

FC REGINA Return to Play Adult Facility Safety Plan

Please note this is a fluid document and will change as we progress through the season. Please ensure you are checking regularly to keep up to date on changes.

Pre-Season Communication

- Participants will be provided with clear directions of expectations regarding check in, pre and post-game expectations.
- Ensure that FC Regina's Safety Plan has been sent to all participants to ensure they can carefully go over social distancing, hand sanitizing, and behavioral expectations.
- Declaration MUST be signed when participants check in for games.
- Must make players aware that the only thing that they can bring into the field is a Ziploc bag marked with their name which contains tissue, masks, closed mouthed water bottle and any required medication. All other items must be kept in the dressing room.
- Provide information to team staff and players about the facility. For example, which field access points will be used for entrance and exit of the field to reduce bottlenecks and facilitate physical distancing. Implement cleaning protocols as well as spectator procedures.
- Adhere to facility restrictions or maximum capacities for facilities.
- Provide safe spacing for participants personal belongings which respects physical distancing.
- Stages are subject to change to align to meet Provincial Phases changing.

Check In

- There will be a check in table set up where we will check in all players and have declarations filled out and signed at each game.
- Hand sanitizing will take place at check in.
- We will be using picture rosters so there is no need to have identification when checking in.

We will not be giving out dressing room keys this season. We will have a facility staff member assigned to the dressing room area who will let you into dressing rooms.

- Players will wait to enter the field in the dressing rooms. FC Regina staff will coordinate the transition between sessions. Players must remain in dressing rooms to allow the teams exiting the field to get to their rooms.
- Staff will ensure that one group has exited before the next group enters.
- Players and team staff must wear a mask to the facility and will be required to wear it until they get to the field. Please ensure all players bring their Ziploc bag to put the mask in until their game/training session is finished. They will be required to put it on before they leave the field and keep it on until they leave the AffinityPlex.

Cleaning and Sanitizing

- Hands must be washed or sanitized before and after each activity as monitored by a designated staff.
- Hand hygiene stations will be set up at check-in, field entrance, on field, and exit.
- Equipment will be provided by FC Regina. This includes balls, flags, goals. Staff members will disinfect equipment at the end of each session.
- Absolutely no pinnies will be provided for any reason.
- All high touch areas will be sanitized throughout programming.
- Garbage bins will be available at various places throughout the facility for safe disposal of hygienic materials.

Session Guidance

- Players will be allowed to wear masks during training – this will be at the discretion of each player
- All participants are required to have their own labelled water bottle and should be kept at least 2 meters from other participants' belongings.
- All players are to ensure their uniforms are washed immediately after each use
- No loitering in the facility before or after games for any participants
- Staff will discourage and disperse large crowds to ensure physical distancing measures are observed
- No handshakes (hugs, etc.) at anytime
- All injuries should be dealt with by FC Regina Facility staff who will attend to the injured player and be wearing a mask and gloves while doing so

- Amended Nov. 17/20 - players who are on the bench must maintain 2 meters distance from each other (unless they are from the same household). If unable to maintain the 2 meters distance masks must be worn while on the bench and taken off when they sub in. At half time if players aren't able to maintain 2 meters distance from each other (unless they are from the same household) masks must be worn. Team staff and injured players on the bench need to have masks on the entire time. Masks must be worn properly covering their mouth and nose.

Before and After Sessions (Transition)

- Participants will be notified that they may only arrive 15 minutes prior to the start of their scheduled time. Those coming while the previous teams are exiting will be required to wait to go into the dressing room to avoid contact with the other group
- Dressing rooms will only be available for 15 minutes before your scheduled game and 15 minutes after. There are no exceptions.
- Players must be aware of the processes expected of them. For example, players are to arrive at check in where hand hygiene will take place, participants moved to marked holding areas waiting for staff to take them to their designated playing field while maintaining social distancing.
- There will be a hand sanitation station set up in the middle of the field in case anyone needs to sanitize during the games.
- There will be 15 minutes in between sessions. Once your game or training session has finished, coaches must have players pick up their belongings and go directly to the dressing room. Facility staff will notify them when they can leave. Must exit through the dressing room exit closest to Subway.
- While the players are exiting, staff will sanitize the equipment.

