



SKILLZ COVID-19 RESPONSE

- EVIDENCE-BASED CURRICULUM TO HELP STOP COMMUNITY SPREAD OF COVID-19
- GUIDANCE FOR IN-PERSON OR REMOTE INTERACTION
- READY-TO-USE BY COACHES, TEACHERS, AND PARENTS
- SUITABLE FOR AGES 9 AND OLDER

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INTRODUCTION

The SKILLZ COVID-19 RESPONSE curriculum was developed in March 2020 to help address the COVID-19 pandemic. Grassroot Soccer (grassrootsoccer.org) and its team of curriculum advisors rapidly designed this sport-based tool as a way for coaches, educators, and parents to easily facilitate fun, simple, and effective sessions with young people (ages 10-19). The curriculum aims to increase comprehensive knowledge on COVID-19, promote healthy behaviors such as proper handwashing, provide skills for mental wellbeing during stressful times, and dispel common myths about the disease.

Use this SKILLZ COVID-19 RESPONSE curriculum to connect with young people either in schools or the classroom (if deemed safe by local health authorities) or remotely through video-conferencing and WhatsApp (where available). Parents and caregivers can also use this tool to provide COVID-19 education to children at home.

GRASSROOT SOCCER

Grassroot Soccer (GRS) is an adolescent health organization that leverages the power of soccer to educate, inspire, and mobilize at-risk youth in developing countries to overcome their greatest health challenges, live healthier, more productive lives, and be agents for change in their communities. Since 2002, GRS has reached over 2 million young people in 50 countries with life-saving HIV prevention and sexual and reproductive health (SRH) information and services.

GRS anticipates that this pandemic will exacerbate other acute health challenges that are the leading causes of mortality and morbidity for adolescents: HIV, access to maternal care and sexual and reproductive health (SRH) services, and gender-based violence. Not only does COVID-19 directly contribute to the health threats facing adolescents, but it threatens to divert critical resources from primary care and overwhelm already under-resourced health systems in a time when we can't afford to lose ground.

In addition to this open-source curriculum focused on COVID-19 prevention, GRS has a range of evidence-based programmatic resources and technical assistance services available to organizations working with adolescents worldwide. Please email us at partnerships@grassrootsoccer.org to learn more.

SKILLZ COVID-19 RESPONSE CURRICULUM

The SKILLZ COVID-19 RESPONSE curriculum is a series of 3 “practices” that can be completed in 30 minutes or less. The following principles guide this curriculum:

- > **Open-source.** The curriculum is openly available to organizations, schools, teams, businesses, and governments seeking to provide information on COVID-19 and promote healthy behaviors to stop the spread of the virus.
- > **Evidence-based.** This curriculum applies the GRS curriculum methodology, which has been refined through 17 years of rigorous research.¹
- > **Modular.** Activities can be integrated as an additional layer to supplement existing youth programming or as a stand-alone resource.
- > **Adaptable.** Each activity can be adapted based on age/comfort/experience of participants.
- > **Flexible.** Use this curriculum for in-person delivery if possible or for remote interaction with young people.
- > **Common rituals and structure.** Each session follows a similar format, including a consistent introduction, activity, and closing ritual where participants explore ways to integrate healthy behaviors into their lives.
- > **Supportive.** We are here to help. Please send an email to partnerships@grassrootsoccer.org to discuss ways you can use the curriculum.

The SKILLZ COVID-19 RESPONSE curriculum is a dynamic tool that will continue to improve as we engage more organizations, learn from evaluations, and gather feedback from young people and coaches all over the world.

SKILLZ COVID-19 RESPONSE MONITORING & EVALUATION (M&E)

The SKILLZ COVID-19 RESPONSE curriculum is accompanied by a simple survey which allows organizations to track their progress based on outcomes and continually improve. Please email us to discuss how we can share data, finding, and best practices.

¹ For more information on GRS research, please read our Research Report: <https://www.grassrootsoccer.org/wp-content/uploads/2018/07/GRS-Research-Insights-Report-FINAL-spreads-small.pdf>

CONTACT

PLEASE CONTACT US WITH ANY QUESTIONS OR IDEAS

- > Let us know if you need any help. We will regularly update the SKILLZ COVID-19 RESPONSE curriculum. We would love to learn how you are using it and get your feedback on how we can make it better.

PARTNERSHIPS@GRASSROOTSOCCER.ORG

GRASSROOTSOCCER.ORG/RESOURCES



A special thanks to our partners who helped write the curriculum:



USING THE CURRICULUM

TERMINOLOGY

- > **Practice:** Each of the three sessions in this curriculum is considered a “practice.”
- > **Coach:** This is you! Any coach, teacher, parent, caregiver, peer educator, or caring adult role model that uses this guide is a coach!
- > **Players:** Young people that participate in this program- whether you work with 50 kids online or one kid at home- they are all players on the SKILLZ team.
- > **Goals:** The short-term change coaches aim to achieve in each practice. Use these goals to help focus the activities and discussion for each practice.
- > **Warm up:** 5-minute transition period for players and coaches to get energized and focused for the main activity.
- > **Energizer:** Any fun, quick physical or mental exercise. Use energizers such as games, exercises, songs, or riddles at any point to boost energy and morale.
- > **Key messages:** The most important information from the practice.
- > **Cool Down:** 5-minute transition period for players to review what they learned and focus on how they’ll use what they learned in their lives.
- > **Micromoves:** Short assignments to deepen learning and spread accurate information in the community. Use the examples provided or make up your own.

