



1-on-1 TRAINING GUIDELINES

Effective February 8, 2021

Guidelines as per Government of Alberta [Indoor Fitness](#) guidance published on January 31, 2021 and in alignment with *Step 1* of the Government's *Path Forward*. Subject to regional / municipal restrictions.

Requirement	Description / Application
Group or team sports	Group or team sports are not permitted. No sports games, competitions, team practice, league play or group exercise of any kind is allowed.
Registration	All Participants must be registered for the current season as per the established process with their Club/Community, District and Alberta Soccer. Participant is defined as player, coach, trainer, and/or referee. All Participants (or parents/guardians if under 18 years of age) must sign the <i>Informed Consent – Assumption of Risk Waiver</i> plus provide a <i>Declaration of Compliance</i> prior to participating in any sanctioned soccer activity. Prior to participating, Participants must be made aware and acknowledge that although exposure to COVID-19 is unlikely, it is possible, and Participants are participating voluntarily in Alberta Soccer activities with a foreknowledge of the risks.
Hygiene	Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants. No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, etc.
Masks	Masks are mandatory in all indoor public places. <ul style="list-style-type: none">○ Coaches must wear masks at all times during training session.○ Players may remove masks during active training but are expected to wear masks when entering / exiting the facility.
Physical Distancing	Physical distancing of 3 metres must be maintained between coach and player, each training pair AND between all individuals when entering or exiting the facility.
Symptom Checks & Contact Tracing	Verbal health checks must be completed prior to every session as per COVID-19 Symptoms Checklist Contact Tracing Logs must be kept for all training sessions for a minimum of 2-weeks. Individuals exhibiting COVID-19 symptoms may not participate in 1-on-1 training. Contract tracing must include the parent / guardian if they are part of the Rule of Two.
Equipment	Equipment such as balls and bibs, must be sanitized before and after each individual training sessions. Goalkeeper gloves cannot be shared and must be visibly clean prior to session.
Coaches	Coaches must be Internationally, Nationally, Provincially Certified, or, at minimum, be NCCP trained in the appropriate level and have a valid CPIC including Vulnerable Sector Search on file with their club.



	<p>Must wear a mask for the duration of training sessions and wash/sanitize hands before and after each session.</p>
Scheduling	<p>Training sessions must be scheduled and approved by a Club, and/or District.</p> <ul style="list-style-type: none">All training schedules and attendance lists must be shared with Club and/or District for contact tracing purposes. <p>A training session must include one certified coach plus one player only unless players reside in the same household.</p> <p>! A single coach cannot train multiple players at a single session who do not live in the same household.</p> <p>! No circuit training permitted and no back-to-back training sessions for players.</p> <p>Each coach can only interact with their assigned player, and each player can only interact with their assigned coach.</p> <p>Sessions must be scheduled to allow sufficient time between activities to allow for:</p> <ul style="list-style-type: none">the sanitization of all shared equipment,the coach to wash or sanitize hands if participating in subsequent individual training sessions,physical distancing of 3 metres to be maintained during entry & exit of training. <p>More than one training session pair (one coach + one player) may be scheduled at a single facility, so long as:</p> <ul style="list-style-type: none">Each coach and player pair stay 3 metres away from all other coaches and players at all times, including entryways and exits.Each coach only interacts with their assigned player and each player only interacts with their assigned coach.
Youth Players	<p>For the safe training of players under the age of 18 years, the following safety requirements must be met:</p> <ul style="list-style-type: none">Rule of Two maintained at all training sessions:<ul style="list-style-type: none">1-on-1 Training scheduled to allow for the session to be within earshot and eyesight of another adult (other certified coach or parent/guardian)Preferably, the coach scheduled for a 1-on-1 training session would be the same gender identity of the youth player.
Spectators	<p>No spectators are permitted.</p>
Players	<p>No loitering before or after training session.</p> <p>No interacting with other players or coaches while at the facility.</p> <p>Arrive no more than 5-10 minutes before session, dressed and ready to participate.</p>
Facility	<p>All training sessions must also adhere to safety protocols developed by the facility.</p>



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	All facility rules must be followed, include capacity limits, to meet Government of Alberta Standards.
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