



RETURN TO SOCCER

NLSA April 2021

NEWFOUNDLAND AND LABRADOR SOCCER ASSOCIATION
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The following Return to Play document is an extension of the 2020 Return to Play Document that was submitted in 2020.

The 2020 Return to Play Document can be found at [Newfoundland & Labrador Soccer Association : Website by RAMP InterActive \(nlsa.ca\)](https://www.nlsa.ca) as well as supplementary Return to Play documents.

Activities Permitted Per Alert Level

As the Province of Newfoundland and Labrador Alert Level progresses, each of the activities of the previous level becomes permitted/added to the activities of the next level. Thus, all events for Alert Level 2, Phase 1 are permitted for Alert Level 2, Phase 2, etc.

Alert Level 4

- There are no guidance documents provided by the Government of Newfoundland and Labrador pertaining to sports for Alert Level 4. As a result, teams are not permitted to train or play together.
- Players from different households are not permitted to train in the same location. Virtual training is permitted with the consent of parents/guardians for participants that are below the age of majority.

Alert Level 3

- Group sport and recreation activities are not permitted until at least Alert Level 2. When thinking about the types of activities that are not permitted, think about whether the activity is being held at a specific time, with the same group of multiple people from different households, in the same place. These would be considered group activities.
- Individual activities are permitted and activities involving more than one member of a single household in the same space would be permitted (e.g. a sport instructor could do athlete skill development work, with more than one member of a single (the same) household).
- It is important for individuals to limit or reduce their number of contacts.
- The same screening tools should be used by individuals and organizations in the resumption of activities. www.811healthline.ca/covid-19-self-assessment/ www.gov.nl.ca/education/files/Screening-Questionnaire-2.pdf
- Use of change rooms is discouraged in Alert Level 3 and may be permitted in Alert Level 2
- PSO Return to Sport Plans will be requested during Alert Level 2

Alert Level 2

- Ensure all Public Health Measures are strictly adhered to at all times and activities comply with [Sport Guidance](#) and other relevant [Guidance](#)

- All inter-division, inter-league inter-association and inter-squad competition, should be restricted to a maximum capacity of 50, including athletes, coaches, officials and facility staff. (Note: Capacity limits for Alert Level 2 may change over time), unless otherwise stated/approved by Public Health
- The Techniplex has been approved for up to 150 participants provided that:
 - a) curtain dividers are utilized to separate the playing surfaces or
 - b) a buffer zone is created to ensure participants in one zone do not integrate with participants in another zone
- Facilities must have separate entry and exit points that must be clearly identified
- Facilities reserve the right to provide access to dressing rooms, as long as physical distance is maintained
- The Techniplex has declined access to dressing rooms, but will update the NLSA if the decision is changed
- All common touch points must be sanitized
- Non-medical masks must be worn by team members when not actively participating in a game. This includes all coaches and players on the bench
- For low-intensity activity, players should wear non-medical masks
- Coaches and Managers, who are not actively coaching players in an inter-squad game, must wear a non-medical mask
- No sharing water bottles/sports drink, personal equipment (and clothing) of any kind
- Coaches and managers are responsible for ensuring all participants strictly adhere to Public Health guidance documents
- Where spectators are permitted, spectator names and contact information must be collected and maintained for 14 days
- Spectators not in the same “Steady 20” must maintain physical distance and all spectators should wear a non-medical mask as much as possible when in indoor public spaces, provided they do not have a medical exemption (no documentation of this is required).
- Where there is a conflict between Public Health Guidelines and NLSA Return to Soccer Plan, the Public Health Guidelines are to be followed
- Where travel considerations are needed, please consult Appendix A

Phase 1 - Training

March 26 - April 8, 2021

- Individual, team and group sport and recreation activities will be permitted.
- Team practice and training is permitted to resume and intra-squad competition (involving members of the same team) is permitted.

Phase 2 – Provincial Inter-Squad Games, Club Tryouts, Inter-Divisional Play

April 9-April 23, 2021

- **Provincial Camp Weekend – April 16-18, 2021**
 - Provincial Training and Inter-squad games:
 - Who:
 - 304 players/35 coaches from Eastern Health region
 - 1 player from Central Health region
 - 3 Players from Labrador Grenfell Health region
 - 6 players/1 coach from Western Health region
 - How
 - Players from the Western and Central regions will travel with family members via car
 - Players from Labrador-Grenfell Health region will travel by plane.
 - Where:
 - All inter-squad soccer games to take place at the Techniplex Sports Facility in St. John's
 - Teams must adhere to the COVID Guidelines established by Public Health and adopted by the Techniplex
 - No access to dressing rooms (Techniplex Rule)
 - All participants must exit the facility through assigned exits, 10 minutes prior to the scheduled end time;
 - Participants can only enter the Techniplex 5 minutes before inter-squad game and through an assigned entrance;
 - When a Provincial Team inter-squad soccer game is taking place and the full facility is being utilized as one surface, there is a maximum of 50 participants including coaches and officials.
 - Each Provincial Team will play two inter-squad games;
 - Inter-squad games will feature teams that are part of the 2020-2021 Provincial Team Program. For example, Boys U14 vs Girls U17 or BU15 vs BU16. **(Note: This will be revisited prior to the next Provincial Team Camp scheduled for Phase 3 (April 30-May 2))**
 - Inter-squad games most recently took place in January 2021;
 - For a breakdown of players by Health Region, please see Appendix B
 - Spectators are not permitted at the Techniplex.
 - For participants travelling requiring overnight accommodations, please consult Appendix A

