

Return to Soccer - Safety Guidelines for Players and Parents:

Participants are **not** to attend if any of the below apply:

- You or anyone in your household are displaying flu-like symptoms (fever, cough, sore throat, shortness of breath, runny nose, difficulty breathing, etc.) or have experienced these symptoms within the last 14 days.
- You or anyone in your household have travelled outside of Canada including to the United States in the last 14 days.
- You or anyone in your household have been in contact with a confirmed or probable case of Covid-19 within the last 14 days.

- Players/parents **must not** attend soccer if you are ill or have flu-like symptoms. Anyone showing signs or symptoms (even mild) of Covid-19 should not attend, and refer to the online Government of Saskatchewan [Self Assessment Tool](#) for more information. Contact your health care provider or call 811 to obtain next steps or a referral to a community testing centre.

- Please review the updated SSA waivers prior to participation, regarding Covid-19 compliance and risk. Sample copies of the waivers are available on our website [here](#). **Waivers will be emailed to those participants who were previously registered in the Ramp system for 2020 Outdoor, and must be signed off prior to participation.**

General Guidelines

- When we return to training in July we will begin in Phase 1 of the SSA Return to Soccer Plan, and will plan to progress into Phases 2, 3, etc. during the season, with the ultimate goal being a return to games when safe to do so. We will follow recommendations and guidance of SSA and the Saskatchewan Health Authority as we progress. Social distancing measures are in place for participants at this time, with minimal contact between players.

- Government of Saskatchewan guidelines and recommendations for physical distancing (2m), handwashing/sanitizing, and protective measures are still in place through all five phases of the [Re-Open Saskatchewan Plan](#), including outdoor sports and recreational activities.

- We will be taking attendance prior to each session for contact tracing records.

- We will have first aid items on site, and would ask parents to assist in administering basic first aid for their child with any minor injuries such as scrapes/cuts, etc. JJ Soccer coaches will attend to injuries if needed, taking proper precautions.

- CSA Lightning Policy - “when thunder roars, go indoors” - players will not be able to go inside outbuildings for safety in the case of inclement weather, and will be directed to leave the field with parent/guardian to wait in vehicles, or session will be cancelled if applicable.
- At least one parent/guardian must remain on site to attend if an injury should occur, or a session needs to be cancelled due to weather.
- Spitting (including sunflower seeds, etc.) and other similar activities are not permitted.
- Please avoid congregating and maintain physical distancing while entering/exiting the field, in parking lots, sidewalks, etc. Some session times have been adjusted slightly to allow for 15 minutes in between sessions.
- There will be hand sanitization stations available for players to use prior to participating in their sessions, and in case anyone needs to sanitize during the session.
- Please use contactless form of payment when paying outstanding fees, if possible. To check unpaid balances or pay fees by credit card please log in to your [RAMP Registration Account](#). E-transfers can be sent to jjsoccerltd@gmail.com. Cheques can be mailed to JJ Soccer Ltd, 51 Buttercup Cres, Moose Jaw, SK, S6J 1A3

Parents

- U5 and U7 players will require one adult to be present with them on-field during training to help reinforce social distancing. (no soccer experience required)
- Spectators must maintain proper distancing measures, and avoid congregating into groups. Spectators must remain off the field unless requested to assist with young players during sessions.
- **We are requesting minimal spectator attendance at sessions, and physical distancing must be maintained as much as possible while at the field. Please observe physical distancing guidelines (2m) while on site.**

Parents:

- Please ensure your child has no sign of symptoms.
- Go over the social distancing, hand hygiene, and safety protocols with players so that there is a clear understanding of what expectations have been set. Please ensure players are practicing hand hygiene prior to arriving, hand sanitizer stations will be set up at the field for use during sessions.
- Please review etiquette when coughing/sneezing (elbow), and behavioral expectations with young players prior to attending.
- Make sure that child has all items they need to participate.
- Must be available to attend to child's injury if one should occur.

- Must remain off the field, unless asked to enter the field as a support person for younger players.
- Must not attend if ill or have symptoms, have been outside the country or been in contact with confirmed or suspected case of Covid-19 within the last 14 days.

Players

- Please limit personal items brought to the field. Players should come to the field dressed and ready to participate. Personal items and equipment should not be shared or mixed with other players. Personal items should be spaced out in designated areas. **Saskatchewan Soccer Association is recommending that players bring just a Ziploc bag clearly marked with their name which contains individual personal items that may be needed such as tissue, mask if desired, hand sanitizer, personal first aid items such as band aid, and medication if needed (inhaler, etc.)**

- Labelled water bottle - recommended is bottle with lid where mouth spout is covered. No sharing of water, please bring adequate water for your session.

- Players may wear masks during training – this will be at the discretion of each player

- Players can bring their own ball to use during the session, to minimize contact with shared equipment. If you do not have a ball, there will be balls available for use. Equipment will be cleaned regularly.

- Players, please arrive as close to the start time of your session as possible, no earlier than 15 minutes, to help reduce the numbers of people in attendance at sessions. Please do not warm up on the field when another session is running, or use balls/equipment from the field while waiting for your session to begin.

- Players should sanitize hands prior to participating in sessions.

- Please do not bring food, sunflower seeds, etc. to the field.

- Please remember, no handshakes, high-fives, hugs, etc.

Players:

- Must be aware of the processes expected of them. Please observe public health guidelines on hand washing/sanitizing, no spitting, using proper etiquette when coughing/sneezing, etc, and disposing of all garbage into garbage bins.
- Players must commit to abide by the social distancing and safety measures while attending sessions, for their safety as well as the safety of spectators, coaches and staff.

Field

- All precautionary measures are still in effect regarding social distancing. Please observe physical distancing guidelines when possible while at the field.

- Coaches/staff will handle shared equipment (balls, cones, nets, etc.)
- Equipment will not be available to spectators or players arriving early, and must remain on the field for use by on-field participants and coaching staff.
- Bibs/pinnies will not be used until further notice.
- Outdoor spaces may not be sanitized - Avoid touching public surfaces whenever possible and refrain from touching your face/eyes/mouth. Wash or sanitize your hands frequently.
- Washroom facility will be on site with increased cleaning schedule.
- Garbage bins will be available at various places throughout the field.

Program Notes

- Phases of Return to Soccer will be determined by the SSA and public health authorities, as well as JJ Soccer within these guidelines. Activities will be structured initially to maximize physical distancing, and we will advance through the phases accordingly.
- When we return to soccer it will look a little different than before. While getting back to full game play is the goal, we will need to remember many of us have had reduced physical activity over the past few months, as well as the many new and additional guidelines in place for everyone's safety. With collaboration of Saskatchewan Soccer and Canada Soccer we have a phased in plan to return to play, and will operate with caution as we return to the field. Soccer may not be "normal" soccer, so please be patient as we try our best to follow the recommendations of the governing bodies and the province, for the safety of our players, parents, and team staff

Be Safe! Be the Solution!

As a reminder, please continue to take care of yourself, your families, and others:

- Wash your hands frequently
- Practice good hygiene habits - do not touch your face/eyes/mouth with your hands and cover your mouth and nose when you sneeze or cough with a tissue or crease of your elbow.
- Clean and disinfect frequently touched surfaces.
- Maintain good general health.
- Stay home if you are sick.