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# PEI Soccer Association

Renew PEI Together

Return to Play Operational plan

Summer Soccer Season - April, 2021

# Public Health Guidance

- ▶ Stay informed, be prepared and follow public health advice
- ▶ Maintain physical distancing of 2 m (6 ft.) with individuals who are not part of one's household
- ▶ Adhere to mass gathering limits (4 cohorts of 50) unless your respective club has received approval to host more within your complex. - **If more than 4 cohorts was approved in your respective club 2020 plan, you can proceed based on that plan. If your 2020 plan was not approved for more than 4 cohorts for your facility, you will need to submit the plan to host more than 4 cohorts of 50.**
  - **a single cohort can be 2 teams playing a game or 2 club teams training on one field; parents watching the game at a field is a separate cohort;**
- ▶ Stay home when ill and call 811 promptly if experiencing symptoms of COVID-19
- ▶ Wash your hands often with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
- ▶ Don't touch your face with unwashed hands
- ▶ Cough or sneeze into a tissue or your sleeve, and wash your hands directly after
- ▶ Ensure enhanced cleaning and disinfection of commonly touched surfaces
- ▶ Teammates and neighbours can carpool or share drives if physical distancing is maintained - [Carpooling and Essential Transport Guidance](#)
- ▶ Vulnerable individuals should exercise caution and minimize high-risk exposures
- ▶ Limit personal non-essential travel. Keep a log of interactions to self-monitor and to facilitate contact tracing should a case be detected

# Illness/Exclusion Policy

The club will clearly communicate to all members the exclusion policy in place for anyone displaying symptoms of COVID-19.

- ▶ All staff, members, coaches, volunteers, participants and parents/guardians must self-monitor for symptoms and report to the following club board representative, (insert name and contact), if they have concerns about possible COVID exposure or possible symptoms.
- ▶ Any player developing symptoms of COVID-19 at the club's facilities must immediately perform hand hygiene, report to team staff, avoid contact with other members and staff and leave as soon as it is safe to do so. Please call 811 to arrange testing.
- ▶ Symptomatic persons will be required to self-isolate until tested for COVID-19 and the results are confirmed.
- ▶ If the test results are negative for COVID-19 but the person remains ill and/or symptomatic, they must remain absent from all club facilities.

**Symptoms of COVID-19 include:**

- cough (new or exacerbated chronic)
- headache
- fever/chills
- sore throat
- marked fatigue
- sneezing
- congestion
- body aches
- runny nose

# Template A - Membership Guide

- ▶ Ensure all team staff and players are registered through the club registration system.
  - ▶ Parents and guardians are required to provide written consent for players U18 and younger authorizing them to participate in soccer activity.
    - ▶ PEI Soccer has partnered with member clubs to create a standard waiver form.
- ▶ All procedural guidelines for arrival & departure and for pre-training, training and post-training will be communicated in advance to all participants. Template B- Parent Guide
- ▶ Enhanced cleaning and disinfection of commonly touched surfaces.
  - ▶ Designate responsibilities to staff, volunteers, team staff etc.
  - ▶ Complete Enhanced Cleaning and Disinfection of Shared Areas and Surfaces Form
    - ▶ Appendix A
- ▶ Employees are provided with any protective items as required by the health authorities and hourly staff hand washing is recommended.
- ▶ All doors accessible to the public must remain open to reduce contact with door handles.
- ▶ Soap or hand sanitizer is made available to all people in various locations but not limited to **bathroom, club house, training field entry and exit points**.
- ▶ Markings (or posters) on the ground to indicate proper distancing from staff.
- ▶ Team Staff to Player Ratio Chart(P8) and amend as necessary to adhere to the distancing measures and recommendations issued by the provincial government health authorities.

# Template A - Membership Guide

- continued

- ▶ Ensure all team staff have player rosters with contact information
- ▶ Ensure all team staff conduct player and parent/driver attendance for each session to enable contact tracing
- ▶ Ensure all team staff adhere to session start and finish times so there is no cross over between players for next session
  - ▶ set up staggered session times as well as entry and exit points to facility and field for different groups at the same facility
- ▶ All chairs and tables in communal areas are inaccessible or removed to avoid all gatherings
- ▶ Guidelines for coaches/team staff - [Template C - Coach Guide](#)
- ▶ Response Action Plan shared with all staff, volunteers and coaches
  - ▶ Template available from PEI Soccer

# Template A - Membership Guide

## Training Environment/Field

- ▶ Only open to registered staff/coaches and participants not experiencing any symptoms related to COVID-19.
- ▶ One cohort of 50 players/coaches in the training environment.
- ▶ Second cohort of 50 parents must be situated 10 yards away from the field and maintain social distancing.
- ▶ Staggered training session times between different groups to create a buffer between sessions and avoid an overlap of players at the facility and on the field.
- ▶ All unoccupied fields and free spaces are off limits to non-sanctioned gatherings and play.

# Template A - Membership Guide

## Multiple Gatherings Guidelines - Soccer Complex with multiple fields

- ▶ Maximum of 50 participants per full size field.
- ▶ If training two groups of 25 on full size field - groups must remain separate at all times with a 20 yard neutral zone.
- ▶ Each group(players & staff, spectators) has their own entry and exit points to the field.
- ▶ Gatherings at other fields are staggered to minimize cross-over.
- ▶ Each field will have their own respective parking and drop off and pick up zone.
- ▶ An attendant is on hand to enforce strict social distancing within the public washrooms or public washrooms will be closed off to access.
- ▶ Hand sanitizer station at entry to bathroom and hand washing upon departure.