- **Indoor Inter-divisional (Club-house league) play may resume.**
 - This would be defined as a Club/Association House League Program. Only members of that Club are able to participate in the league
 - Only members that were previously assigned (prior to the February/March 2021 lockdown) to a team may participate. The team may only participate in the league they participated in prior to the February/March 2021 lockdown).
 - Spectators may be permitted, in accordance with Special Measures Orders and facility policies, however, a facility reserves the right to not allow spectators.

- **Club Tryouts for Allstar Teams may resume;**
 - Only participants from the Club's community may participate
 - For tryouts that take place indoors, there is a maximum of 50 participants per surface, including coaches, as long as physical distance can be maintained.
 - Participants must enter through one door and exit through another
 - For tryouts that take place outdoors and on a FIFA Full-size regulation soccer field, there is a maximum of 100 participants including coaches on the surface.
 - The surface must feature a buffer zone so as to separate the participants on the field into groups of 50
 - 1 Spectator is permitted to assist a child in preparing to participate. However, the facility reserves the right to not allow spectators. All spectators should wear a non-medical mask as much as possible when in indoor public spaces, provided they do not have a medical exemption (no documentation of this is required).
 - The tryouts will be age-specific. Participants will not be permitted if they are outside the age for which the team is being selected. (i.e. An 8 year old cannot attend tryouts for 11 year olds)
 - Participants are to receive a pinnie for the duration of tryouts and must return to Club immediately following the final tryout.
 - If tryouts are indoors/outdoors, Clubs must adhere to the Public Health Guidelines (and the facility guidelines) adopted by the facility.

Phase 3 - Regional Soccer Leagues

April 24 – May 21, 2021

- **Provincial Soccer Leagues**
 - Provincial Soccer Leagues are outdoor-based and consists of teams from the Eastern Health Region only
 - The leagues are as follows
 - Under 13 Boys, Under 13 Girls, Under 15 Boys, Under 15 Girls, Under 17 Boys, Under 17 Girls, Challenge Trophy (Men), Jubilee Trophy (Women)
 - The Provincial Soccer League features teams from the Eastern Health Region
 - League games are spread out throughout the summer
 - The maximum number of games per team per weekend is 2.
 - Teams in the St. John's Metro Area play games during the week and on the weekend
 - These teams are St. John's, Feildians, Mount Pearl, CBS, Portugal Cove-St. Philip's and Paradise
 - The only travel is teams from the Burin Peninsula to the St. John's Metro area and vice versa
 - Teams requiring overnight travel, travel and play games on weekends only
 - Game Start times will be staggered by 30 minutes to ensure Public Health guidelines are adhered to
 - Spectators are permitted but only when physical distance is maintained. A maximum of 100 spectators would be permitted, as long as physical distance is maintained.
 - All spectators should wear a non-medical mask as much as possible when in indoor public spaces, provided they do not have a medical exemption (no documentation of this is required).

- Dressing rooms can be used but only if Public Health guidelines can be met. If the Public Health Guidelines cannot be met, then dressing rooms are to remain closed.
- No restrictions on FIFA Laws of the Game

Outdoor Provincial Team Camps

When: Date(s): April 30-May 2, June 4-6, June 26-29, Aug 6 -8,

Sample Schedule in Appendix C.

Where: King George V in St. John's and Team Gushue Sports Complex in Mount Pearl

Who: 6 Players from Western Health Region, 1 from Central Health Region, 3 Players for Labrador-Grenfell Health region and 304 players from Eastern Health Region. Players will travel and stay with people in their steady 20. No buses. Players who develop symptoms will be removed from training/games and their parents will be contacted.

When a Provincial Team inter-squad soccer game is taking place and the full facility is being utilized as one surface, there is a maximum of 50 participants including coaches and officials

Spectators – Maximum of 100 spectators as per Public Health Guidelines. All spectators should wear a non-medical mask as much as possible when in indoor public spaces, provided they do not have a medical exemption (no documentation of this is required).

What: 2 training sessions and 2 inter-squad games over a 3 day period and spread out between St. John's and Mount Pearl

Why: To bring players/teams together for the purpose of team and player development.

