



Morinville Minor Soccer Club

COVID – 19 Referee Check list

Use this document to help your player prepare for the pitch safely.

Before you leave home:

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose). You MUST contact your referee assignor with as much notice as possible in this case.
- Check for fields closures.
- Eat before you come as food is discouraged on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Clean and sanitize your referee equipment. (whistle, card wallet, pen/pencil)
- Use the washroom.
- Register your attendance for contact tracing. (This takes place when you accept your assignment).
- Ensure that you have attended the Referee COVID webinar and have reviewed ALL related instructions.
- Ensure that you have submitted your signed waiver and declaration form to your referee assignor.

Arrival at Field/Facility:

- Respect physical distancing guidelines, including 'cohort' players, prior to game.
- Consider bringing personal hand sanitizer.
- Perform standard field/net check, maintaining/requesting physical distancing as needed. Check in particular for any items that may endanger health (e.g. discarded medical gloves, masks etc.)
- Assist coaches with checking of game sheet and player cards (See Referee and Manager Game day Scripts)
- Oversee sanitizing of game ball and 2 spares. Then check and adjust ball pressure BEFORE it has been touched by any other person. Avoid touching the ball with your hands unnecessarily after this step.

During activity at Field/Facility:

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Where possible, do NOT blow your whistle within 12 feet of any player.
- Refrain from shaking hands, fist bumps, or high fives.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly
- Maintain 2 meters feet distance when speaking to a player or showing a yellow or red card.
- Maintain 2 meters feet distance from any physical altercation.
- Maintain 2 meters distance when managing a defensive wall.
- Ensure that any team official attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions MAY be made if the injury is 'life threatening'.

- Stop, suspend or terminate the match for any breach of COVID related guidelines. This must be reported to facility staff and the league.
- Refer to Referee and Manager Game day Scripts for further advice relating to refereeing under COVID 19 conditions.
- It is recommended that a parent or guardian attend to an injured player. Ensure that any team official attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions MAY be made if the injury is 'life threatening'.
- Stop, suspend or terminate the match for any violation of COVID related guidelines. This must be reported to the league.

After activity is Complete:

- NO LOITERING.
- Follow the 'Post Game Procedure' for completing the game sheet.
- Respect physical distancing guidelines.
- Use hand sanitizer if available.
- Leave facility parking lot.
- Thoroughly wash your hands with soap and warm water at earliest opportunity.
- Clean and sanitize your referee equipment and uniform at the earliest opportunity.
- Complete 'feedback form' and submit to referee assignor.