



# Return-to-Educate Recommendations Guide

U.S. Soccer Coaching Education



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Prior to any planning of a course, ensure you have referenced and reviewed the most up to date COVID-19 guidelines and recommendations from your local public health, as well as state and federal guidelines.

Hosts should reference State or County Academic guidelines or considerations for classroom size, etc.

U.S. Soccer has created a [comprehensive document](#) as part of our return-to-play campaign called **Play On**. The details of the overview document below contain sections of the complete document, as well as additional information that we feel best apply to the context of carrying out coaching education at this time.

Additional Links to reference

[CDC – How to Protect Yourself & Others](#)

[CDC – Youth Programs and Camps Decision Tool](#)

[US Soccer \*\*Play On\*\* Resource Center](#)

The following pages outline recommendations on how you may Return-to-Educate. It is broken into three parts:

- Pre-course
- During
- Post-course



## Pre-Course

### General Health

1. If you are sick or have symptoms of an illness:
  - a. **Stay home. Stay home regardless of what is causing your illness**
  - b. If you are confirmed or suspected to have COVID-19, practice self-quarantine measures and contact your physician
    - i. Do not participate in activities if you have any of the symptoms listed below:
      1. COVID exposure in past 14 days
      2. Sore throat
      3. Shortness of breath/difficulty breathing
      4. Fever >100.4 F
      5. Chills
      6. Headache
      7. Sinus congestion
      8. Cough persistent and or productive
      9. Joint aches and soreness
      10. Vomiting or diarrhea
      11. Rash
  - c. Do not go to training facilities or fields with any of the above symptoms. Remotely communicate your health status to the instructor/administrator prior to the course. Speak to a physician and follow CDC guidelines on self-quarantine
  - d. To discontinue quarantine and return to sport, obtain appropriate clearance from your medical provider
2. If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19:
  - a. Begin self-quarantine for 14-days under the guidance of a medical provider
3. Additional Medical Considerations
  - a. The participant should conduct a daily temperature check for low grade fever (>100.4.) and the below daily health questionnaire at home before the course. If you have a fever or any symptoms do not attend the course
    - i. Conduct a daily health questionnaire in line with the [Coronavirus Self-Checker](#), made available by the CDC



## Scheduling a Course

### 1. Site Visit

- a. Take the opportunity to check out the space in which you will hold the course to ensure all health and safety guidelines can be followed
  - i. This can be a virtual visit, if necessary
  - ii. Accommodate roughly 48 square feet per participant in the space

Number of Participants (Instructor and Admin Included)	Estimated Classroom Space (Square Feet)
6-8	300-400
10-12	500-575
14-20	675-975

- iii. Classroom space should be able to meet social distancing measures
- iv. Classroom space should have proper ventilation
- v. Air conditioning or ability to open windows to receive fresh air
- vi. Entryways, including restrooms, should be accessible without the need for handling doors (ability to prop open doors)
- vii. If possible, an area for hand sanitizing upon arrival

### 2. For contact tracing purposes, maintain a list of all facility users, participants at trainings, and attendees, etc.

- a. For privacy purposes, the list should be securely stored and not shared publicly
- b. In the event that someone participating in your activities becomes ill, refer to this list for tracking or tracing to determine who may have been directly exposed to illness, and advise them accordingly
- c. It is recommended that lists should be available for a minimum of 21-days to account for the period of time of COVID-19 presentation of symptoms and illness
- d. Include the items below in your contact tracing list. For minors, use a parent's contact information
  - i. Date
  - ii. Venue
  - iii. Name
  - iv. Phone
  - v. Email Address of participants
  - vi. Specific training session i.e. time/field/coach etc.



### 3. Candidate Information

- a. It is important to get to know the needs of the group prior to the course. Assess which phase your area is in as defined by **Play On**, and consider using the **Play On Coaching Overview** module to help address those needs
- b. Candidates should be instructed to bring their own writing utensils
- c. If necessary, candidates should be instructed to bring physical or digital copies of additional materials (I.e. Page of Experience, Roadmap etc.)