Club Leagues (House League)

June 6 – June 20, 2021

- **Club Outdoor House League Programs**
 - This program is designed to provide recreational soccer games to members of a soccer club
 - Divisions are Under 4, Under 5, Under 7, Under 9, Under 11, Under 13, Under 15 and Under 17
 - There are male and female divisions where registration numbers permit
 - House League players play two games per week starting at the conclusion of school and ending the first week of school
 - There must be at least 30 minutes between house league games

	# of players	# of coaches
Under 4	6	1
Under 5	6	1
Under 7	10	3
Under 9	10	3

Under 11	14	3
Under 13	20	3
Under 15	20	3
Under 17	20	3

- There are male and female divisions

Under 4 and Under 5 Micro Program

- Designed to introduce children to soccer
 - Focus is on skills and drills
- Teams are designed with no more than 6 players each and 1 coach
- There are two sessions per week per gender
 - i.e. Boys – Monday and Wednesday
 - i.e. Girls – Tuesday and Thursday
- Up to 4 teams share a mini-soccer field, provided that physical distance can be maintained
- There must be 30 minutes between sessions in order to adhere to Public Health Guidelines
 - i.e. Under 4 division starts at 1:15pm, ends at 2:00 pm
 - i.e. Under 5 division starts at 2:30pm, ends at 3:15 pm
- Spectators are permitted due to the age of the children. Physical distance must be maintained
- Year end jamborees are permitted, but with a maximum capacity of 150 participants per full size field or 75 participants per small sized field

Appendix A: Travel Considerations

- Schedule a private coach for busing the players and ensuring players sit 1 per seat, physical distance themselves on the bus and wear a mask when the 6 feet distance cannot always be guaranteed.
- Coaches and/or team chaperones are responsible for ensuring players do not gather in hotel rooms
- Ensure players wear non-medical masks when not in their hotel rooms
- Ensure players and coaches complete the COVID-19 Pre-Screening Template before they travel.
- Coordinate arrival and departure protocol at the hotel
- Ensure a maximum of 2 players to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'.
- Plan team functions at the hotel using a private meeting room for off-field activities. Team functions are only permitted if all individuals can maintain physical distance.
- Plan team meals at the hotel, if available. Otherwise, coordinate with a local restaurant. It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.

- Enforce cooperation amongst the players when they are not at the field
- Provide a separate hotel room for a player showing symptoms of COVID-19 if a parent or guardian is not travelling, and ensure that the player’s parents or guardian comes to take the player home. If a parent or guardian is travelling with the team, they will take the player with them immediately. Parents or guardian will be advised to contact 811 for follow-up.

Travel Considerations when travelling as an Individual Participant

- When a participant requiring overnight accommodations is brought to a Provincial Team Camp by a person(s) in their “Steady 20”, that person may share a hotel room with the maximum number of people permitted by the Accommodation provider, as long as all person(s) are part of each other’s “Steady 20”.
- If a parent or guardian is travelling with the team, they will take the player with them immediately if the player experiences COVID-19 symptoms. Parents or guardian will be advised to contact 811 for follow-up.

Appendix B: Team Members by Health Region

Players	Eastern Health Region	Central Health Region	Western Health Region	Labrador Grenfell Health Region	Total
Boys U12	44	0	0	0	
Boys U13	31		2		
Boys U14	19	1		1	
Boys U15	20		1	1	
Boys U16	20				
Boys U17	17		1		
Girls U12	43				
Girls U13	32		1		
Girls U14	21		1	1	
Girls U15	21				
Girls U16	19				
Girls U17	17				
	304	1	6	3	314

Coaches					
Team	Eastern Health Region	Central Health Region	Western Health Region	Labrador Grenfell Health Region	Total
Boys U12	3				
Boys U13	3				
Boys U14	3				
Boys U15	3				
Boys U16	3				
Boys U17	3				
Girls U12	2		1		
Girls U13	3				
Girls U14	3				
Girls U15	3				
Girls U16	3				
Girls U17	3				
	35		1		36

Appendix C: Sample Provincial Camp Schedule

Friday, April 30

Mt. Pearl Field

4:30-5:50pm GU12/13

6-8pm BU12/13

8:30-10pm BU15/GU16

King George V

5-6:20pm GU14 vs GU15 (Game)

6:30- 8:05pm GU17 vs. BU14 (Game)

8:15-10:15pm BU17 vs. BU16 (Game)

Saturday, May 1

Mt. Pearl Field

9-10:20am BU13 (Inter-squad)

10:30-11:50am BU12 (Inters-quad)

12-1:30pm GU12 (Inter-squad)

4-5:20pm GU12/BU12

5:30-7pm BU13/GU13 (Inter-squad)

7:30-9:30pm BU17 vs. CC Team (Game)

King George V

8:30-10:20am GU14 vs. GU13 (Game)

10:30-11:50am GU16 vs. GU15 (Game)

12-1:20pm GU17 vs. JT Team (Game)

1:30-2:50pm BU14 vs. BU15 (Game)

3-4:20pm BU16/BU17

4:30-5:50pm GU16/GU15

6-7:20pm BU14/GU14

7:30-8:50pm GU17 vs. JT Team (Game)

9-10:30pm BU16 vs. BU15 (Game)

Sunday, May 2

Mt. Pearl Field

9-10:20am GU12 (Inter-squad)

10:30-11:50am BU12 (Inter=squad)

12-1:30pm BU13/GU13 (Inter-squad)

King George V

8:30-9:35am GU14/GU15

9:45-10:50am BU14/BU15

11am-12:05pm BU16/17

12:15-2pm GU17 vs. GU16 (Game)