

Dear Coaches, Advisors, Sponsors, Directors and Student Activity Experts,

Thank you for your ongoing commitment to our students and the activities they love. Your efforts to continue to engage students in these activities in the midst of Distance Learning is greatly appreciated. Please review the following guidance as we continue to navigate this situation together.

- *Stay connected:* Keep in touch with your student group collectively and individually as much as possible. Understand that you are likely an important and valuable part of their lives. Thus, you are one of the people students trust and are willing to talk to about their feelings, insecurities, worries, and well-being at this time.
- *Recognize the degrees of impact:* It's important to consider that some students and families may not feel much of an impact while others may not have a safe place to stay, access to food or other essential items, or a stable financial situation during this time of crisis, as well as many other needs. Additionally, the COVID-19 pandemic can affect other aspects of student lives. Some students may find it difficult to continue in activities alone as their involvement was connected to feelings of community with their peers. Some students may identify a significant loss due to being unable to finish their senior year or continue in an activity they love. While some students may experience a sense of relief as stress induced by school and other commitments has greatly decreased. Notify your administrator immediately if you are concerned about the well-being of a student.
- *Continue to be a resource:* Based on the needs and interests of your students, provide insights into continued options for engagement and home-based resources via ISBE and district approved platforms. You may also consider creative ways for students to stay involved in their activity.
- *Remain neutral and factual:* Try to remain neutral concerning decisions to cancel or postpone events. Keep the Coronavirus pandemic in perspective to help students understand and rationalize decisions.
- *Take care of yourself:* Recognize your own feelings related to managing the pandemic. Rely on your support network to assist with addressing stress and challenges and to share best practices, resources and brainstorm.

For additional resources and to review the guidance this document is adapted from, please consider visiting the [Association for Applied Sport Psychology](#).