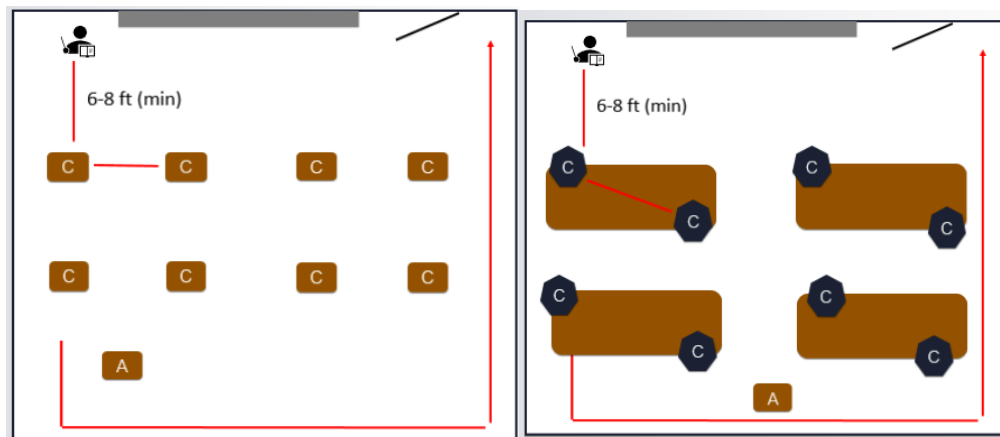
## General Course Recommendations

1. It is a good idea to have an on-site administrator for the course
2. Youth players are not required
  - a. Candidates should plan to participate as players in field sessions (the sessions have been modified to use smaller numbers)
  - b. Consider the number of candidates in your course and contact them in advance to ask who can participate
  - c. Youth players can be utilized if in Phase III of **Play On**
3. It is important to realize that this is not soccer as usual. Clubs and organizations will need to adjust their regular operations appropriately. Parents need to understand and adhere to all safety precautions
4. It is recommended that all field components, if possible, should be held outdoors

## Classroom Setup

1. Prop open entryways when possible
2. Arrange desks/tables to maintain social distancing (see example diagrams)
3. If possible, set up an area for hand sanitizing
4. Wipe down all usable surfaces with disinfectant/anything that can or will be touched

*Examples of Socially Distanced Classroom Setups*





## Candidate Arrival

1. Attempt to stagger arrival by designating times for participants to enter the space
2. Candidates should wait in their cars prior to their specific entry time
3. Participants should use hand sanitizer upon arrival
4. Participants should not change seating locations within the classroom for the duration of the course
5. If participating as field players, candidates should come prepared to play, including having disinfected/sanitized equipment

## Player Arrival

As referenced, youth player participation is not required. If players are invited to participate, it is recommended the host be in Phase III of U.S. Soccer's **Play On** guidelines

1. Assign staggered arrival times for participants to arrive to limit congestion during check-in and accessing the field
2. Participants should wait in their cars until their specific time to enter the facility or field
  - a. It is recommended that only the participant departs the vehicle
  - b. It is recommended that the driver either leaves the training facility or stays in the parking lot, remaining in the vehicle and observing all social distancing guidelines
3. Create a Check-In Station adhering to social distancing guidelines
  - a. Participants should move through check in one-at-a-time, maintaining social distance
  - b. Upon arrival, the participant should be asked a series of health screening questions, aligned with the CDC's Coronavirus Self-Checker, to affirm medical clearance to participate. The coach, a staff member or a designated Safety Officer can be responsible for asking health screening questions
  - c. The station should provide appropriate products to sanitize your hands, which the participants should use upon arrival
  - d. As an alternative to Check-In Stations, consider creating a virtual check-in process, including a daily symptoms questionnaire. Ensure the Club follows privacy laws if gathering and storing this information electronically
4. Confirm that players have brought adequate hydration from home to manage higher-intensity full-team trainings in Phase II
  - a. Players may consider providing their own individualized snacks or post training nutrition



### **Individual Prep Areas**

1. Plan ahead to prepare the field to best accommodate social distancing
2. Consider creating personal prep stations
  - a. Set up a line of cones 6-feet apart in an area to the side of the training field
  - b. Arrange one cone per participant (player, coach, referee, administrators, etc.)
3. When a participant arrives, designate a cone as their personal prep station for the duration of the training session. The individual should place their bags, water bottles, towels, etc. at this cone

### **Field Equipment**

1. Instructor should provide all necessary field equipment, including balls and cones
2. Participants should not put down, pick up, or move field equipment
3. All training equipment should be disinfected prior to the start of the session





## During the Course

### General Hygiene

1. Avoid touching your eyes/mouth/nose as much as possible
2. Wash or sanitize your hands often
  - a. Use soap and water for a minimum of 20 seconds
  - b. When soap and water is not available, use hand sanitizer
3. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
  - a. Follow with washing or sanitizing your hands
  - b. Dispose of tissues in a sealed trash can
4. Avoid spitting and coughing
  - a. Follow recommendations on wearing PPE (Personal Protective Equipment – masks or face covers)

### Masks / Face Covers / Personal Protective Equipment (PPE)

1. All participants (coaches, players, referees, instructors, administrators) are recommended to wear new or clean PPE upon arrival, departure and when not physically active during activities
2. PPE should cover the nose and mouth, be breathable, consist of cotton or wick-type material and follow CDC guidelines
3. PPE should be new or clean for each training session, and disposed or thoroughly cleaned after each training session

