

**First Practice/Team Meeting:** Here is a list of items you want to include in your first practice with a team. Since this may be the first time many of these kids and parents have played on the team, it is important to have good instruction to start the season off.

\_\_\_\_ Coach introduction to Players/Parents following social distancing protocols

\_\_\_\_ Health Check ask the 5 questions using the [health check form](#) (pre-fill out and print enough copies for each practice and game for the season. This will also serve as an attendance for contact tracing if needed.

\_\_\_\_ Practice arrival/pickup times and procedure following [COVID protocols](#)

\*Show up no more than 5 minutes before practice

\*Players are to set equipment just inside the field keeping 6 feet apart

\*Check in with coach for health check

\*Once previous teams have vacated, coaches can bring their team to their practice area

\*Social distancing at all times except during practice activities

\*Parents stay in cars

\*End practice 10 minutes before scheduled end time and parents should pick up 5 minutes prior to scheduled end time (not usually an issue with K/1<sup>st</sup> as practices are normally only 45 min to an hour)

\_\_\_\_ Confirm players have appropriate equipment (shin guards, ball, soccer cleats, face coverings)

\_\_\_\_ Pass out uniforms - Westside provides game shirt and black game socks

\_\_\_\_ Game rules (available on Micros page on [Westside Soccer Club | Home](#) and will be emailed to parents)

\_\_\_\_ Game arrival time expectation following [COVID protocols](#)

\*Show up no more than 30 minutes before games

\*Players are to set equipment just inside the field keeping 6 feet apart

\*Check in with coach for health check

\*Once previous teams have vacated, coaches can bring their team to their practice area

\*Social distancing at all times except during practice activities

\*Parents stay in cars

\*Vacate quickly after games to allow next groups to take the field

\_\_\_\_ Recruit Assistant Coach (must sign up on [Westside Soccer Club | Home](#))

\_\_\_\_ Recruit COVID monitors for practices and games – each team must provide for each game and practice. Provide the [COVID Monitor Checklist](#) to parents interested.

\_\_\_\_ During practice decide on Team name (let kids help decide during first couple of practices)