



Ottawa TFC Coaches COVID Prevention Responsibilities



General Hygiene Protocol

- Sanitize hands immediately before leaving home, before entering the field, after soccer activities and during scheduled breaks.
- Carry hand sanitizer in order to enable good personal hygiene.
- Do not spit at any time.
- Avoid touching eyes, nose or mouth.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Shower at home before and after training.

Recommendations and Guidelines for Coaches

- Follow the hygiene protocols in this document.
- Complete COVID questionnaire prior to each event (T.D. to Staff Coaches to Team/Group Coaches)
- If you answer "yes" to any of the self assessment questions, follow the illness protocol and stay home.
- Wash hands before and after entering club facilities (i.e.: Evergreen, clubhouse, etc.)
- Priority is to ensure safe environment, complete coach certification and safe sport certifications
- Hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., player drop-off, social distancing, modified training, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- Ensure there is a sanitation marshall present prior to the session. This person should ensure questionnaires have been completed by all participants, hands have been washed prior to commencing, and social distancing of personal items is observed prior to proceeding to the field.
- Hand sanitizer should be made available to the players. They should have their own, but coach will also make some available (Club will provide this).
- Only Coaches/Staff should handle equipment.
- Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Structure activities to maximize physical distancing.
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- No heading, chest or hand contact with ball (feet only). This means: no throw-ins, or activities with repeated service from the hands
- Regular sanitization breaks combined with water breaks.
- Ensure that sessions end on-time so that congestion doesn't accumulate in parking lots and players aren't lingering around the fields or facilities, waiting for their rides
- Frequently clean all surfaces, including counters, door handles, benches, tables, etc.