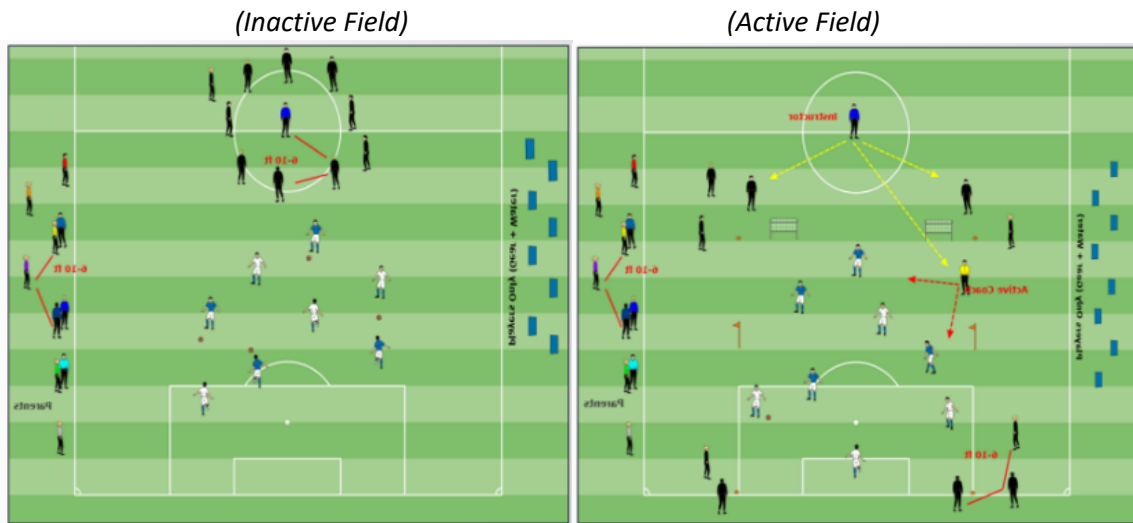


## Course Activities

1. Classroom Learning Activities
  - a. Use activities that ensure social distancing is maintained (for Grassroots courses, refer to the Instructor Guide for examples)
  - b. For digital presentations, candidates must send their presentations to the instructor to avoid multiple contacts with projection setups and laptops
2. Field Session Set-Up
  - a. Assign a designated area for parents/guardians to observe with social distancing in place
    - i. In some instances, it may be easier for parents to remain in their vehicles for the duration of the session
  - b. Assign a designated area for participants to place their belongings while adhering to social distancing
    - i. This area should be where participants get water, keep their bags, etc.
  - c. Field set-up should aim to use minimal equipment to limit transmission of virus
    - i. All field equipment should be disinfected prior to the start of the session
    - ii. Gloves should be worn, when possible, to set up the field
    - iii. Players and coaches should not pick-up field equipment, move goals or handle other necessary training equipment
  - d. Where possible, general team bibs should not be used
    - i. If bibs are used, they should be used by one player and not shared or rotated amongst players
    - ii. If bibs are used, they should be placed at personal station ahead of player arrival, instead of being handed out by coaches/staff
  - e. Field Learning Activities
    - i. Use smaller galleries (groups of 2-3 people socially distanced) spread out around the field
    - ii. Provide each small group with a task or focus area to observe. Introduce the idea with them and move to another group. After a set period, bring the groups together (including the adults that were participating as players) to review the questions that you posed
      1. Base them on the 5 Elements of a Training Activity
        - a. I.e. “What about this activity makes it organized?”; “How might you organize it differently?”
    - iii. If adults are playing, be sure to allow for frequent (socially distanced) breaks
      1. Be sure to review anything that you discussed with the mini galleries with the adults that were participating as players
    - iv. Below are examples of how you could arrange the candidates



### Examples of Socially Distanced Field Setup



## Meals

1. Dining spaces should accommodate social distancing (roughly 48 square feet per participant in the space)
  - a. If possible, consider the use of an outdoor meal space
  - b. Consider the use of staggered mealtimes (for example, three groups spread across the duration of the entire period) to help maintain safe distances
2. Meals should be organized by the course administrator or participants should bring their meals
  - a. Avoid the use of buffet-style meals when possible
  - b. Snacks should be individualized and packaged
3. Use of serving utensils should be avoided
4. Sharing of condiments is not recommended

## Hotels

1. Check with hotel staff for their COVID-19 prevention measures
2. Participants should not use fitness facilities during the course to minimize risk
3. Sanitize high use and high touch areas frequently



## Post-Course

### Course Closing

1. Attempt to stagger departures by designating times for participants to leave the space
2. Sanitizing
  - a. Clean and disinfect all equipment used during the field session
  - b. Clean and disinfect all surfaces within the classroom space

For additional health and safety guidelines go to [www.recognizetorecover.com](http://www.recognizetorecover.com) including Heat and Hydration protocols and Emergency Action Plans amongst others