



Meridian Soccer Return to Train and Play Safe Soccer Guidelines

UPDATED JUNE 29, 2020

Meridian Soccer Return to Train and Play Soccer Plan

*We are following the guidelines set out by the Saskatchewan Health Authority (SHA) and these guidelines are subject to change at any time based on the recommendations by SHA.

Phases of Resuming Soccer

Saskatchewan Soccer has put together a four-phase return to soccer plan. The four-phases are detailed below. During phases one to three, the ball should stay below the waist to prevent contact with the head, chest, hands, and mouth. There will only be feet contact.

We are currently entering phase three of the return to soccer plan.

Phase 1 – Return to Train (No contact)	Phase 2 – Return to Train (Minimal Contact)	Phase 3 – Return to Play (Increased Contact)	Phase 4 – Return to Play (Full Contact)
<ul style="list-style-type: none"> Social distancing measures in place 	<ul style="list-style-type: none"> Social distancing measures are being relaxed 	<ul style="list-style-type: none"> Social distancing measures relaxed further, Contact allowed 	<ul style="list-style-type: none"> Social distancing measures removed
<ul style="list-style-type: none"> Technical based activities 	<ul style="list-style-type: none"> Small group activities (1v1 to 3v3) 	<ul style="list-style-type: none"> Intro of small games (1v1 to 7v7) 	<ul style="list-style-type: none"> All game format (1v1 to 11v11)
Age and Stage Considerations			
<ul style="list-style-type: none"> Under 5 - 9 1 player + 1 Support Person Under 11 - 18 No support person required 	<ul style="list-style-type: none"> Recommended Under 5 - 9 1 player + 1 Support Person Under 11 - 18 No support person required 	<ul style="list-style-type: none"> Recommended Under 5 - 9 1 player + 1 Support Person Under 11 - 18 No support person required Club based play within their own 'Club' 	<ul style="list-style-type: none"> TBA

The Saskatchewan Government and Saskatchewan Health Authority will provide ongoing guidelines around return to sport, capacity, and social distancing. Our guidelines and program will be adjusted and updated based on these regulations.

VLA Soccer Field

Players will enter the field through the north-east gate (Closest to seacan) marked with an 'E' on the map. Players will sanitize as they enter. There will be a volunteer at the gate asking you the standard symptom questions. If you answer 'yes' to any of the questions you will be asked not to participate and follow the Sask 8u guidelines for symptoms. They will go directly to their field after sanitizing. Every player will keep their belongings with them in their designated area.

Exiting the field will be through the north-west gate (Farthest away from the seacan) marked with an 'X' on the map and player will sanitize when leaving. Please ensure all rides for players are on time and players are not left to wait at the field.



Registration

All players will register through the online registration system at www.meridiansoccer.ca. Additional release information is included with the new registration format and all programs that include a parent on the field must register as a support participant through the executive registration portal. There is no fee for the parent it is for tracking purposes only.

Participation in the return to soccer plan is completely voluntary. If at any point, a participant is feeling uncomfortable with the risks of the return to soccer plan, they can and should remove themselves from the program.

First Aid

As there is physical distancing, we expect risk of injury to be very low. Should a minor injury occur, here is our protocol for managing:

- The coach will communicate with the player verbally to assess the injury verbally, at the minimum of 2M.
- Depending on the injury the following will occur:
 - The player will sit out until they feel able to rejoin;
 - The player will walk to their parent for attention or call their parent if they are not in attendance;
 - The player will receive first aid from our staff.

All fields will have first aid kits on site. If a staff member has to attend to anything they will don a mask, glasses and gloves at all times as physical distancing will be limited.

In the event of an unforeseen serious injury, 911 will be called.

Enhanced Protocol

Anyone (participants, parents, and coaches) attending the return to soccer program must review the symptoms check list daily. Anyone exhibiting any of the COVID-19 symptoms **SHALL NOT** attend and will need to report to our Communication Liaison (listed in the Action Plan). We also have signage at the fields, reminding everyone to check their symptoms before entry and participating.

