



Melfort Youth Soccer Association (MYSA) Return to Play Guidelines as of 1st-April-2021

Guided by leadership from Canada Soccer's Sports Medicine Committee and in consultation with federal, provincial, territorial and local public health authorities, Canada Soccer created the below Return to Soccer Guidelines to provide member organizations with a five-step process, including a checklist of weighted questions known as the Return to Soccer Assessment Tool, all for the purpose of determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities.

From these guidelines, the Saskatchewan Soccer Association has created A Return to Play plan for the province, which includes guidelines, considerations, and recommendations for Member Organizations and clubs for when they design their subsequent return to play plans. With these taken into consideration, MYSA has created this dynamic document to outline a return to play plan for the programs. **MYSA will be implementing our Return to Play Guide and Plan at Phase 1 as per current restrictions that are in place.**

CANADA SOCCER
RETURN TO SOCCER GUIDELINES

1	Federal stay-at-home order eased
2	Provincial or territorial restrictions eased
3	Municipal field and facility usage restrictions eased
4	Provincial or territorial member association Return to Soccer Plan approved
5	Return to Soccer Assessment Tool completed

CANADA

A young boy in a blue soccer jersey is running on a grassy field. In the background, there is a soccer goal and trees under a cloudy sky.



Phase 1 – Return to Train (No contact)

Social Distancing measures are in place

Technical Based Activities

*Opposition may be created utilizing individuals from within same household or family bubble.

Phase 2 – Return to Train (Minimal Contact)

Social Distancing measures are being relaxed

Small Group Activities (1v1 to 3v3)

Phase 3 – Return to Play (Increased Contact)

Social Distancing measures are relaxed further

Intro of Small Game Formats (1v1 to 7v7)

Phase 4 – Return to Play (Full Contact)

Social Distancing measures are removed

All Game Formats (1v1 – 11v11)

Social Distancing (Phase 1): Contact is considered anything less than the 2 metres between participants; no contact is allowed in this phase unless from the same household.

Technical Based Activity: Activities that do not require opposition within 2 metre proximity, therefore, allowing players and coaches to maintain social distancing. Examples could be individual ball mastery, passing and receiving on the ground between partners, relays and other competitions/challenges that maintain social distancing.

Small Group Activities: Include activities with opposition. Numbers for the activities should be between 1v1 to 3v3. Try to keep players in groups together so that they work with similar players rather than constantly mixing players together (can increase number of players interacting with an asymptomatic COVID-19 carrier)



Small Game Formats: Game formats of 1v1 to 7v7. Recommendation within RTSP Phase 3 would be to keep this in-house versus playing against different clubs. Recommendation against festival type formats where one team plays against many teams on a given day (reduce number of individuals that may encounter potentially an asymptomatic COVID-19 carrier).

All Game Formats: Introduction of all game formats.

The Saskatchewan Government is to provide guidelines around what will be acceptable for the resumption of sport regarding areas such as social distancing and max capacity for facilities. While there is a desire to return to normalcy during COVID-19, everyone must remain conscientious about the safety and welfare of all participants as the primary consideration. As such, there is an increased importance around the due diligence required to keep all participants safe and prevent community transmission by organizations that make the choice to deliver soccer programming.

MYSA will be starting the Outdoor 2021 season in Phase 1 based on current restrictions

Learn 2 Train U11 & U13

Athletes at the L2T stage should be engaged in the progression of activities within training session during RTSP Phase 1.

Athletes at this age need monitoring but may be ready to maintain social distancing as directed. Level of support is based on the maturity of the athletes.

Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.

Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice environment

Be conservative when spacing out areas to maintain social distancing.

Soccer 4 Life U15, U17 & Adult

Athletes at the S4L stage should be engaged in the progression of activities within training session during RTSP Phase 1.

Players should understand what social distancing is and be able to respect the social distancing requirements in place within your province while at soccer.

Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.

Individualized consideration will help keep the players engaged and focused.

Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice.

Be conservative when spacing out areas to maintain social distancing.



Coaches Responsibilities

- Will not attend if they are not feeling well
- All coaches must go through a pre-activity check list with their players
 - no spitting, garbage left on the field, keeping their distance and sanitizing after they are done Equipment used in a session must be sanitized before and after
- Create and organize activities that promote social distancing
- No heading or hand contact with the balls, only feet
- Provide Players with regular sanitation and water breaks
- Guide and take players to exit after each session (applies to indoors)

Parents Responsibilities

- Do not bring their child if they are ill
- Review all the safety protocols with their child
- Make sure they are ready to play when they arrive
- Make sure their child has all required items (water bottle)
- Leave an emergency contact number if parent will be unreachable during session

Participants Responsibilities

- Not to attend if they are not feeling well
- Follow all directions of the coaching staff and technical staff
- Respect the restrictions that in place and being enforced at session
- Come ready to play
- Bring all items required for the sessions
- Have fun