



COACHES' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as you take to the field once again. Use the checklist below to make sure you're following safe best practices. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you. Take the PLAY ON PLEDGE at ussoccer.com/playon, and encourage your team to do the same.
- Set expectations with your players and parents by learning and communicate your club's health and safety guidelines, including arrival protocols, processes for the beginning and end of activities, and all hygiene recommendations.
- Organize your team into small groups (maximum of nine players and one coach, or less, based on state/local social distancing guidelines). Keep these groups as consistent as possible during Phase I.
- Plan your training around social distancing. Set up cones six-feet apart at the side of the field, to assign players individual prep and water-break stations for training. Ensure all training activities enable players to stay at least six-feet apart.
- Set up your field and training in advance to smoothly transition between activities and eliminate the need for players to touch equipment. Ensure all equipment is properly cleaned before training and plan to use minimal equipment to limit transmission of virus.
- Before leaving your home, conduct a personal temperature check. If your temperature is 100.4 degrees F or above, do not go to training. Consult your family physician. Advise your club and make alternate arrangements for your training.
- Remember that participating in training is a personal choice. Do not pressure players if they do not feel comfortable returning to play.

DURING TRAINING

- Monitor and follow your Club's safety protocols. Provide guidance and encourage positive healthy and safe behavior from your players.
- Be sure to socially distance at training. Stay at least six-feet apart from players and do not touch others.
- Wear PPE (facemask) at all times (unless physically exerting yourself).
- Understand and acknowledge the fitness readiness of your players. To avoid injury, don't go "too hard, too soon" when during return to play. Limit the training to 60 minutes and plan to progress to full-intensity training over 2-4 weeks.
- Ensure social distancing guidelines are followed during water breaks, which are recommended at least once every 15 minutes depending on training activities. As we head into summer, be sure to follow the heat policy outlined by Recognize to Recover [here](#).
- Avoid throw-ins and headers during Phase I and ensure field players do not touch the soccer balls with their hands.
- Hold team talks during practice in an open space, and with all participants maintaining social distancing and wearing PPE.

"AFTER TRAINING" on page 2

As a reminder, these best practices are intended for use WHEN AND IF your local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing participating in group activities in violation of any federal, state or local mandates.



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AFTER TRAINING

- Disinfect all equipment after each session with anti-bacterial of at least 60% ethanol or 70% isopropanol. Wear PPE (gloves and facemask) while handling equipment and wash your hands after completion.
- Communicate and reinforce any new important safety lessons that may have been learned or shared to your participants.
- Shower immediately at home following training, and ensure your apparel and equipment are properly cleaned and sanitized immediately after training.

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