

## Indoor Season 2020-21 - 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 futsal 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 contact us directly if symptoms are the result of seasonal allergy or asthma and you can provide a negative COVID-19 test for your child.

- 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](#). All registrations processed through the RAMP registration system after June 15, 2020 included the updated waivers necessary for participation.

- 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](mailto:jjsoccerltd@gmail.com). Cheques can be mailed to JJ Soccer Ltd, 51 Buttercup Cres, Moose Jaw, SK, S6J 1A3

- The safety guidelines below outline the measures JJ Soccer will be following for the 2020-21 Indoor Season to help ensure the safety of everyone involved. We are operating under the restrictions of the Saskatchewan Health Authority and with guidelines from Canada Soccer and the Saskatchewan Soccer Association, and we must adhere to these regulations and gathering limits. If you are not able to participate due to any of the following procedures or have questions or concerns, please contact [jjsoccerltd@gmail.com](mailto:jjsoccerltd@gmail.com).

### **GENERAL GUIDELINES**

- We will begin our Futsal programs in **Phase 3** of the [SSA Return to Soccer Plan](#), which allows for club based play and the futsal game format of 5v5, and will follow recommendations and guidance of SSA and the Saskatchewan Health Authority regarding current Phases of Play.

- Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing conditions within our province and our individual organization. If restrictions change within the province, we may be required to return to a previous phase of SSA's Return to Play plan, or make other adjustments as necessary. Saskatchewan Soccer will continue to monitor and advise member organizations throughout the indoor season, and we will adjust our safety guidelines and policies/procedures accordingly to accommodate changing circumstances should they arise.

- 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 sports and recreational activities.

- We will be taking attendance prior to each session for contact tracing records, including players, coaches, and volunteers/parent support in attendance.

- We will have first aid items on site, and JJ Soccer coaches will attend to minor injuries if needed, taking proper precautions.

- Parent/Guardian and Emergency Contact information from RAMP registration will be on site if parent/guardian needs to be contacted. If additional contact information needs to be added or updated, please make coaches aware or email to [jjsoccerltd@gmail.com](mailto:jjsoccerltd@gmail.com).

### **MASKS**

Masks will be required for anyone entering the building - parents/guardians/caregivers, coaches, etc. Masks are recommended for players while entering/exiting the building and can be removed once on the playing surface and during sessions. Please have players bring a labelled Ziploc bag to store their mask in during the session, and so they have it available to wear as they leave the playing area. Players will have designated area for water/masks during session.

### **DROP OFF - SPECTATORS**

- **Under 5 program** - Under 5 players will require a parent/guardian to be present with them during sessions. There is limited space in the facility for spectators and we need to ensure SHA guidelines for social distancing and gathering limits are maintained. It is preferred that only one parent/guardian attend the Under 5 sessions, and siblings are discouraged from attending.
- **Under 7 - 19 programs** - Drop off only. There is limited space in the facility and we are asking parents/guardians to not enter the building unless necessary. To help limit congestion in the entrance area during transitions between sessions - **please only bring your player into the building if needed, otherwise drop off at the entrance is preferred**. Players will be checked in on arrival at the facility. Should a support person need to be present during the session, or to enter the facility during drop off, they must wear a mask for the duration of their time in the building. If you will need to be present during sessions as a support person for your player, please make arrangements ahead of time, so we can add you to the list of attendees for contact tracing purposes. If this is necessary - one support person only, as there is limited space and we need to ensure SHA guidelines for social distancing and gathering limits are maintained.

## PICK UP

- **Players U7 - U13** - Please meet your player outside the entrance/exit of the facility at the end of the session time. Coaches will exit with the players and ensure players are picked up. If you are waiting in your vehicle during training, please meet your child at the door when the players are exiting to avoid players having to walk or look around for their ride. Please maintain proper distancing measures, and avoid congregating into groups.
- **Players U15 and older** - are not required to have a parent meet them as they exit.

## 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 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.
- Only bring your child into the facility if needed, otherwise drop them off at the door.
- Wear a mask if entering the facility.
- 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 training. Players should come to training dressed and ready to participate as no change rooms will be available. Please bring your indoor footwear to change into at training. 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 also bring individual personal items that may be needed such as tissue, mask and labelled Ziploc bag to store mask in during session, 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 the training session - this will be at the discretion of each player.
- Players, please arrive as close to the start time of your session as possible - **no earlier than 10 minutes** - to help reduce the numbers of people in attendance at sessions. Please respect social distancing while waiting for your session to begin.
- Please do not warm up on the playing surface when another session is running, or use balls/equipment 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, 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 volunteers, coaches and staff.**

## **FACILITY**

- Located at Town 'n' Country Mall - 1235 Main St. N, Moose Jaw. (Old RBC Bank location)
- There is one exterior entrance to the facility - outside the main west mall entrance. Other mall exits will not be available for use after mall hours, due to the alarm system.
- Parking is available in any of the mall parking lots - please observe all accessible parking, curbside pickup, and no parking zones as tickets may be issued.
- There will be a hand sanitization station at the entrance to the facility. Everyone must use hand sanitizer before entering the building. Players will sanitize prior to participating in their sessions, and following the session. Hand sanitizer will be available in various locations throughout the building in case anyone needs to sanitize during the session.
- Please remove outdoor footwear when entering building. Players will need indoor futsal shoes or runners to participate.
- Please observe physical distancing guidelines when possible while entering/exiting and during pick up/drop off. Most session times have been scheduled to allow for 15 minutes in between sessions.
- Coaches/staff will handle shared equipment (balls, cones, nets, etc.)
- Equipment will not be available to players arriving early, and must remain on the playing surface for use by on-field participants and coaching staff.
- Players must bring their own labelled water bottle to sessions, as public water fountains are not available.
- Bibs/pinnies will be worn by one player only per day, and washed after each use.
- Spitting (gum, water, etc.) and other similar activities are not permitted.
- Public washrooms are available and subject to the cleaning/sanitizing policies of Strathallen Properties, and are in close proximity to the facility.
- High touch areas within the facility will be sanitized frequently. Outside and public 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.
- Garbage bins will be available at various places throughout the facility.

## **PROGRAM NOTES**

As we begin our indoor season it will look a little different than before. We will be operating in a new facility and with many new and additional guidelines in place for everyone's safety. We are committed to operating with caution and in compliance with recommendations from the Saskatchewan Health Authority and Saskatchewan Soccer. Adjustments may need to be made to procedures once programs begin to eliminate any issues that may arise. Please be patient as we try our best to facilitate a smooth start to the season while following the recommendations of the governing bodies, 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.

