

SOC Coaching Requirements and Checklist



5.2.1 SOC Coaching Requirements

Each coach should review and undertake the following actions to allow a return to training at SOC's Phase 2 and Phase 3.

Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
Off-field Preparation	<ul style="list-style-type: none"> • Complete COVID-19 specific coaching training as outlined by your Chapter. • Contact your athletes to ensure they are preparing for sport to return with the activities listed in this plan. • Inform the Program coordinators of the plans for training to recommence. Ensure that plan aligns with all Provincial/Territorial Health guidelines and P/T Sport guidelines. • Understand the restrictions for each localized sport and training venue. • Ensure athletes are prepared to "Get in, train, get out". • Advise players, coaches, and volunteers not to attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). 	<ul style="list-style-type: none"> • Inform the Program coordinator of plans to continue to train.
On-field Preparation	<ul style="list-style-type: none"> • Modify training conditions to support physical distancing. • Ensure you have equipment to comply with the guidelines and restrictions such as hand sanitizer, tissues, antibacterial wipes and signage. 	<ul style="list-style-type: none"> • Modify training conditions to support expanded sporting activity that can be conducted in groups of any size including full contact.

Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
	<ul style="list-style-type: none"> • Retain personal protective equipment (PPE) supplies for use if an attendee at an activity becomes unwell. • Group athletes into smaller groups over a greater number of sessions to comply with Provincial/Territorial guidelines. • See sport-specific recommendations for modifications 	
Emergency Action Plan	<ul style="list-style-type: none"> • Update EAP to ensure alignment with any new venue/facility guidelines or restrictions. • Ensure First Aid Kit is equipped with PPE in the event of an emergency where contact would be required. • Avoid sharing cell phone/facility phone in the event of an emergency. • Assign roles to each volunteer to limit unnecessary contact or sharing. 	<ul style="list-style-type: none"> • Continue to update EAP in alignment with venue/facility operations.
Communication	<ul style="list-style-type: none"> • Remind athletes, coaches, members, volunteers and families the return to training protocols including hygiene protocols. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Training	<ul style="list-style-type: none"> • “Get in, train, get out”. • Maximum participants as advised by your Provincial/Territorial health authority. • No contact including high fives/hand shaking, no socializing or group meals. • Use defined training areas for each training group. 	<ul style="list-style-type: none"> • For larger team sports, consider maintaining some small group separation at training. • Limit unnecessary social gatherings. • Sanitizing requirements continue from Phase 2. • Continue to encourage personal hygiene E.g. wash hands prior to training, no

Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
	<ul style="list-style-type: none"> • Avoid high injury risk activity. • Ensure correct conduct of personal hygiene principles such as sanitizing requirements, hand washing and treatment of shared equipment. • No sharing of personal equipment. • Complete attendance protocol and tracker at each session (Appendix C). 	<p>spitting or coughing, sharing of uniforms.</p> <ul style="list-style-type: none"> • Continue to complete attendance protocol and tracker.
Personal Health	<ul style="list-style-type: none"> • Implement a graded return to sport to avoid injury. • Remind players, coaches, volunteers to not attend if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Avoid physical greetings such as hand shaking and high fives. • Avoid coughing, clearing nose, spitting and sharing of uniforms. • Remind athletes to launder own training uniform and wash personal equipment. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Hygiene	<ul style="list-style-type: none"> • Adopt safe hygiene protocols. • Distribute information and posters for safe hygiene. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.
Facilities	<ul style="list-style-type: none"> • Understand and inform athletes which parts of facilities are available during Phase 2 restrictions. 	<ul style="list-style-type: none"> • Understand and inform athletes which parts of the facilities are available during Phase 3 restrictions.
Management of unwell participants	<ul style="list-style-type: none"> • Understand and comply with guidelines for management of COVID-19 and communication protocol for positive tests. 	<ul style="list-style-type: none"> • Requirements continue from Phase 2.

Area	Coaching Requirements (for activities under SOC Phase 2)	Coaching Requirements (for activities under SOC Phase 3)
	<ul style="list-style-type: none"> Advise players, coaches, volunteers to not attend if unwell. 	

SOC Coaching Checklist

The following checklist should be used by coaches in preparation for returning to programs and prior to each program date:

- Familiarize yourself and other volunteers with your venue, including any new policies or restrictions that may impact training.
- Ask athletes to arrive ready to train. Avoid socializing prior to and after training.
- Attendance protocol and tracker completed at each training session.
- Review length and scheduling of training sessions to reduce overlap. Consider lighter training sessions upon return to play.
- Maximum number of persons (including yourself) as advised by your Provincial/Territorial health authority. Limit unnecessary non-athletes.
- No contact including high fives/hand shaking, socializing or group meals.
- Use all necessary precautions when assisting with equipment, etc. Consider assigning this role to one volunteer for the entire training.
- Advise athletes to bring own water bottles and avoid grouping them together to prevent close contact during water breaks.
- Defined training areas for each training group while maintaining physical distancing of at least 2m (or 6ft).
- Assign roles to volunteers that will limit movement of participants and volunteers throughout the training.
- Use of sanitizing stations.
- Limit use of equipment. Ask participants to bring own if possible. No sharing of personal equipment for both athletes and volunteers
- Sanitize equipment before, during, after sessions.
- Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing).
- Advise all participants to not attend if unwell. In the event of a known or reported illness, please refer to the Communication Protocol section of these guidelines.
- Advise all participants to launder their own uniforms after each use.
- Update EAP to align with any new policies and procedures that have been put in place at the venue. Ensure cell phones do not need to be shared.