

FUTBOL CLUB REGINA STAGES

Sask Health Organization Phase 4.1
 SSA Phase 1 – Return to Train (No contact)
 SSA Phase 2 – Return to Train (Minimal Contact)

TBD SSA Phase 3
 Return to Play
 (Increased Contact)

TBD SSA Phase 4
 Return to Play
 (Full Contact)

FCR STAGE ONE (No Contact)

- Social distancing measures are in place. All activities Technical based ie: Individual ball mastery, passing and receiving on the ground.
- No heading or hand contact with the ball
- No opposition, including games where players will come into contact with each other
- FCR Skill training Academy

FCR STAGE TWO (Minimal Contact)

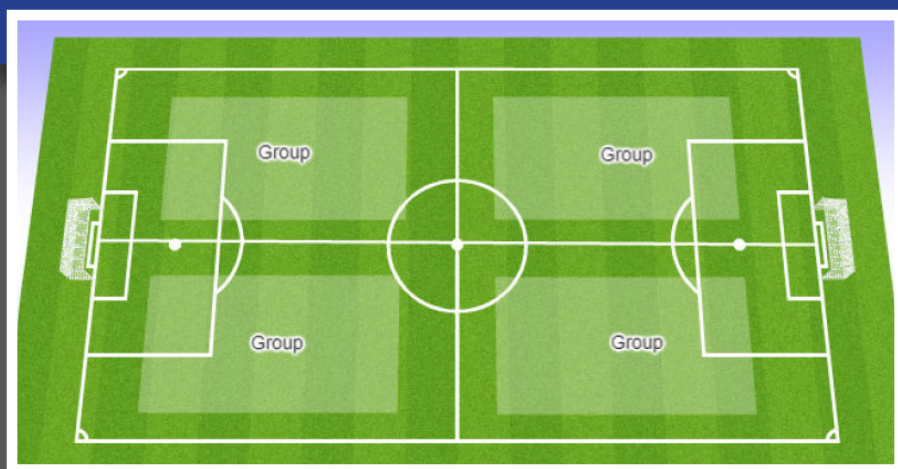
- Relaxed Social Distancing
- Small sided group activities (1v1-3v3)
- No heading or hand contact with the ball
- Aim to keep players in groups together so that they work with similar players rather than constantly mixing players together

FCR STAGE THREE (Increased Contact)

- Further relaxing of Social Distance measures
- No heading or hand contact with the ball
- Small sided Game formats (1v1 -7v7)

FCR STAGE FOUR (Full Contact)

- All game formats (6v6 to 11v11)
- Soccer games/competition may resume (outdoors only) in all format types. Training may be increased to full, regular training provided general public health guidelines are followed.



Return To Play Field Set-up (Full size) field

- Number of groups (4)
- Maximum amount of players per full size field (40)
- Coaches (4-8)
- Total number of people 50-60 (within Government guidelines)

* Area can be adjusted accordingly to fit the organization needs, but must allow room for players and coaches to move freely while keeping a 2m physical distance