LEARNING TO USE THE GUIDE

- > To be prepared, read each practice twice the day before your practice.
- > Review the different sections of the curriculum, explained below:

ACTIVITIES | SUGGESTED TIME

1 | MAJOR STEPS

- > Instructions to **READ** to yourself
 - ➔ Things to **SAY** to the players
 - o Responses you might **HEAR** from the players

• **Read these statements aloud to players**

Coach’s Tips: Useful advice and definitions to help you out!

1. KNOW THE GAME

In this practice, players decide on ways to greet each other and celebrate without physical contact. They then play a fun quiz game where they learn basic knowledge on transmission and prevention of COVID-19 and dispel common myths.

THEME: COMPREHENSIVE COVID-19 KNOWLEDGE

GOALS: BY THE END OF THE PRACTICE, PLAYERS SHOULD BE ABLE TO...

- > Describe how COVID-19 is spread
- > Describe 5 actions they can take to prevent the spread of COVID-19
- > Briefly explain current health services available in their community
- > Describe the importance of mental wellbeing in stressful times

MATERIALS:

- > FACT/NONSENSE cards- 1 for each player. NOTE- you can also use “thumbs up/thumbs down” if you don’t have materials or want to limit contact.

PREPARATION:

- > Review the World Health Organization’s “Do The 5” (right). Prepare a similar poster on flipchart paper.
- > Review the Fact/Nonsense statements so you are familiar with the information.
- > Modify statements and explanations based on local health authority guidance. The pandemic is consistently changing government mandates, especially related to social distancing and isolation. Stay up to date to ensure you provide accurate, current information.
- > Prepare Fact/Nonsense cards. If you do not have printed activity cards, write ‘FACT’ on a piece of paper and ‘NONSENSE’ on another sheet.
- > Fill in contact information for available services.
- > View these videos for ideas on no-contact celebrations and greetings:
 - o <https://drive.google.com/file/d/0B0bA84Kjs6KcSEVvWkFQQ0dsczg/view>
 - o https://www.youtube.com/playlist?list=PLWvOYvF5xlg3onrzQ1C0e5tYffuXdDX_



ONLINE VARIATIONS:

- > Video conference:
 - Instruct players to make their own FACT/NONSENSE cards. Read each statement and instruct players to hold their cards up to the camera.
 - Ask players to send you any questions they have about COVID-19 before practice. Share the questions anonymously and let players try to answer them on their own.
 - After practice, create and send a PowerPoint slide with the correct answers and discussion questions for players to use to initiate conversations at home and with friends.
- > WhatsApp:
 - Send FACT/NONSENSE statements in a group chat and ask players to reply with either FACT or NONSENSE and explain their answers.
 - Send links to the latest credible information from WHO, CDC, and local health authorities.

SCHEDULE:

- > Warm Up (5 min)
- > FACT/NONSENSE (10-15 min)
- > Cool Down (5 min)

WARM UP | 5 MIN

1 | ENERGIZER

- > Lead an active energizer, such as a game, dance, song, stretch, or run. Check View this for ideas:
<https://drive.google.com/file/d/0B0bA84Kjs6Kcb1liaVowTnlxQlk/view>

2 | INTRODUCTION

- > Introduce the aims of SKILLZ COVID-19 RESPONSE
 - ➔ In SKILLZ, we play games to learn ways to stay healthy and support each other. More than 2 million young people have graduated from SKILLZ programs.
 - ➔ We are going to play a few games together ways to protect ourselves from illnesses, such as COVID-19. We'll also practice ways to focus on our mental wellbeing during this challenging time.

3 | NO-CONTACT CELEBRATION

- ➔ Health authorities such as the World Health Organization have recommended limiting physical contact at this time.
- ➔ However, it's still important to connect with each other through greetings and celebration, even if we can't touch each other.
- > Brainstorm several ideas from players on no-contact celebrations that can be used in person or virtually. Encourage players to be creative! Examples can include the "Air 5" and the shaka.
- > Ask players to decide on 1 or 2 no-contact greetings you'll use in SKILLZ.
- > Practice using your celebration with lots of energy!



Shaka!



Air 5!

FACT/NONSENSE | 10-15 MIN

1 | SET UP THE GAME

Coach's Tip: FACT/NONSENSE can also be played as a team activity. IF close personal interaction is permitted, divide the team into groups of 5-8 players competing for points for answering questions correctly.

- o Distribute a FACT/NONSENSE card to each player.

Coach's Tip: You can also use "thumbs up/thumbs down" instead of Fact/Nonsense cards.

- o Explain and demonstrate the rules:
 - I am going to read a statement and you will have 15 seconds decide whether the statement is FACT (true) or NONSENSE (false).
 - When I say, "1-2-3, cards up!" raise your the card to show either FACT or NONSENSE.
 - I will ask 1 or 2 players to explain their answers before I read the correct answer.



Coach's Tip: Allow for discussions to continue for as long as you think they are helpful.

2 | PLAY THE GAME

Coach's Tip: After players discuss their opinions make sure to clearly state the correct answers.

- > Play the game using each of the following statements.

- **France won the 2019 Women's Football World Cup**

- > NONSENSE

- The United States won the 2019 Women's Football World Cup, beating the Netherlands 2-0 in Lyon, France.
- France beat Croatia 4-2 in the final match in Moscow, Russia to win the 2018 Men's World Cup.

• COVID-19 is the same thing as the flu

> NONSENSE

- Flu and coronavirus (COVID-19) are both illnesses with similar symptoms that are spread primarily through close contact with someone who has the virus.
- However, COVID-19 is spreading quicker than flu and the risk of dying is higher in people infected with COVID-19 than those with flu.²

• COVID-19 is spread through dirty drinking water

> NONSENSE

- The virus spread mainly between people who are in close contact with one another (within about 2 meters) through respiratory droplets produced when an infected person coughs or sneezes.
- A person can also get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.



