

MASSACHUSETTS YOUTH SOCCER ASSOCIATION



COVID-19

Coaches Toolkit

Updated May 18, 2021





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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 parents/guardians who may not be ready to have their child return to activities at this time.
- ☐ 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. (Use of Apps such as TeamSnap or TeamApp is encouraged 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.
- ☐ Select, read and understand the age appropriate Training Session Plan that you are going to use. For Massachusetts Youth Soccer Training Session Plans: [Click Here](#).
- ☐ 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:

- ☐ For Youth aged 18 years and under when outdoors and engaged in moderate risk sports (soccer), a mask will not be required. At their parent’s discretion, players may continue to wear a mask while playing soccer.
- ☐ For participants aged 19 years and older when outdoors and engaged in moderate risk sports (soccer) where social distancing can not be continually maintained (soccer) a face covering must be worn while actively playing. The player may remove the face covering for frequent short mask breaks to catch their breath when they are out of proximity of other players (at least 6’) using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace.



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They are not required to wear a mask outdoors while on the sideline and in a huddle if proper social distance is maintained. If it cannot be maintained masks must be worn.

- ☐ **For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that are secure with loops around a player's ears are acceptable. Masks with exhalation valves or vents (including mesh masks) are not acceptable and should NOT be worn by anybody. Face coverings must be a separate accessory.**
- ☐ **Coaches and Referees are not required to wear a mask if they are outdoors and can social distance. At any time social distance can not be maintained they must wear a mask. Referees age 18 and younger do not need to wear a face covering while on the field of play officiating a game. The use of electronic whistles or similar non-traditional whistles by all referees is required.**
- ☐ **Some town, city and regional Boards of Health as well as leagues may impose more restrictive measures for facial coverings for participants and spectators. If so, these restrictions take precedence.**
- ☐ **If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled**
- ☐ **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 are not required to wear a mask when outdoors if social distance can be maintained. Where a coach is unable to maintain the proper social distance a mask must be worn.**
- ☐ **STAY POSITIVE – Players and parents will be looking to you to remain calm and supportive during this transition time.**



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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 as required by the current EEA guidelines.
- ☐ 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.



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Coaching Games: Phase IV- Step 1- 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, 3 and 4 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)

The Playing Surface:

The previous limit of 25 participants per playing surface has been removed. Mass Youth Soccer is relying on our member organizations to properly manage the number of participants per playing surface with the health and safety of all.

Spectators

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



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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 on sidelines and during active play.
- ☐ Attendance must be kept for all activities including games
- ☐ Outdoors spectators are not required to wear a mask when they can maintain 6' of social distance. Where 6' of social distance cannot be maintained masks must be worn.

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

- ☐ 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

- ☐ For Youth aged 18 years and under when outdoors and engaged in moderate risk sports (soccer), a mask will not be required. At their parent's discretion, players may continue to wear a mask while playing soccer.
- ☐ For participants aged 19 years and older when outdoors and engaged in moderate risk sports (soccer) where social distancing can not be continually maintained (soccer) a face covering must be worn while actively playing. The player may remove the face covering for frequent short mask breaks to catch their breath when they are out of proximity of other players (at least 6') using caution to avoid touching the front or inside of the face covering by using the ear loops to remove and replace. They are not required to wear a mask outdoors while on the sideline and in a huddle if proper social distance is maintained. If it cannot be maintained masks must be worn.
- ☐ For the purpose of this guidance a facial covering means a face mask that completely covers the nose and mouth. Only face coverings that are secure with loops around a player's ears are acceptable. Masks with exhalation valves or vents (including mesh masks) are not acceptable and should NOT be worn by anybody. Face coverings must be a separate accessory.



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- ❑ Coaches and Referees are not required to wear a mask if they are outdoors and can social distance. At any time social distance can not be maintained they must wear a mask. Referees age 18 and younger do not need to wear a face covering while on the field of play officiating a game. The use of electronic whistles or similar non-traditional whistles by all referees is required.
- ❑ Some town, city and regional Boards of Health as well as leagues may impose more restrictive measures for facial coverings for participants and spectators. If so, these restrictions take precedence.
- ❑ If conditions are so severe as to warrant masks too dangerous to wear, the competition must be delayed, postponed or cancelled
- ❑ 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, 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, 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 are required to wear a face covering when on the sidelines 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.



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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.

