



This **Frequently Asked Questions** page is intended to serve as a resource for you and address common questions you and others may have. These FAQs should *supplement* the other training materials on the Coaches Education website.

### **COVID PROTOCOLS, SANITIZING, PPE**

***What Personal Protective Equipment (PPE) will be considered standard for SOSC and what will be provided to coaches?***

SOSC will provide all coaches with the following items:

Disposable Gloves	Temporal Thermometer	Signage
Hand Sanitizer	Sanitizing Wipes	Reusable Storage Bag
Pens	Cloth Masks (for supplemental use)	Replacement Batteries
Health Screening Forms		

***What will the cleaning and sanitizing procedures be for coaches?***

Phase 1 was designed with very little equipment allowed to be mindful of the time and effort it takes to properly sanitize. Coaches will receive sanitizing wipes for any equipment and supplies needing sanitization after workouts. Any shared equipment (touched by more than one individual) should be sanitized before it is touched by another.

***What PPE and sanitizing procedures are athletes responsible for?***

Athletes will be responsible for bringing their own mask during workouts. These will not be provided for athlete use.

***What COVID guidelines should I be following at practices?***

- Athletes will be asked to arrive at their workout facility no earlier than **five** minutes before official practice start time.
- Coaches will screen each athlete by taking his/her temperature, ensuring each athlete completes their symptom questionnaire, and instruct each athlete to wear their mask properly and use hand sanitizer.
- Once the introductory procedures are completed and the workout has begun, coaches should instruct athletes to keep socially distant and 'high-five' with their elbows or feet rather than hug, handshake, or high-five.
- At the conclusion of the workout, any shared supplies or equipment should be sanitized utilizing the cleaning supplies provided by SOSC.
- Any issues that occurred at the workout, including athlete resistance to the protocols or spectators refusing to leave, should be reported to your respective local Sports Manager immediately.



### ***What are my next steps if an athlete chooses not to follow the COVID protocols, including diligent use of a mask?***

If an Athlete or Coach is found to be repeatedly violating the COVID protocols, they will be suspended from participation until further notice. That individual will need to have a meeting with SOSC staff before having their eligibility reinstated for future participation.

## **IN-PERSON WORKOUTS**

### ***What facilities will be available for us?***

Phase 1 is dedicated to returning to in-person activities and keeping all participants healthy while doing so. This phase is primarily focused on conditioning to support athletes getting back in shape while reducing the risk of injuries. With that said, facilities will be limited to the following parameters to keep costs low while promoting social distancing:

- Golf – local golf course, mostly driving ranges
- Bocce – local park or court not requiring fees
- Athletics – local track or walking/ running club
- Team Wellness – local parks, tracks, neighborhoods

### ***What trainings and/or certifications will be required for coaches to return to activity?***

In addition to a coach's regular clearance and sport certifications, coaches are required to sign Code of Conduct and Risk Waivers, as well as complete a "COVID Policies and Procedures" Quiz. A passing score of 100% is required to obtain this certification. New coaches are required to complete the Class A process, sign Code of Conduct and Risk Waivers, and COVID Policies and Procedures quiz. New coaches are not required to complete sport certifications as this is an in-person training and we are not scheduling sport certification trainings at this time.

### ***Are there any documents that can be signed using DocuSign?***

Yes! The COVID waiver and COVID Code of Conduct are the two documents that can be signed electronically via DocuSign. Note: other documents such as the athlete medical packet must be printed and signed as normal.

### ***How many athletes can be at a practice at one time? Can athletes be rotated or practice with other teams during Phase 1?***

A maximum of 8 athletes will be able to return to working out, with two coaches in attendance. The 4:1 ratio will be maintained at all times. Athletes cannot be rotated in between their training groups and must remain with that same group for a minimum of six weeks. If you have questions about this, please contact your local Sports Manager for more information.



### ***Can I hold workouts and practices for sports not on the approved list in Phase 1?***

Workouts can be conducted in athletics, bocce, and golf. Additionally, Team Wellness will be offered as a way for programs not offering these sports to be involved during Phase 1.

### ***When is it appropriate and acceptable for an Athlete or Coach to remove their mask?***

Coaches must wear a mask at all times. Athletes may remove their mask only during active exercise, but it is recommended that they wear the mask if they are able to do so comfortably and safely. At the conclusion of active exercise, the Athlete must put their mask back on.

### ***Can you give me more information about what Team Wellness actually is?***

Team Wellness is a program designed to provide athletes an opportunity to learn about healthy living and the benefits of fitness. The program features an 8-week curriculum that focuses on weekly healthy habits and fitness goals. Trained coaches deliver the curriculum through fun activities that can be modified for any level of ability. Many SOSOC teams have used Team Wellness as a pre-season training program to condition and prepare for an upcoming season, so it is a perfect fit for those teams looking to re-enter activity in a safe and structured manner through conditioning.

### ***How will I know the athletes on my roster are cleared and ready for in-person activities?***

Your sport manager will provide you with an errors and exception report, similar to the start of a traditional sports season.

### ***What if I have more athletes wanting to attend workouts in person than coaches/volunteers? How do I determine who gets to practice?***

Contact your local Sports Manager to address your concerns and they will help determine the best course of action.

### ***I know my Class A clearance to coach expired during the pandemic or is about to expire. What steps should I take to become cleared again?***

If your clearance is approaching expiration or it expired during the pandemic, you will be contacted in May via email by our Volunteer Department. They will give you the next steps to become cleared again.

### ***Have all of my athletes received their COVID vaccine? What is SOSOC's stance here?***

SOSOC has actively encouraged athletes to get their COVID vaccinations; however, we cannot mandate that all athletes become vaccinated. It is possible you will have athletes attending your workouts that will not be vaccinated.

### ***What happens next if a coach chooses not to follow the COVID protocols in place?***

Contact your local sports manager and address the concern.



### *Are spectators, parents, caregivers, drivers, etc. allowed to attend practices?*

Not at this time. Our training groups will consist of no more than 10 people, including athletes and coaches. To maintain these low numbers, we ask those parents, family, caregivers, drivers, etc. do not stay or congregate at the practice facility.

## **RESOURCES & SUPPORT**

### *Where can I go for more support?*

Visit our website at: [www.sosc.org/rta](http://www.sosc.org/rta)

### *Are you offering any Zoom or live informational sessions/trainings for coaches to prepare for Phase 1?*

Yes! There will be at least four informational sessions, including a Q and A, via Zoom at the following times:

- Wednesday, June 2            6:00-7:30pm
- Tuesday, June 8                6:00-7:30pm
- Saturday, June 19            10:00-11:30am
- Thursday, June 24            6:00-7:30pm

The Zoom links will be available soon!