

MASSACHUSETTS YOUTH SOCCER ASSOCIATION



Reopening Massachusetts Return to Soccer Activities

Coaches Toolkit

June 6, 2020





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Guidelines and Responsibilities

Massachusetts Youth Soccer is dedicated to protecting the health of all people in and outside of our community. In an effort to assist our players, coaches and parents with their efforts to return to play after the recent suspension of activities, due to COVID-19, Massachusetts Youth Soccer has put together the following guidelines for our affiliate members to use. Given the nature of this pandemic, this framework may change at any time based on the most recent CDC and or Massachusetts Department of Public Health (DPH) guidelines. Please keep in mind that local municipalities may have additional guidelines in place that will need to be adhered to. Once this order has been relaxed, please be aware that individual counties and jurisdictions may have additional restrictions in place that affect your decisions.

The information contained in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only.

Prior to Soccer Activities

- ☐ **REQUIRED:** Read, understand and become familiar with the Massachusetts Youth Soccer Association COVID-19 Return to Soccer Activities Guidelines ([CLICK HERE](#))
- ☐ Make sure you are fully registered, affiliated and compliance approved. Your organization's Risk Manager or Registrar should have this information.
- ☐ Confirm you have permission to use the fields (facility, complex, park, school, etc.) prior to scheduling any practices.



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Prior to the first Practice (Email)

- ☐ Write a short email to the parents announcing that you will have a practice session.
- ☐ Click the links below for sample emails
 - [Sample Email - Arrange Zoom Meeting](#)
 - [Sample Email - In Person Meeting / Phone Call](#)
- ☐ The email should contain the following information:
 - ☐ Time and place of the training session
 - ☐ What the player should bring to the training session: Soccer ball, water bottle, shin guards, hand sanitizer, face mask, gloves, shin guards, a dark and light shirt (in order not to use bibs)
 - ☐ A few words about what are the players going to do during the training sessions - Physical distancing, parents responsibilities about the COVID-19 return to activities,
 - ☐ What players need at the training session
- ☐ Ask how many players will be attending the training session (for planning and logistical purposes) to 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)
- ☐ Share Massachusetts Youth Soccer Return to Play Guidelines
- ☐ Schedule a video meeting, if possible, on which you will go over in a more detailed manner the return to soccer activities guidelines and answer any concerns from the parents.
- ☐ Understand that there may be parents/guardians who may not be ready to have their child return to activities at this time



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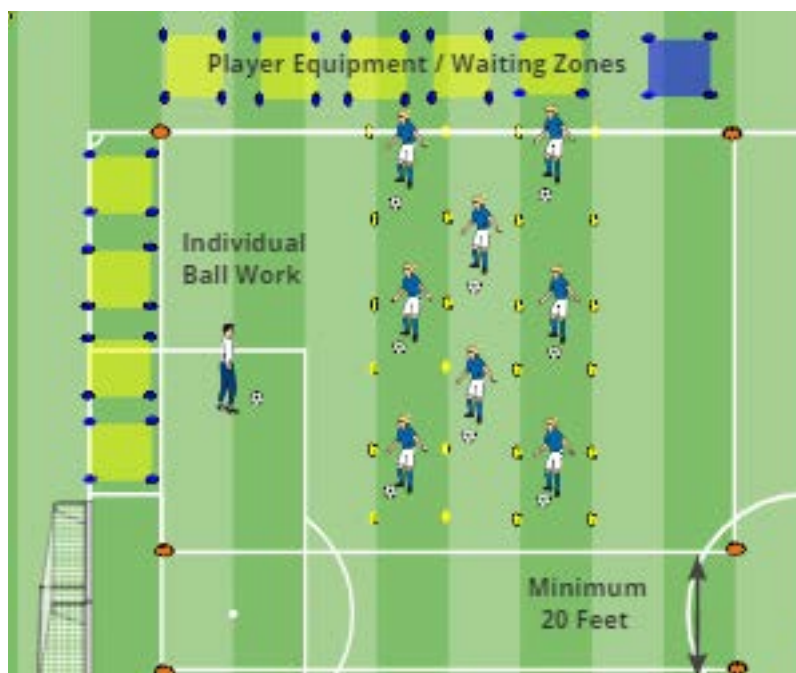
Parent Communication

Best practice for parent communication would be to schedule a video meeting (Zoom or preferred platform) with Team Parents/Guardian via email: If a video meeting is not possible information should be sent via email to the team parents.