• COVID-19 only affects the elderly

> NONSENSE

- People over the age of 60 are more likely to get sick from COVID-19 and die from the disease. However, people of all ages have tested positive for the virus and have died from it.
- Even people your age can get COVID-19 and experience mild, moderate, or severe symptoms that can require hospitalization.

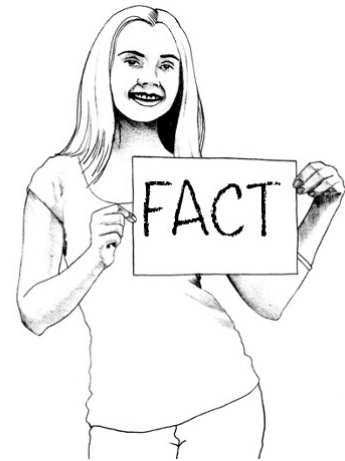
² COVID-19 appears to spread at a higher rate than flu. Data from China shows that each coronavirus case seems to infect around 2 to 2.5 additional people. That's higher than flu. The average patient spreads the flu virus to about 1.3 others.

Initial data shows that coronavirus is deadlier. By contrast, COVID-19 is currently estimated to kill at least 10 people per thousand infected (1%), which is about ten times more lethal than the seasonal flu (CDC).

• COVID-19 is a big risk for people who have other illnesses

> **FACT**

- ➔ People with underlying medical conditions may be at higher risk of serious complications from COVID-19. This includes people living with HIV, heart disease, diabetes, hypertension, asthma, and lung disease.
- ➔ People with underlying medical conditions should continue to adhere to medications, keep appointments with medical professionals, and closely follow health care workers' instructions.



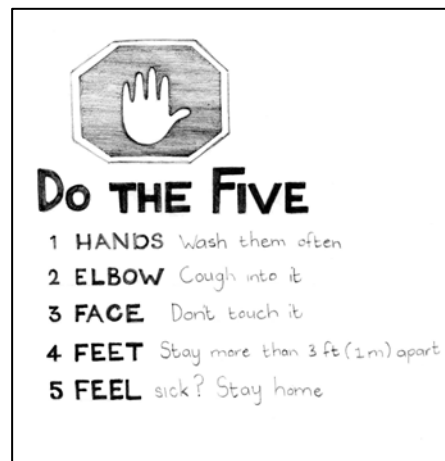
• COVID-19 is preventable

> **FACT**

- ➔ Closely follow government guidelines related to “social distancing,” which means creating physical space to slow the spread of the virus.

Coach’s Tip: Share current government guidelines.

- ➔ People can help protect themselves from COVID-19 and other respiratory illness by:
 - Avoiding close contact with people who may have the virus. Avoid crowded places and stay at least 2 meters from other people in public spaces
 - Avoiding touching your eyes, nose, and mouth with unwashed hands.
 - Washing your hands often with soap and water for at least 20 seconds. Wash your hands for about as long as it takes to sing “Happy Birthday” twice. Use hand sanitizer if soap and water are not available.



- ➔ If you are symptoms of COVID-19, including fever, cough, and shortness of breath, keep from spreading respiratory illnesses by:
 - Staying home when you are sick.
 - Covering your cough or sneeze with a tissue, then throw the tissue in the trash. You can also sneeze or cough into your shoulder.
 - Clean and disinfect frequently touched objects and surfaces.

Coach’s tip: review the “Do the 5” Poster

• Some people with COVID-19 don't even feel sick

> FACT

- ➔ Many people with COVID-19 don't even feel sick or may only experience mild symptoms.
- ➔ That's what makes the virus so dangerous: we can pass it on to others, such as grandparents, without even knowing it.

• Medical care for COVID-19 is available in my community

> FACT OR NONSENSE!

Check with your local health authority to find out the availability of testing and medical care in your community.

- ➔ Although doctors and researchers all over the world are working hard, there is no known cure, treatment, or vaccine currently available for COVID-19.
- ➔ People with COVID-19 can seek medical care to help relieve symptoms.

> Write and share contact information for testing and treatment for COVID-19.



• COVID-19 can be spread through sexual contact

> FACT

- ➔ COVID-19 can be spread to people within 2 meters (6 feet) of an infected person, so sexual contact can be a risk.
- ➔ The virus is found in saliva, so kissing can spread the virus. The virus has not been found in semen or vaginal fluid.
- ➔ Skip sex if you or your partner is not feeling well.
- ➔ Continue safe sexual practices, such as abstinence, condom use, and having just one mutually faithful partner.

• We need to support each other to beat COVID-19

> FACT

- ➔ We can beat COVID-19, but we all need to contribute and work together.
- ➔ Support the elderly and people who may be sick by doing things for them that help them stay at home, such as buying groceries and doing errands.
- ➔ Avoid hoarding supplies, such as food, cleaning supplies, and paper goods.
- ➔ Encourage friends and family members to follow all guidance from local health authorities.

• It's ok to be scared or anxious

> FACT

- ➔ You may feel scared, nervous, or anxious over the next few weeks or months. That's ok! Most people will experience these feelings.
- ➔ Use the following tips to feel better:
 - Focus on what you **can** control, such as handwashing and social distancing.
 - Reach out to family and friends by phone and text.
 - Do individual exercises, such as running or walking.
 - Avoid too much news and social media.
 - Practice **Take 5 Breathing**: Breathe in for 4 seconds and then breathe out for 4 seconds. Repeat for 5 breaths.
 - Eat well, drink plenty of water, and get plenty of sleep.

