



FC REGINA Return to Play Facility Safety Plan

Pre-Camp Communication

- Participants will be provided with clear direction of expectations regarding pick up, drop off, check in, pre-camp self assessment (to be done by all participants, coaches, staff, and volunteers).
- Ensure that Safety Plan has been sent to all participants so that parents can carefully go over social distancing, hand sanitizing, and behavioral expectations.
- Waiver must be signed electronically during the registration process before participants are allowed to train.
- 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.
- Provide information to coaches and parents 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 pick-up/drop-off and spectator procedures.
- Adhere to facility restrictions or maximum capacities for facilities.
- Develop protocols for thunder/lightning ("When thunder roars, go indoors".)
- 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

- North parking lot will be set up for drop off/check in only. Parents must stay in the south parking lot. We will allow parents to watch from outside the fence maintaining social distance from the children and other parents.
- Hand sanitizing will take place at check in.
- Camp shirts will be bagged in individual bags and sorted to size. Each participant will be directed to the place where they can pick up their shirt.
- Players will wait to enter the field in the "holding area" which will be marked (and supervised) to ensure social distancing is taking place.
- Coaches will take teams (previously assigned) to the area where they will train.

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 every 30 minutes. Only 1 person is allowed in washroom at a time.
- Equipment will be set out, collected, and cleaned by FC Regina Staff members at the end of each session. Equipment will not be shared between groups

- All high touch areas will be sanitized throughout training
- Garbage bins will be available at various places throughout the field 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 parking lot before or after training or games for all participants
- Parents can watch from outside the fenced area, but they must observe physical distancing guidelines
- Parents must stay on site, outside the fence of either field or in car (in south parking lot) so they are readily available in case of emergency (or inclement weather).
- 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 the parent/guardian, if not possible, an FC Regina Facility staff will attend to the injured player and be wearing a mask and gloves while doing so

Before and After Sessions (Transition)

- Participants will be notified that they may only arrive 15 minutes prior to the start of the session.
- Players must be aware of the processes expected of them. For example, players to arrive at check in where hand hygiene will take place, participants moved to marked holding area waiting for coaches to come and take them to their designated training area while maintaining social distancing.
- Players will remain at their assigned training station for every session.
- 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 training is done coaches should have players pick up their belongings and then take them to the exit on the south field where we have arranged to have them picked up.
- While the players are exiting staff can pick up all equipment for sanitation. Fresh equipment will be placed out for each group

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 for outdoor while maintaining physical distancing)
- Distancing between different groups who are training simultaneously, near one another must be at least 2 meters; increasing the distance is encouraged. A full-sized pitch should have no more than 50 people (100m x 50m) or 12 people per ¼ field
- No opposition games where players will come into contact with each other permitted
- Structure activities to maximize physical distancing
- Equipment that is shared (team balls, cones, nets, etc.) must only be handled by FC Regina Staff (after each session)
- No heading and no hand contact with the ball (Recommended that players only contact the ball below the waist)
- Bibs/pinnie are not to be used
- All participants must come dressed, ready to participate (no changing after, must leave the field with their coach when session is done while maintaining physical distancing)
- Benches and bleachers will be blocked off

Coach Commitment

- 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 pick up. Hand sanitizer should be used often
- As per provincial health authority guidelines, wearing face masks is highly recommended.
- Structure activities to maximize physical distancing
- Design activities so athletes stay within their existing small groups to reduce amount of contact with different people.
- No heading/hand contact with ball (feet only).
- Regular sanitization breaks combined with water breaks.
- Take players to south parking lot for parent pick up after each session.
- Must not attend if ill or have symptoms should maybe be at the top?

Parent Commitment

- Ensure child is healthy with no sign of 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 child has all items they need to participate.
- Must be available to attend to child's major injury if one should occur.
- Must remain outside the fenced area unless asked to enter the field.
- Must not attend if ill or have symptoms should maybe be at the top after the child health?

Player Commitment

- Must not attend if ill or have symptoms
- Players to come prepared with clearly labelled Ziplock Bag, hand sanitizer, two masks (in case one is compromised), labelled water bottle with closed mouth, tissue, any medication necessary (inhaler).
- Other than items listed for Ziploc bag, no other personal items will be allowed.
- 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.

Once referees are required

Referees must:

- Receive training on amended laws of the game to comply with provincial guidelines.
- Reduce number of match officials where possible.
- Come dressed to the field as no change rooms will be available.
- Not share items and should only keep their belongings two metres from all other items.
- Must not attend if ill or have symptoms should maybe be at the top?

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.

Items needed in order to proceed

- Microfiber clothes for cleaning
- Masks for staff and coaches
- Gloves for staff
- Hand sanitizer (or alcohol and spray bottles)
- Zip lock bags to package Camp Shirts
- Garbage cans (we need to ensure that we have more garbage cans to ensure masks, gloves, tissue is discarded safely)
- Cleaner and Disinfectant for washrooms and high touch areas.