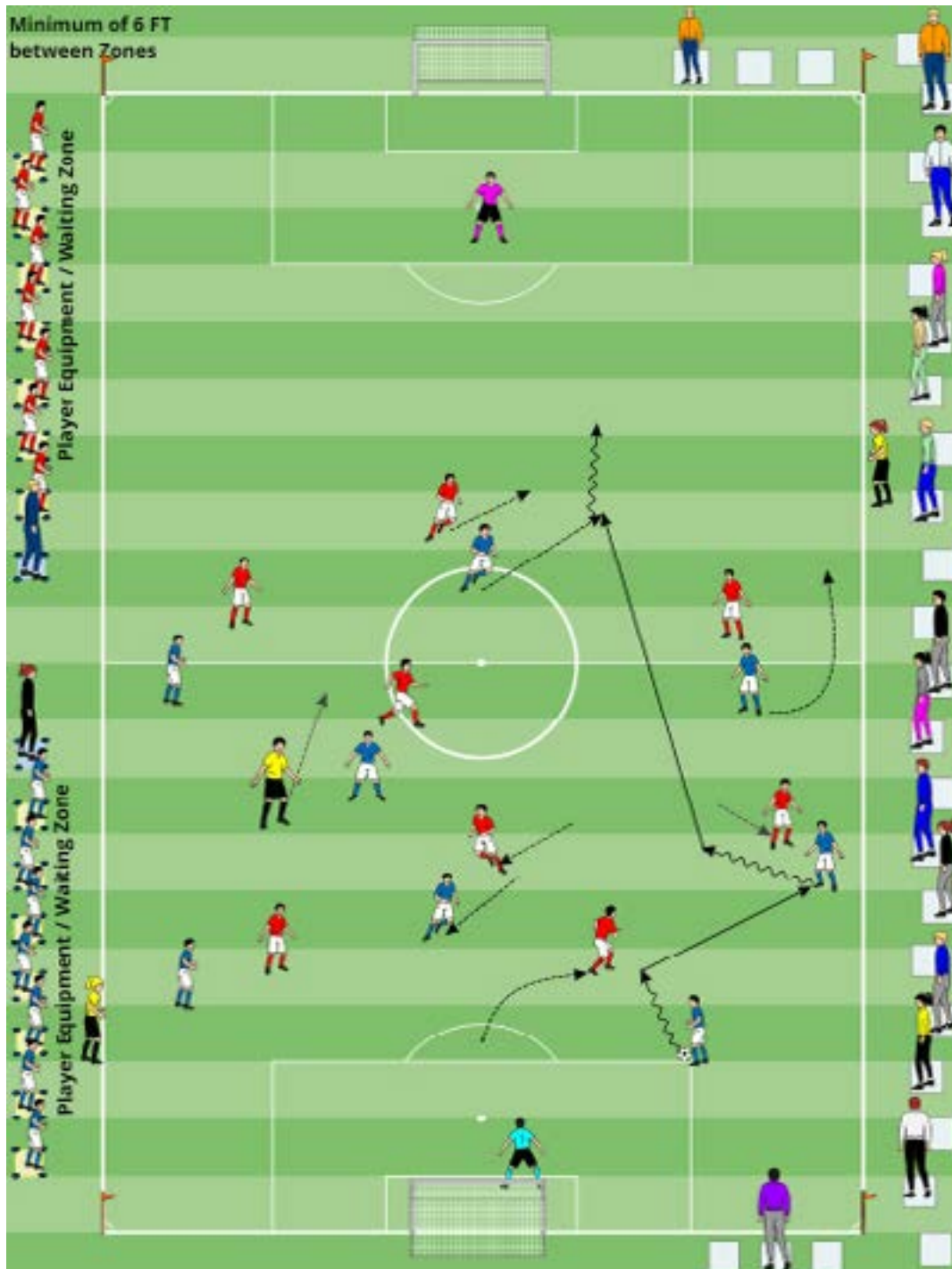
At the Conclusion of the Game:

- ☐ Have players clean their area of all belongings and trash.
- ☐ Monitor Players as they exit the playing area.
- ☐ Ensure Social Distancing is adhered to and that PPE is being worn.
- ☐ Ensure that each player is picked up by their parents or guardian.
- ☐ Ensure that all social distancing is maintained for players waiting for their ride to arrive.
- ☐ Remind the players to clean and disinfect their individual equipment when they arrive home.
- ☐ Post Game:
- ☐ Clean and disinfect all equipment.
- ☐ Launder any and all clothing worn during the game.
- ☐ Communicate with Parents and request that you are alerted if any players may have been in contact with COVID-19
- ☐ Reflect on the Players Performance
- ☐ Reflect on your Performance.
- ☐ Plan for the next practice session based on your team's performance.



Game Field Set up

Please note not all player waiting spots are depicted in the drawing below. Please allow one spot per player on your roster.





Resources

- [Reopening Massachusetts](#)
- [WHO Handwashing Video](#)
- [FIFA COVID-19 Resources](#)
- [US Soccer Play On](#)
- [US Soccer Recognize to Recover - COVID 19 and Mental Health](#)
- [US Youth Soccer Return to Activity Notice](#)
- [Aspen Institute - Coronavirus and Youth Sports](#)