CHECKLIST FOR COACHES
Protect Players from COVID-19

☐ Send a welcome email or call parents and/or players. Inform them about actions that the sports program will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick.

☐ Be a role model. Wear a cloth face cover and encourage parents, fans, officials, and sports staff to wear one during practices and games.

☐ Provide hand sanitizer with at least 60% alcohol to players before and after practice/game, or encourage them to wash their hands with soap and water.

☐ Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.

☐ Remind players about social distancing and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.

☐ Check with your sports administrator to make sure they are following cleaning and disinfection recommendations.
  • Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
  • Cleaning and disinfecting shared equipment

Lower Risk
Skill-building drills at home

Within-team competition

Higher risk
Full competition from different areas

cdc.gov/coronavirus