



## STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for the pitch safely.

### Before you Leave Home

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- 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.
- 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

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- Set-up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up social distancing 'grids' for participants
- Respect social 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).
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.

### After activity is Complete

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- 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 social distancing guidelines.
- Thoroughly wash water bottle with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) each day.