- **Things will get better**

> **FACT**

- ➔ Social distancing will not last forever.
- ➔ Every day, doctors and researchers learn more about the virus, which will help us treat and prevent the virus.
- ➔ Support each other and take care of yourself.

3 | REVIEW KEY MESSAGES

- **COVID-19 is a virus which spreads primarily through an infected person's saliva, discharge from the nose, droplets from coughs or sneezes, and infected surfaces.**
- **Protect yourself and others from COVID-19 by washing your hands often, cleaning surfaces, and avoiding close contact with others.**
- **We can prevent the spread of COVID-19! Share accurate information, support each other, and follow all instructions from your local health department.**

Q & A

- > Lead an energizer and gather players as a group. Explain:
- ➔ We discussed a lot of information about COVID-19 today. You may have known some of it before and some of it might be new to you.
 - ➔ Please feel free to ask any questions you may have.
 - ➔ I will stay after practice to answer any questions you may feel more comfortable asking 1 on 1.

COOL DOWN | 5 MIN

1 | FEEL-THINK-DO DISCUSSION

- **Feel:** How did today's practice make you feel?
- **Think:** What did the activity make you think about or question?
- **Do:** How will you use what you learned today?

2 | MICROMOVE

- Teach a friend one important fact you learned today.
- Record a video of you leading your own FACT/NONSENSE game show with your friends or family members.

3 | TEAM CELEBRATION

- > Celebrate your team with your Team Celebration!

2. WASH YOUR HANDS

In this practice, players learn the steps to effective handwashing. They then participate in a simple “Simon Says”-type game where they identify times in their lives where they need to wash their hands physically act out effective handwashing.

THEME: EFFECTIVE HANDWASHING

GOALS: BY THE END OF THE PRACTICE, PLAYERS SHOULD BE ABLE TO...

- > Describe the steps to effective handwashing
- > Identify at least 4 times in their daily lives they need to wash their hands
- > Demonstrate how to sneeze into their arms to limit the spread of germs

MATERIALS:

- > None
- > Soap, water, towels (if possible)

PREPARATION:

- > Identify a fun song that players can sing while they wash their hands for 20 seconds, such as “Ole!” (www.youtube.com/watch?v=Y8aIvD4N8GM), “Happy Birthday,” or a popular current song. Download the song onto your phone or device to play during practice.
- > The “Wash-Wash-Wave” activity may be better suited for younger players (ages 9-14). For older players (15 years and older), consider sharing the key steps for handwashing and invite them to make their own song and/or dance.
- > If possible, bring soap and clean towels so players can physically wash their hands to immediately apply the behavior they have learned about.



ONLINE VARIATIONS:

- > Video conference:
 - Set up your computer or phone at a sink at home to live stream yourself properly washing your hands.
 - Prepare your own “Wash-Wash-Wave” song and perform it live!
- > WhatsApp:
 - Send a link to a credible hand washing video, such as this one from CDC: <https://www.youtube.com/watch?v=d914EnpU4Fo> or a more funny video, such as this: <https://www.youtube.com/watch?v=-gfOHEaHdjo>
 - Send a message to players asking them to count the number of times they wash their hands in one day. Follow up with questions on ways they can wash their hands more effectively and more often.

SCHEDULE:

- > Warm Up (5 min)
- > Wash-Wash-Wave (10-15 min)
- > Cool Down (5 min)

WARM UP | 10 MIN

1 | ENERGIZER

- > Greet players with your **Team Celebration**.
- > Lead an **active** energizer, such as a game, dance, song, stretch, or run.

2 | RECAP LAST PRACTICE

- > Quickly review the key themes from the previous practice. Ask players some of the following questions:
 - ➔ What did we learn last practice?
 - ➔ Did you use the skills we learned? What happened? How did it feel?

WASH-WASH-WAVE | 10-15 MIN

Coach's Tip: Ensure players are spaced approximately 2 meters apart.

1 | DISCUSS HANDWASHING

- ➔ Why should you wash your hands?
 - Washing your hands protects you from diarrhoea, flu, and other illnesses like cholera.
 - Washing your hands is one of the most effective ways we can stop the spread of COVID-19.
- ➔ When do you need to wash your hands?
 - After using the toilet.
 - Before eating.
 - Before cooking.
 - After sneezing or coughing.
 - Before you touch your face.
 - When you get home.
 - After playing sports.
 - Any time there may be germs on your hands!
- ➔ How can you effectively wash your hands to kill the germs?
 - Use clean water and soap.
 - Wash all parts of your hands, including the back of your hands, fingers, nails, palms, for at least 20 seconds.
 - Rinse your hands with clean water.
 - Dry your hands on a clean towel.
- ➔ What should you do if there is no clean towel to dry your hands with?
 - Wave them in the air until they are dry.
 - Never wipe your hands on your dirty shirt- its probably covered in germs!

2 | ROUND 1: ACT OUT HOW TO WASH HANDS

> Explain:

- Now that you know how and when to wash your hands, we are going to play a game to practice.
- You will run in place at all times.
- I will call out the three things you need to do when washing your hands and you will act them out.

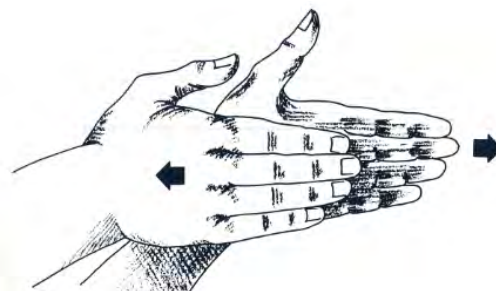
- ***‘Soap!’***- Hands above head, like you’re squeezing a giant bottle of soap



- ***‘Wash!’***- Rub hands and sprint in place while singing “Ole-ole-ole!” , “Happy Birthday,” or a current popular song or 20 seconds



Happy birthday to you...