General Guidelines

- All precautionary measures are still in effect regarding social distancing and must be enforced. Public gathering numbers are restricted to provincial guidelines. This may change as the Phases and Stages progress.
- During games the curtains will be drawn, separating the fields. Players are not to enter another field for any reason. By having a maximum roster size, we can ensure that there is plenty of space for social distancing for players who are on the sidelines.
- Equipment that is shared (balls, flags, nets, etc.) must only be handled by FC Regina Staff

- No heading and no hand contact with the ball (Recommended that players only contact the ball below the waist)
- Dressing rooms will be provided with strict guidelines that must be followed. If a team is found breaching the guidelines, they will lose dressing room privileges.
- All participants should come dressed, ready to participate (with the anticipated cold weather players can layer on top of uniform). They will have dressing rooms but changing after games or training will be discouraged to ensure they exit the building in a timely manner.
- Bleachers will be blocked off
- Benches will be cleaned between each session
- If an athlete shows symptoms of Covid 19 or becomes ill during their time in the facility they will be asked to leave immediately.
- Shower rooms WILL NOT be available.

Player Commitment

- Not attend if they are ill, no exceptions.
- Players may only bring a clearly labelled Ziploc Bag, hand sanitizer, two masks (in case one is compromised), labelled water bottle with closed mouth, tissue, any medication necessary (inhaler) into the facility. All other items must be left in the dressing room.
- Masks must be worn inside the AffinityPlex until the player reaches the playing field. This includes from check in, inside the dressing room, walking to and from the field, and out of the building.
- Other than items listed for Ziploc bag, no other personal items will be allowed inside the facility.
- Players must commit to abide by the social distancing and safety measures that FCR has put into place for their safety as well as the safety of all players and staff.

- Amended Nov. 17/20 - players who are on the bench must maintain 2 meters distance from each other (unless they are from the same household). If unable to maintain the 2 meters distance masks must be worn while on the bench and taken off when they sub in. At half time if players aren't able to maintain 2 meters distance from each other (unless they are from the same household) masks must be worn. Team staff and injured players on the bench need to have masks on the entire time. Masks must be worn properly covering their mouth and nose.

Spectator Commitment

Spectators must:

- Must not attend if ill or have symptoms
- There will be a limited number of spectators allowed in the facility.
- U5 and U7 may have one person present during training sessions. There will not be spectators allowed inside the facility during U9-19 training sessions.
- FC Regina will allow one spectator per participant for games.
 - All spectators will be required to wear a mask in the facility. There will be no exceptions.
- All spectators will have to sanitize and sign in. Once inside the facility the only exit will be the doors on the North side of the facility. There will be no exceptions.

Referees

Referees must:

- Not attend if they are ill, no exceptions.
- Only ref within their one mini-league they have been assigned to.

ONLY under the following circumstances, may a referee participate in more than one mini league:

- The Referee maintains 2 metres social distancing at all times and wears a non-medical mask

Or

If the Referee cannot maintain social distancing at all time, they must wear medical (surgical or procedural mask).

- Receive training on amended laws of the game to comply with provincial guidelines.
- Reduce the number of match officials where possible.
- Dressing rooms will be provided (Men's and Women's shower room). Personal items such as jackets and shoes must be left there. Any items that you need should be brought in a Ziploc bag with your name marked on it. With only 4 teams in a division you should be able to track jersey colors to avoid a conflict.
- Not share items and should only keep their belongings two metres from all other items.

Facility Staff Commitment

Staff must:

- Not attend if they are ill, no exceptions.
- Follow the processes put in place without exception.
- Ensure that all social distancing guidelines are being followed.
- Complete all cleaning and disinfecting tasks in a safe and thorough manner.