



Pre & Post Activity Checklist

Program Leaders

BEFORE THE SESSION

- You MUST use the BC COVID-19 Self Assessment Tool [HERE](#) before attending any session to determine if you should be going.
- Notify the Technical Director ASAP if you are experiencing COVID-19 symptoms and/or are not able to attend.
- Wash your hands with soap and water for at least 20 seconds before leaving your house to attend the program.
- Bring your own water bottle(s) and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field. Be certain to bring enough water for the training conditions to avoid filling up in the bathroom. **THESE MUST BE CLEARLY LABELLED WITH YOUR NAME.**
- Clean / Disinfect your equipment, including your water bottle(s) before you arrive.
- Change into your soccer apparel at home (not at the field). All program leaders must wear KYSA shirts / jackets so you can be clearly identified.
- Consider wearing a mask or gloves while leading if you feel more comfortable doing so.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

ARRIVING AT THE FIELD AND LEADING YOUR SESSION

- Be familiar with the park where you are hosting your session and all related Ingress / Egress points.
- Arrive at the park a full 15 to 20 minutes before your session and obey the posted signs.
- Check in with a designated Club Official, go to your allocated space, find your cleaned equipment, and prepare your field.
- As players arrive at your field you must:
 - Track their attendance & get verbal confirmation that they are healthy to participate.
 - Send them home if they answer no or are displaying any symptoms of illness.
 - Remind them of physical distancing requirements, equipment handling restrictions, and to use hand sanitizer.
 - Direct them to their specific training area.
- Keep players to their designated areas.
- Maintain physical distancing standards as required by the health authorities.
- Avoid all physical contact with players (including hand shakes, fist bumps).
- Follow all required protocols should an injury occur or first aid be required.
- Remind players not to handle (except GKs) or head the ball and GKs not to spit in their gloves.
- You MUST finish your session on time.

AFTER THE SESSION

- Remind players to collect their personal equipment and leave the field promptly, directing them where to go based on your location.
- Collect your session equipment and bring it to the designated "used equipment" station.
- Wash your hands / use hand sanitizer before leaving the Park.