Coach’s Tip: Ask players to select a song they would like to sing while washing their hands.

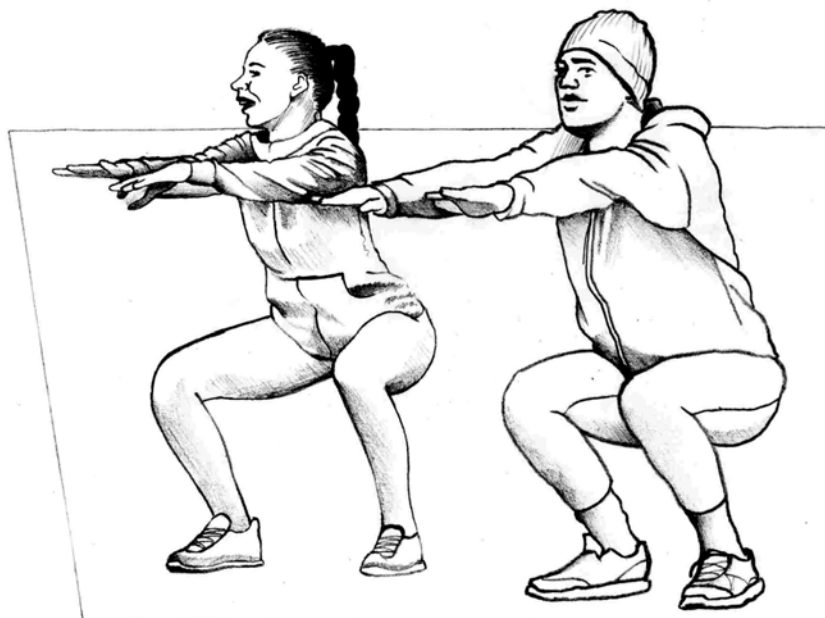
- *'Dry!'*- 10 jumping jacks



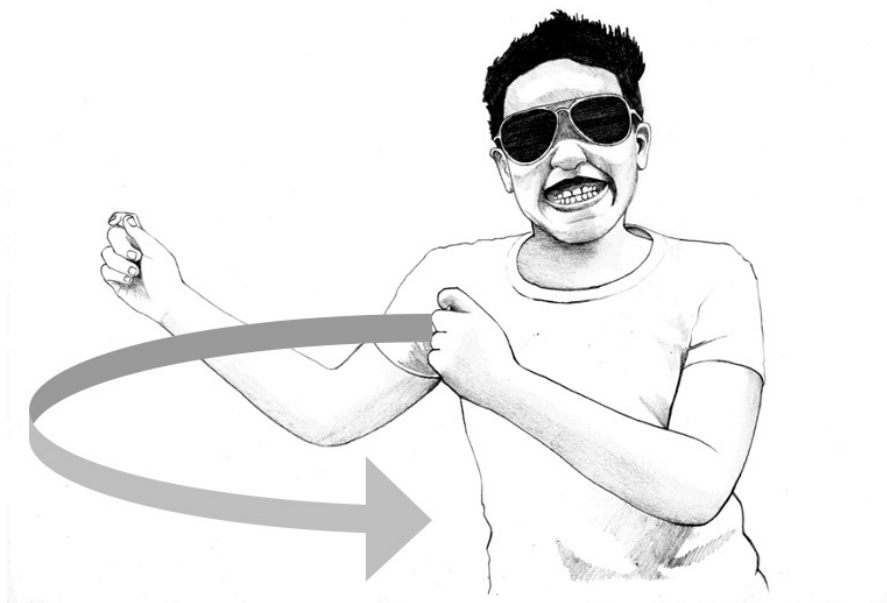
> Play Round 1 several times

3 | ROUND 2: ACT OUT WHEN TO WASH HANDS

- *'Toilet!'*- Squat for 2 seconds.



- ***'Cooking!'***- Move them in a circle motion like you're cooking a huge pot of soup



Coach's Tip: Google "cabbage patch" dance!

- ***'Sneezing!'***- Wave hands above head and say Heeee-chewww!" Pretend to sneeze into your arm.



- ***'Eating!'***- Dance with hands going to your mouth for 2 seconds



4 | ROUND 3: PUT IT ALL TOGETHER

- > Explain:
 - ➔ Now that you know how and when to wash your hands, I am going to try to trick you!
 - ➔ Act out the actions I shout. If I forget to tell you to wash your hands when you know you need to, or I forget one of the handwashing steps, shout “NONSENSE!”
 - ➔ Example: If I say “Sneezing!” and then ‘Cooking!’ shout “NONSENSE!” because you know you should wash your hands before cooking.
 - ➔ Example: If I forget to say “drying,” shout “NONSENSE!”
- > Play several rounds.

Coach’s Tip: Try some of these variations to make the game more fun or challenging:

-Make it a competition by eliminating players that make a mistake until there are only 1-2 remaining.

-Introduce a consequence, such as pushups or star jumps for making a mistake- to represent the consequences of improper handwashing

-Ask players for volunteers to try leading the activity.

-introduce actions representing things we do every day, like playing soccer, going to school, chores, etc.