All parents must acknowledge receipt and have read the Massachusetts Youth Soccer Association COVID-19 Return to Soccer Activities Guidelines ([CLICK HERE](#))

During the video meeting

- ☐ Greet the parents
- ☐ Ask about how they and the kids are doing
- ☐ Go over the Parents and players guidelines
- ☐ Go over the coach guidelines
- ☐ Show the training session plan layout for physical distancing (show a picture of a the grids and where the players will put their equipment)
- ☐ Address any Questions or Concerns





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Prior to Arriving at Practice Location

Before leaving the house check for:

- ☐ Health and Safety equipment such as:
 - ☐ Gloves
 - ☐ Face masks
 - ☐ Wipes to sanitize the cones and other equipment. In case of not having wipes then a spray bottle with the sanitizing liquid inside
 - ☐ Tissues
 - ☐ Plastic bag to put the tissues in in case you used them to sanitize the equipment
- ☐ Check soccer equipment is sanitized before leaving home
- ☐ Select, read and understand the age appropriate Training Session Plan that you are going to use. To access our Physical Distancing Training Sessions [CLICK HERE](#)
- ☐ Do not allow players or parents to congregate in parking lots, at drop off zones, facility entrances/exits before or after a training session.

On Arrival at the Practice Location

- ☐ Set up each grid keeping the Physical/Social Distancing guidelines between grids, according to the selected Training Session Plan.
- ☐ Be ready to greet the players and assign him/her their respective grid
- ☐ Understand some parents/guardians may require their child to wear a face covering. If so, it should be a face covering which attaches around the ears so as not to cause any injury if accidentally tugged or pulled on. No around the head or neck face coverings permitted during play.



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Players Arrival at Practice

- ☐ Players should arrive no earlier than 5 minutes prior to the start of the training session. If they arrive any earlier, they must stay in the car with the parent.
- ☐ Greet the player and inquire how he/she is feeling that day. If the players tells you that is not feeling good send the player home
- ☐ No handshakes, high 5's, fist or elbow bumps as means of greeting. No physical greetings between player and coach or player and player
- ☐ Create a designated player equipment area next to their grid and away from the side line and parents
- ☐ Assign the players to their respective grids
- ☐ Have a player equipment check to see if they have all the required equipment as per health and safety guidelines:
 - ☐ Soccer ball, water bottle, shin guards, hand sanitizer, face mask, gloves and bring a dark and light shirt in order not to use bibs
- ☐ Continue to ensure the health and safety of the players

During Practice

- ☐ 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.
- ☐ The coach is the only person who can touch any cones and equipment. If you are getting a soccer ball for a player just kick it to him/her do not touch it with your hands. If you do touch it, please sanitize it before giving it back to the player.
- ☐ Wear a face covering, when not providing coaching feedback/information and abide by the physical/social distance requirements from players and parents.
- ☐ In the case the coach has to touch a player due to injury, put on gloves. After treatment of the injury place the discarded gloves in a ziploc bag for disposal after practice.
- ☐ Maintain physical distance from the players as per the health and safety guidelines
- ☐ Players can not share t-shirts, shin guards and any other personal equipment with another player.
- ☐ Do not allow them to share any team snacks



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Practice Dismissal

- ☐ Thank the players for their attendance and praise them for their efforts
- ☐ Inquire about their well-being and ask what they enjoyed about the training session
- ☐ Monitor players as they are exiting the playing area in order to ensure social distancing is adhered to and that PPE is being worn
- ☐ Remind the players to clean and disinfect their own equipment when they arrive home
- ☐ Ensured that each player is picked up by their parent/guardian
- ☐ Ensure that social distancing is maintained while waiting for their parent to arrive
- ☐ Coach picks up cones and other equipment and disinfect with either wipes or spray
- ☐ Be the last to leave the practice area
- ☐ All waste should be placed by the respective parent, player, coach and spectator in the trash receptacle. Nothing should be picked up by anybody other than the originator of the waste.
- ☐ Do not allow players or parents to congregate in parking lots, at drop off zones, facility entrances/exits before or after a training session.

Post Practice

- ☐ 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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Cleaning, Disinfectant Supply and PPE

Coach and Players

- ☐ Gloves
- ☐ Masks
- ☐ Spray or Wipes
- ☐ Hand sanitizer or spray
- ☐ Facial tissues
- ☐ Ziploc bags

Physical Distancing Session Plans

- [U6](#)
- [U8](#)
- [U9](#)
- [U10](#)
- [U12](#)
- [U13+](#)

Resources

- [Reopening Massachusetts](#)
- [Center for Disease Control - Coronavirus Disease 2019](#)
- [CDC Considerations for Youth Sports](#)
- [CDC Guide to Mass Gatherings](#)
- [EPA Recommended Disinfectants](#)
- [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](#)
- [CDC Coping with Stress](#)