



# Langley United

Return To Play – Phase 2  
Coach Checklist



## Prior To The Training Session

Coaches must conduct a self assessment of symptom screening before every LUSA sanctioned session. [SELF ASSESSMENT TOOL](#)

Coaches must notify LUSA and stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.

Coaches must wash hands with disinfectant soap and water for at least 20 seconds or alcohol based sanitizer before any soccer activity.

Coaches must bring their own water bottle and hand sanitizer and keep them in a personal bag or backpack in the designated area.

Coaches must be dressed in coaching attire prior to arrival.

Coaches may consider wearing a mask or gloves during sessions.

If coaches cough or sneeze, please do so in a tissue or in the sleeve but not the hands. All sanitary items must be disposed of in the set aside containers.

Coaches must avoid touching door handles, gates, benches, and all other objects where viruses could survive. If they touch something, make sure to wash their hands as quickly as possible.



## During The Training Session

Coaches must follow any posted signs at the field.

Coaches must check in with the LUSA technical staff upon arrival at the field.

Coaches must check in all participants in the training session.

Coaches must, if any participant displays any symptoms of illness, immediately send the said participant home and inform the LUSA technical staff.

Coaches must remind players of the requirements for social distancing and equipment handling.

Coaches must keep players to the area of the field under their control

Coaches must maintain physical distancing as required by health authorities.

Coaches must avoid any physical contact with players or fellow coaches

Coaches must not shake hands, do high fives or fist bumps with players or fellow coaches.

Coaches are to ensure players do not touch any equipment other than the ball and this must only be done with the feet.

Coaches must ensure that the goalkeepers do not share gloves or spit in their gloves.



## After The Training Session

Coaches are to assist with the dispersal of the players as quickly as possible keeping in mind the need for physical distancing.

Coaches must wash their hands with disinfectant soap and water or use alcohol based hand sanitizer after every session.

Coaches must gather the balls from the field and spray them with disinfectant cleaning solution.

Coaches must gather all other equipment and take this equipment to the washing stations.



## General Reminders

If coaches do not feel well or are displaying symptoms of COVID-19, they must stay home

If coaches have traveled outside of Canada, they are not permitted at the training facility or to participate in any Langley United programming until they have self-isolated for 14 days.

If coaches live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, they must stay at home.

If coaches are unsure of any symptoms that they may be displaying, they should use the self-assessment tool [COVID Self-Assessment Tool](#) to confirm their readiness to participate in the activity.