5 | DISCUSS

- How did you sneeze in this game? Why did you sneeze like this?
 - Sneeze into your arm.
 - Sneezing or coughing like this can prevent germs getting into the air or onto your hands, protecting your friends and family from getting sick.
 - Remember to keep your clothes clean, as germs can still live on surfaces.
 - It's still important to wash your hands after sneezing!
- Can I use hand sanitizer instead of soap and water?
 - Wash hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands.
 - If soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.
- What are some challenges you have to washing your hands? How can you address these challenges?

6 | REVIEW KEY MESSAGES

- **Washing your hands throughout the day is one of the most effective ways to stop the spread of COVID-19.**
- **Wash your hands with soap and clean water for at least 20 seconds to kill germs.**
- **Dry your hands on a clean towel or wave them in the air—don't wipe them on your dirty shirt!**
- **Sneeze or cough into your elbow to avoid spreading germs.**

COOL DOWN | 5 MIN

1 | FEEL-THINK-DO DISCUSSION

- Feel: How did today's practice make you feel?
- Think: What did the activity make you think about or question?
- Do: How will you use what you learned today?

2 | MICROMOVE

- Teach the Wash-Wash-Wave to a friend.
- Create a Wash-Wash-Wave dance. Make a video and share it with the group via WhatsApp.

3 | TEAM CELEBRATION

- > Celebrate your team with your Team Celebration!

3. FOCUS

In this practice, players learn simple breathing techniques to help them calm down and focus, especially during times of uncertainty. Players then become aware of how often they touch their faces through a short competition.

THEME: FACE TOUCHING / MENTAL WELLBEING

GOALS: BY THE END OF THE PRACTICE, PLAYERS SHOULD BE ABLE TO...

- > Describe why touching their faces is a risk to getting and spreading COVID-19
- > Describe the benefits of deep breathing
- > Describe how they can use breathing techniques to help them in their lives

MATERIALS:

- > None

PREPARATION:

- > Record how many times you touch your own face during an hour. Prepare and share this information with players to show them you are also working on touching your face less often.
- > Practice the breathing techniques before leading them with players so you can share your experience.

ONLINE VARIATIONS:

- > Video conference:
 - These activities should be easily transferrable to an online format with minimal adaptations.
- > WhatsApp:
 - Send a message to players with additional suggestions on ways to calm down and relax.
 - Send a photo of yourself doing the breathing exercises and ask players to send one as well.
 - Send the players instructions for Minute To Win It so they can play on their own at home.
 - Send a message every day for a week reminding them to take 5 deep breaths. You can also send a message recommending players set an alarm in their phones to take 5 breaths at the same time every day.

SCHEDULE:

- > Warm Up (5 min)
- > Breathing Techniques (10-15 min)
- > Cool Down (5 min)

WARM UP | 10 MIN

1 | ENERGIZER

- > Greet players with your **Team Celebration**.
- > Lead an **active** energizer, such as a game, dance, song, stretch, or run.

2 | RECAP LAST PRACTICE

- > Quickly review the key themes from the previous practice. Ask players some of the following questions:
 - ➔ What did we learn last practice?
 - ➔ Did you use the skills we learned? What happened? How did it feel?

BREATHING TECHNIQUES | 10-15 MIN

1 | DISCUSS FACE-TOUCHING

- ➔ How does touching our faces contribute to the spread of COVID-19?
 - COVID-19 is spread through respiratory droplets from someone coughing or sneezing. If you come into contact with COVID-19, then touch your unwashed hands to any of these areas on your face, you run the risk of infecting yourself.
- ➔ How often do people touch their faces?
 - Studies have shown people touch their faces too much- about 23 times an hour!
- ➔ Do you really need to touch your face that much?
 - No! All of us can become more aware of how often we touch our faces.
 - It is unnecessary, wastes energy, and can be harmful to our health.
 - Today we'll talk about ways to touch our faces less often.

2 | INTRODUCTION TO DEEP BREATHING

> Explain:

- ➔ Now that you know it's risky to touch our faces and that we all do it too much, we are going to practice a simple exercise to help us touch our faces less often.
- ➔ What is “deep breathing”?
 - Slow, controlled breathing where you completely fill and empty your lungs.
 - Inhaling (breathing in) and exhaling (breathing out) for the same amount of time.
- ➔ What happens to your body when you take deep breaths?
 - Increases oxygen to your brain and organs.
 - Releases “endorphins,” which are feel-good, natural pain killers.
 - Your body gets rid of toxins.
- ➔ What are benefits of deep breathing?
 - You will feel calmer and more relaxed.
 - You can trade feelings of anger or fear for a focused, relaxed state of mind.
 - Deep breathing can help address anxiety, sleep problems, and even pain.

3 | TAKE 5

- > Instruct players to get in a comfortable position- sitting on the floor or in chairs, heads on their desks, even lying down.
 - ➔ This is an activity called Take 5 where we simply take 5 deep breaths.
 - ➔ Close your eyes, if you feel comfortable doing so.

Coach's Tip: some players may not feel comfortable closing their eyes or being silent. That's ok! Ask them to observe and join in however they feel comfortable.

- **Breath 1:** inhale slowly through your **mouth** for 4 seconds. Feel your belly and chest expand as large as they can. Then exhale slowly from your **mouth** for 4 seconds, fully emptying your lungs.

Coach's Tip: Count out loud, "1,2,3,4" for each inhale and exhale.

- **Breath 2:** inhale slowly through your **nose** for 4 seconds. Then exhale slowly from your **nose** for 4 seconds.
- **Breath 3:** as you breathe deeply through your nose again, become aware of the sounds around you.
- **Breath 4:** as you breathe deeply through your nose again, use your senses to notice what is going on around you. What do you feel on your skin?. What do you smell? Don't worry about your thoughts- let them come and go.



