



RICHMOND FC RETURN TO PLAY

COACH CHECKLIST

BEFORE SESSIONS

- Use the [Richmond FC Covid-19 Self-assessment tool](#) to perform a symptom screening check before every Club sanctioned activity.
- Notify the Club and stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- Wash your hands thoroughly with disinfectant soap and water before going to the soccer activity.
- Bring your own water bottle and hand sanitizer. It is recommended to keep a travel hand sanitizer in your pocket for personal use during sessions and games.
- Consider wearing a mask or gloves during sessions if you feel more comfortable wearing one. A mask should be worn when you cannot maintain 2m social distancing.
- 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.

UPON ARRIVAL AT THE FIELD / DURING SESSION

- Always follow the [Richmond FC Entry/Exit Park Maps](#).
- Meet your team at the designated entrance 10 minutes prior to start time and use this meeting time to do player check-in/Covid screen and player hand sanitization. Remind players of the requirements for social distancing and that equipment handling, e.g., touching ball with hands, may only be done by the coach(es). There is no spitting or nose clearing permitted on the field.
- Do not enter the field until the group before has completely left the field to comply with maximum player/field ratios.
- If parents that are not registered Richmond FC coaches attempt to enter the field area, please remind them that this is not permitted under the current government protocols and field rental guidelines.
- Ensure players are putting their belongings around the outside of the field, 2m apart to comply with social distance. Group explanations and water breaks should be done maintaining 2m social distancing.
- If any participants display any symptoms of illness, they must be sent home.
- *Limited contact is now permitted and is defined as players being able to come together and have involuntary contact (i.e. challenging for the ball, etc.).*
- Modified rules for Covid-19 now state that throw-ins are not permitted and taken as a kick-in.
- Do not shake hands or do fist bumps. Goalkeepers must not share gloves or spit in their gloves.



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AFTER SESSIONS

- Players are to leave the field through the designated exit location as quickly as possible after each session.
- Wash your own hands / use hand sanitizer after every session.
- Sanitize equipment after each session and do not share equipment with other teams.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the fields or to participate in any Club program until you have self- isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- Be familiar with [Richmond FC's Illness Policy](#).