- Hand sanitizer will be provided at entry and exit;
- All players should come to the field dressed and ready to play.
- All players will need to bring a large Ziplock bag labelled containing the following items:
 - Hand sanitizer and/or sanitizer wipes;
 - Labelled water bottle;
 - Tissues to handle bodily fluids from nose & mouth and minor scrapes and abrasions;
 - Players will be expected to keep and dispose of any used items at home.

Communication / Emergency Action Plan

We are taking every recommended step to ensure the safety of our players, coaches, parents, and volunteers. We recognize that some of these protocols are inconvenient, but we expect 100% compliance from everyone involved. Please do not be offended if you are reminded of these protocols. We are keeping everyone's safety in mind at all times. In addition to information provided in our return to play guidelines, here are additional measures in place to mitigate risk:

- Appointment of a Risk Management Team. The role will:
 - Monitor direction from the Sask Health Authority and Saskatchewan Soccer Association;
 - Manage any contact tracing reports; and
 - Oversee program implementation to ensure safe soccer compliance.
- Wendy Wagner
 - registrar@meridiansoccer.ca or 306-821-7866
- Kevin Wagner
 - Kevinw2sports@gmail.com or 306-821-0627

Meridian Soccer will suspend all soccer at once for the affected age group for two weeks if a presumptive or positive COVID-19 case has occurred within the organization. We will work with the Saskatchewan Health Authority and provide them with a list of those within our organization that may have been exposed.

Guidelines for Illness

- Players who are ill or symptomatic are not permitted to attend. Coaches and Assistants can remind parents/guardians and players of this at drop off to confirm that the player does not have symptoms of COVID-19. All parents, guardians, players, and staff who are under mandatory self-isolation must not attend. Instead, they must stay home and self-isolate. Children can return to camp once they have a negative COVID-19 test and have been symptom free for 48 hours.
- Parents and caregivers must assess their children daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory diseases before sending them to train.
- Signage may be used to remind parents and guardians not to enter the field if they are sick or symptomatic. Signs will be posted at the entrances to the field.
- If a parent or guardian is unsure if they or a child should self-isolate, they should be directed to use the online Saskatchewan COVID-19 self-assessment tool or contact HealthLine 811 prior to attending.
- If a player develops symptoms at camp, the player will be isolated from other players and the parent or guardian will be notified to pick up the child immediately.
- If the coaches or volunteers are closer than 2m to the sick athlete, they must wear a procedural/surgical mask and eye protection during all interactions with the player and should try to avoid contact with the player's respiratory secretions. Once the player leaves, coaches or volunteers must wash their hands and ensure all areas that the sick player

touched are cleaned and disinfected.

Parent Considerations

- Parents and caregivers must assess their children daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory diseases before sending them to camp. The health survey must be done before each session and is valid for 24 hours. Cut off for the survey to be submitted is one hour before your camp time starts. If it is not received, your player will not be allowed to participate.
- Drop and pick up player while maintaining distance rules and regulations around pickup/drop-off.

- Parents are not allowed to stay at the field and watch. Parents are only allowed to remain in the parking areas if they remain in their vehicles.
- Make sure your child has all the items they need to participate
- If your player or family member has a presumptive or positive case, please contact registrar@meridiansoccer.ca. Names will be kept private
- Athletes should come to the field dressed ready to play and have the following items
 - Hand sanitizer
 - Sanitizer wipe (if possible) to clean their own equipment
 - Labeled water bottle. Water bottles are not to be shared between players
 - Tissues for allergies or to blow nose.



Covid-19 Symptoms Checklist for Staff / Team Personnel / Participants / Volunteers / Parents & Guardian / Support Personnel

Do you have any of the below symptoms?			
1.	• Fever (greater than 38.0C)	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore Throat	YES	NO
	• Runny Nose	YES	NO
2.	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3.	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4.	Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO
5.	Are you currently being investigated as a suspect case of COVID-19	YES	NO
6.	Have you tested positive for COVID-19 within the last 10 days?	YES	NO

If you have answered 'YES' to any of the questions above, participation will not be permitted in training for a minimum of 14 days.



Return to Train and Play facilitated by:

- Wendy Wagner
- Kevin Wagner

Please send any question to registrar@meridiansoccer.ca