

# FC REGINA Return to Play Youth Facility Safety Plan

***Please note this is a fluid document and changes will be made as they arise throughout the season. Please ensure you are checking regularly for changes.***

## **Pre-Season Communication**

- Participants will be provided with clear directions of expectations regarding pick up, drop off, check in, pre-session self-assessment (to be done by all participants, coaches, staff, spectators, and volunteers).
- Ensure that FC Regina's Safety Plan has been sent to all participants so that parents can carefully go over social distancing, hand sanitizing, and behavioral expectations.
- Declaration form MUST be filled out and signed before being allowed to train or play.
- Must make players aware that the only thing that they can bring in is a Ziploc bag marked with their name which contains tissue, masks, closed mouthed water bottle, hand sanitizer and medication if needed inside the field. All other items must be kept in the dressing room.
- Provide information to coaches and parents about the facility. For example, which building 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 pick-up/drop-off and 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

- The main entrance to the Affinity Plex will be the drop off area and players will be released by their coaches through the dressing room doors in the hallway by Subway.
- Parents should try to remain close to the facility for their child's activity in case of injury. Also ensure you are on time for pickup of your athlete at the end of their session to ensure that we are staying within SHA's indoor gathering guidelines.
- 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 adult (coach, parent, volunteer).
- Hand hygiene stations will be set up at check-in, field entrance, on field, and exits
- Washrooms will be cleaned and sanitized frequently by REAL staff.
- Equipment will be provided by FC Regina. This includes balls, flags, goals. Staff members will disinfect equipment at the end of each session.
- All high touch areas will be sanitized throughout training
- Garbage bins will be available at various places throughout the facility for safe disposal of hygienic materials.

## Session Guidance

- Coaches and players will be allowed to wear masks during training – this will be at the discretion of each coach/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 playing/training kits are washed immediately after each use
- No loitering in the building before or after training or games for any participants
- Parents are strongly encouraged to stay on site, so they are readily available in case of emergency
- Staff will discourage and disperse large crowds to ensure physical distancing measures are observed
- No handshakes (hugs, etc.) at anytime
- All injuries will be dealt with by FC Regina Facility staff wearing a mask and gloves while attending to the injured player
- 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 only arrive 15 minutes prior to the start of the session. If they arrive before that they will be required to wait outside.
- Players must be aware of the processes expected of them. For example, players arrive to check in where hand hygiene will take place, participants move to marked holding areas waiting for coaches to come and take them to their designated training area 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 session.
- 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 all 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. (Currently set at 30 per field for indoor while maintaining physical distancing). This may change as the Phases and Stages progress.
- Structure activities to follow within SSA, SHA and CSA guidelines.
- 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 (team balls, cones, nets, etc.) must only be handled by FC Regina Staff. All equipment will be sanitized after each session. If there are items that are accidentally handled during a session, they will be switched out or sanitized before continuing use.
- No heading and no hand contact with the ball (Recommended that players only contact the ball below the waist)
- 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
- On field benches will be sanitized between each session.
- Shower rooms WILL NOT be available.

- 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.
- If an athlete shows symptoms of Covid 19 or becomes ill during their time in the facility they will be moved out of contact with any other players, spectators and staff in the AffinityPlex until they can be released to a parent.

## **Coach Commitment**

- Must not attend if feeling ill or has symptoms.
- ONLY under the following circumstances may a coach or volunteer participate in more than one mini league:

The coach maintains 2 meters social distancing at all times and wears a non-medical mask

Or

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

-A volunteer, coach or referee can also participate as a player in a separate mini league but only if they follow the guidelines above when participating as a coach/referee/volunteer.

- Pre-activity orientation regarding safety – hand washing, no spitting, using proper etiquette when coughing-sneezing, blowing your nose disposing of all garbage into garbage bins.
- Coaches should leave all equipment in a pile for facility staff to sanitize. Hand sanitizer should be used often
- Structure activities to maximize physical distancing
- Design activities so athletes stay within their existing small groups to reduce the amount of contact with different people.
- No heading/hand contact with the ball (feet only).
- Regular sanitization breaks combined with water breaks.
- Ensure players are released to their parents at the end of the game or training session.

- Masks must be worn inside the AffinityPlex by the coaches at ALL times in the facility. This includes from check in, inside the dressing room, on the field and in and out of the building.

## Parent Commitment

- Ensure your child is healthy with no sign of symptoms.
- Must not attend if ill or have symptoms.
- Go over the social distancing, hand hygiene, and safety protocols with participants so that there is a clear understanding of what expectations have been set.
- Make sure that your child has all the items they need to participate.
- Must be available to return to the facility should your child suffer injury during training or a game.

## Player Commitment

- Must not attend if ill or have symptoms
- Players come prepared with clearly labelled Ziploc Bag, hand sanitizer, two masks (in case one is compromised), labelled water bottle with closed mouth, tissue, any medication necessary (inhaler).
- 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 on the field
- 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 coaches and staff.
- Players are encouraged to bring their water bottles filled from home. The water bottle fill station will be available, but all water fountains are offline.

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. 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:

- Must not attend if ill or have symptoms
- Only ref within the one mini league they have been assigned in.

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

- The Referee maintains 2 meters 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.

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

**Or**

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

## **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.
- Follow all safety protocols put into place to ensure the safety of staff and members.