- **Breath 5:** After inhaling through your nose for 4 seconds, hold your breath for 4 seconds, feeling the air in your lungs. Exhale for a count of 4. When you are ready, slowly open your eyes.
- When can you use Take 5 Breathing in life?
 - When you need to calm down. Deep breathing will bring oxygen to your brain to help you make good decisions.
 - Before an exam, sports match, or whenever you need to focus your energy.
 - In the morning to start your day fresh; in the evening before bed to clear your head.
 - When things are going well, deep breathing can help you stay steady and appreciate what you have.
- During the current COVID-19 pandemic, you may feel scared, uncertain, or anxious. How can deep breathing help you during times like these?

3 | MINUTE TO WIN IT

- > Explain:
 - ➔ Now we will continue our breathing exercise and have a competition.
 - ➔ Get in a comfortable seat, close your eyes, and practice deep breathing.
 - ➔ In your head, count to 60 and don't touch your face for the full minute!
 - ➔ When you have reached 60, silently raise your hand. Keep your eyes closed!
 - ➔ I will keep track of the time. The player who gets closest to 60 seconds is the winner.
- > Start the timer. Keep track of when players raised their hands. After all players have raised their hands, gently tell players to open their eyes and announce the winner.
- > Play multiple rounds, if players are interested.
- > Discuss:
 - ➔ Were any of you surprised at how close or far you were from 60 seconds?
 - ➔ How did it feel to do nothing but breathe for 60 seconds?
 - ➔ Do you feel differently now? How?
 - ➔ Did you feel an urge to touch your face? Were you able to resist? How?
 - ➔ Most of you were able to go the full minute without touching your face. Great job! Think of this activity throughout the day when you touch your face. What other ways can you reduce the number of times you touch your face?
 - Keep your hands busy. Hold a tennis ball or play with an elastic band around your wrist.
 - Introduce a consequence. Do 5 push-ups (or wash your hands!) every time you touch your face.
 - Have a buddy. Ask someone to point out when you're touching your face – you can use a code word to help.
 - Don't get upset with yourself when you do touch your face. This is difficult! Simply become aware of it and ask yourself if it is necessary.

4 | REVIEW KEY MESSAGES

- Reduce the number times you touch your face to lower the risk of getting and spreading COVID-19.
- It can be difficult to stop touching your face! Try to do it for one minute, then one hour.
- Remember to breathe! Support your mind and body through deep breathing throughout the day to focus and stay calm.

COOL DOWN | 5 MIN

1 | FEEL-THINK-DO DISCUSSION

- **Feel:** How did today's practice make you feel?
- **Think:** What did the activity make you think about or question?
- **Do:** How will you use what you learned today?

2 | MICROMOVE

- Teach the Wash-Wash-Wave to a friend.
- Practice Minute To Win It with someone at home.
- Share one idea on how people can reduce touching their faces.

3 | TEAM CELEBRATION

- > Celebrate your team with your Team Celebration!

ADDITIONAL RESOURCES

Use these resources to learn more about COVID-19. Print these pages or share links with players. At all times, seek information from credible sites, such as your local health authority, World Health Organization, CDC, and UNAIDS.

CDC COVID-19 FACTSHEET

- > Available at <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

UNAIDS RESOURCE ON HIV AND COVID-19

- > Available at https://saafrica.org/new/wp-content/uploads/2020/03/hiv-and-covid19_infographic_A3_en.pdf

WHO RESOURCE ON COPING WITH STRESS

- > Available at https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



CS 314937-A 03/20/2020

cdc.gov/COVID19

What people living with HIV need to know about HIV and COVID-19

COVID-19 is a serious disease and all people living with HIV should take all recommended preventive measures to minimize exposure to, and prevent infection by, the virus that causes COVID-19.

It's important to underline that there is currently no strong evidence that people living with HIV are at an especially increased risk of contracting COVID-19 or if they do contract it they will experience a worse outcome. This does not mean that people living with HIV should take COVID-19 lightly and they must take all precautions to protect themselves.

As in the general population, older people living with HIV or people living with HIV with heart or lung problems may be at a higher risk of becoming infected with the virus and of suffering more serious symptoms.

As COVID-19 continues to spread around the world, it will be important for ongoing research in settings with a high prevalence of HIV in the general population to shed more light on the biological and immunological interactions between HIV and the new coronavirus.



Precautions that people living with HIV and key populations should follow to prevent COVID-19 infection

Stay safe

- Clean hands frequently with soap and water (for 40–60 seconds) or an alcohol-based hand sanitizer (for 20–30 seconds).
- Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing. Throw the tissue away after use.
- Avoid close contact with anyone who has a fever or cough.
- Stay home when you are ill.
- If you are experiencing fever, a cough and difficulty breathing and have recently travelled to, or are a resident in, an area where COVID-19 is reported, you should seek medical care immediately from your community health service, doctor or local hospital. Before you go to a doctor's office or hospital, call ahead and tell them about your symptoms and recent travel.
- If you are ill, wear a medical mask and stay away from others.

