

## COVID-19 Checklist for Coaches

### Protect Players from COVID-19

- ✓ Send a welcome email or call parents and/or players. Inform them about **actions that the sports program 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.
- ✓ Provide **hand sanitizer with at least 60% alcohol** to players before and after practice/game, 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 (signage or tape on floor, if applicable). 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 sports administrator to make sure they are following **cleaning and disinfection** recommendations.
  - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
  - Cleaning and disinfecting shared equipment.



Lower Risk



Higher Risk



Skill-building drills at home



Within-team competition



Full competition from different areas