Scheduling of Games:

- ☐ Schedule groups/teams with a minimum of 20 minutes in between the time one team concludes and the other arrives. Players should not arrive at their field earlier than 5 minutes prior to their scheduled arrival time.
- ☐ Once athletes have completed their competition or activity they must leave the area if another team is taking the field or using the playing surface to ensure adequate space for distancing.

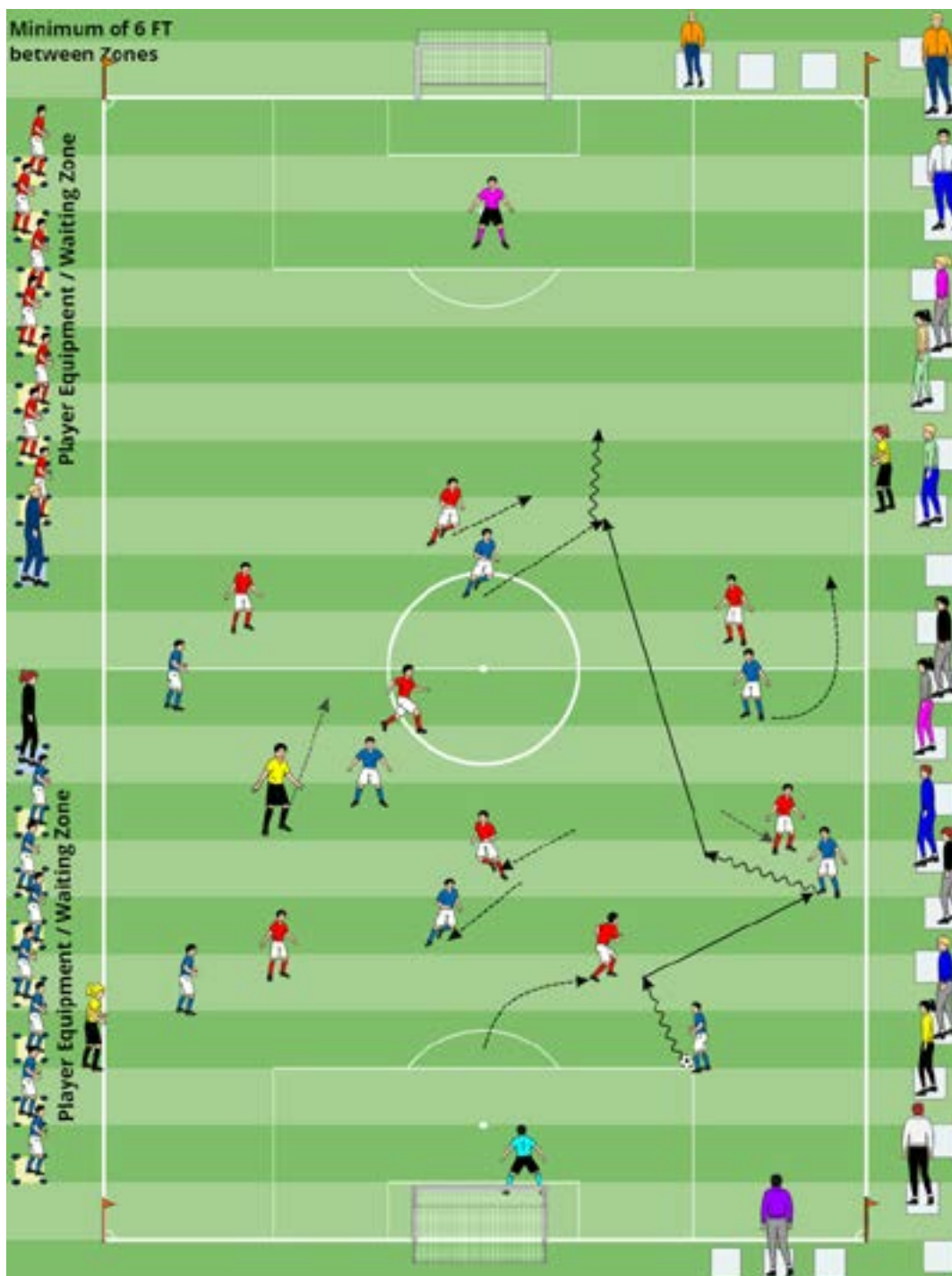


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Game Field Set up

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





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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](#)