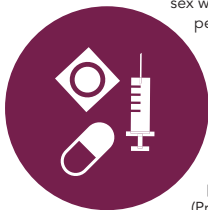


Stay informed

- Know the facts about COVID-19 and always check a reliable source, such as the World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

Be prepared

- You should have a supply of your necessary medical supplies on hand—ideally for 30 days or more. The World Health Organization HIV treatment guidelines now recommend multimonth dispensing of three months or more of HIV medicines for most people at routine visits, although this has not been widely implemented in all countries.
- Know how to contact your clinic by telephone in the event that you need advice.
- Know how to access treatment and other supports within your community. This treatment could include antiretroviral therapy, tuberculosis medication (if on tuberculosis treatment) and any other medication for other illnesses that you may have.
- Key populations, including people who use drugs, sex workers, gay men and other men who have sex with men, transgender people and prisoners, should ensure that they have essential means to prevent HIV infection, such as sterile needles and syringes and/or opioid substitution therapy, condoms and pre-exposure prophylaxis (PrEP). Adequate supplies of other medications, such as contraception and gender-affirming hormone therapy, should also be obtained.



should ensure that they have essential means to prevent HIV infection, such as sterile needles and syringes and/or opioid substitution therapy, condoms and pre-exposure prophylaxis (PrEP). Adequate supplies of other medications, such as contraception and gender-affirming hormone therapy, should also be obtained.

- Not all countries have implemented policies to allow for longer prescriptions. Be in touch with your health-care provider as early as possible. Consider working with others in your community to persuade health-care providers and decision-makers to provide multi-month prescriptions for your essential medicines.
- Discuss with your network of family and friends how to support each other in the event that social distancing measures are put in place. Make alternate arrangements within your community for food, medicines, care for children or pets, etc.



- Help others in your community and ensure that they also have an adequate supply of essential medicines.

- Check that you know how to reach your local network of people living with HIV by electronic means. Make a plan for telephone and for social media connections in the event that public health measures call for people to stay home or if you become ill.

Support yourself and people around you

- The outbreak of COVID-19 may cause fear and anxiety—everyone is encouraged to take care of themselves and to connect with loved ones. People living with HIV and their communities have decades of experience of resilience, surviving and thriving, and can draw on their rich shared history to support



their families and communities in this current crisis. Pay particular attention to your mental health by:

- ▶ **Avoiding excessive exposure to media coverage of COVID-19. Only read information from trusted sources.**
- ▶ **Taking care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and, where possible, avoid alcohol and drugs.**
- ▶ **Making time to unwind and reminding yourself that negative feelings will fade. Take breaks from watching, reading or listening to news stories—it can be upsetting to hear about the crisis repeatedly. Try to do some other activities you enjoy in order to return to your normal life.**

- Connecting with others. Share your concerns and how you are feeling with a friend or family member.



Stop stigma and know your rights

- Stigma and discrimination is a barrier to an effective response to COVID-19. This is a time where racism, stigma and discrimination can be directed against groups considered to be affected.

- Your workplace, access to health care or access to education, for you or your children, may be affected by the COVID-19 outbreak if social distancing measures are put in place in your community. Find out your rights and make sure that you and your community are prepared.

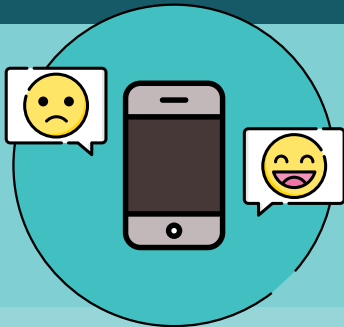
Treatment of COVID-19

- Treatment of COVID-19 is an active area of research and several randomized clinical trials are ongoing to determine whether antiretroviral medicines used for treating HIV might be useful for treating COVID-19. Many other possible treatments are also being tested in well-designed clinical trials. Since those trials have not ended, it is too early to say whether antiretroviral medicines or other medicines are effective in treating COVID-19.





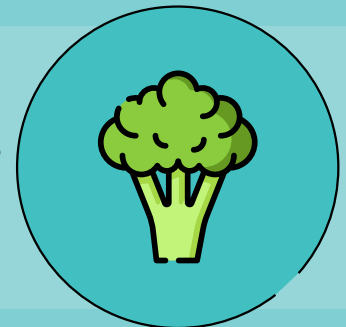
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

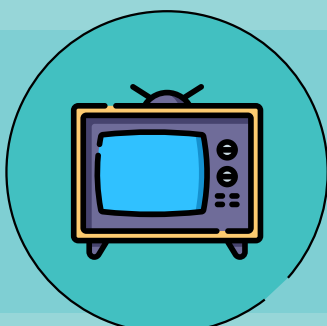
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

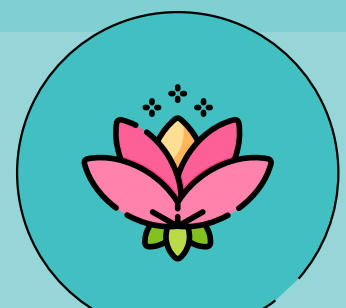
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



SMS/WHATSAPP MESSAGES

Here are some example messages questions to send to players. Create and send short, simple messages that contain accurate information and action steps.

Wash your hands like a BOSS! Scrub your hands with soap and clean water for about 20 seconds. Sing “Happy Birthday” twice to help you count. Dry your hands on a clean towel or wave them in the air.

AHHHHH CHEWW! Sneeze or cough into your elbow to prevent spreading germs. Take a photo of yourself sneezing like this. Send it to your friends and tell them why it’s important!

It’s OK to feel sad or anxious! Focus on things you CAN control, like washing your hands and staying at home. Reach out to friends and family members by phone or SMS. You are not alone!

Did you know that people touch their faces about 23 times an hour?! That’s too much! Touching our faces with unwashed hands can put us at risk of COVID-19. Try to avoid touching your face for a minute. Then try for an hour!

Try taking 5 deep breaths. It will help you feel more calm and focused.

We can do this! Follow the government’s instructions on social distancing, wash your hands (a lot!), and support each other.

Knowledge is POWER! To learn more about COVID-19 from the World Health Organization, send a message that says “hi” to +41798931892

GRASSROOTSOCCER 