# Template B - Parent Guide

- pre-training, training and post training

## ▶ Pre-training - at home

### ▶ Self Assessment - [Self Assessment Tool](#)

▶ If anyone in the household is exhibiting symptoms for Covid-19 = do not participate

▶ Wash your hands with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol.

▶ Use bathroom to avoid/minimize the use of bathrooms at training facilities.

▶ Dress for the session, including cleats. No Locker rooms available at the club.

▶ Dress warmly (layers can easily be removed) to avoid having to return to the car for extra clothing.

### ▶ Pack your Kit Bag

▶ Water bottle - labeled with name - Ensure you have lots to avoid using taps at facility

▶ Small towel to remove sweat - to be utilized throughout the training session

▶ Limit the number of people at the training facility.

▶ Training - Drop off is between 5 and 10 minutes prior to session start time to minimize cross-over with other groups.

▶ Games - Drop off is between 45 and 30 minutes prior to game start time to minimize cross-over with other groups.



# Template B - Parent Guide

- pre-training, training and post training - [continued](#)

## ▶ Training - at complex/field

- ▶ Proceed to drop off zone - clubs will create individualized entry and exit strategy
- ▶ Take your kit bag and water with you to the field
- ▶ Maintain physical distancing from all other players being dropped off
- ▶ Avoid physical contact with other players.
- ▶ Do not shake hands or do fist bumps, with other players
- ▶ Avoid touching the ball and other equipment with your hands
  - ▶ Hand sanitize/disinfect immediately at sanitizing station if this happens
- ▶ Goalkeeper must not share gloves
- ▶ Enjoy the session and have fun with your teammates while respecting all guidelines
- ▶ Failure by any participants and/or individuals to follow these recommendations and guidelines may result in removal from participation

# Template B - Parent Guide

- pre-training, training and post training - continued

- ▶ Post-training - at complex/field
  - ▶ Adhere to all physical distancing guidelines
  - ▶ Follow all club/team staff direction
  - ▶ Proceed directly to pick up zone
  - ▶ Double check and make sure you have all your personal belongings
  - ▶ Use hand sanitizer before departing
- ▶ Post-training - at home
  - ▶ Wash your hands with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
  - ▶ Clean equipment and wash training gear
  - ▶ Wash your hands with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
  - ▶ Call 811 if your child or member of the household show any symptoms of Covid-19
    - ▶ Refer to Club Response Action Plan provided

# Template B - Parent Guide

## Club House and Washroom facilities

- ▶ Follow all social distancing signage posted at facility and in club house - Read Signage
  - ▶ [Public Notice - Physical Distancing](#)
- ▶ Do not enter building if showing symptoms of Covid-19 - Read Signage
  - ▶ STOP - [Please Read Before Entering Building](#)
- ▶ Only one person in the facility bathroom at one time - Read Signage
  - ▶ [Public Notice - Washrooms](#)
  - ▶ Follow [handwashing steps](#) outlined in bathrooms

# Template B - Parent Guide

## Facility - Arrival & Departure

- ▶ Follow all directional signs posted
  - ▶ Entry & Exit signs posted
  - ▶ One-way traffic signs are posted where applicable
- ▶ Follow all social distancing signage posted at facility and in club house - Read Signage
  - ▶ [Public Notice - Physical Distancing](#)
- ▶ Parents may stay during training provided:
  - ▶ Remain 10 yards from training/game field sideline
  - ▶ Follow social distancing - 6Ft - and do not cluster with others

# Template C - Coach Guide

## EQUIPMENT MANAGEMENT

### Pre-training

- Have a designated bag for your equipment and a designated location on the field to place your own equipment in accordance with social distancing.
- Have enough cones and balls available for your session.
- Coach sets up all the equipment and follows club procedure for any equipment cleaning process.

### Post-training

- Ensure that all equipment is taken from the playing field in a safe manner.
- Clean and disinfecting all equipment after the practice is over.
- Reflect on how the equipment was managed and distributed to improve this for the next session.

# Template C - Coach Guide - continued

## TIME MANAGEMENT

### Pre-training

- Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).
- Prepare that transitions may take a little longer than normal when managing players and session set up.
- Delineate areas for players to arrive and to place their belongings while considering distancing requirements.

### Training

- Respect the timeline you anticipated in your session so parents can plan.
- Make use of your time by following your session plan guidelines.
- Don't stay too long on one activity to prevent boredom.

### Post-training

- Make sure you pick up all equipment and belongings before leaving the field.
- Take a brief time to connect with your players after the practice and validate their efforts.
- Consider following up with a positive email to the players and parents encouraging them about the next practice session.
- Adhere to session start & finish times to avoid cross over between players for next session.

# Template C - Coach Guide - continued

## SPACE MANAGEMENT

### Pre-training

- Check with your club to confirm the amount of space available for your session.
- Prepare a session plan that includes the amount of players confirmed for your practice.
- Ensure that you have the right equipment (i.e.. amount of cones and pumped up balls).

### Training

- Be aware at all times that you and the players are respecting distancing guidelines.
- Consider designating the Assistant Coach to help you manage the spacing throughout the session.
- Add more cones if required to clearly emphasize the zone boundaries.

### Post-training

- Make sure you pick up all equipment before leaving the field.
- Don't leave any personal belongings on the field of play or team bench.
- Reflect on how the spacing worked out in the session and involve your players, the staff and ask the parents(via email) for their feedback.

# PEI SOCCER SUPPORTS

## ▶ Administrative

- ▶ Personal protective equipment sourcing
- ▶ Handwashing stations and/or hand sanitizer sourcing
- ▶ Personalized club template assistance
- ▶ Facility plan review
- ▶ Joint Canada Soccer/PEI Soccer webinars as needed

## ▶ Technical

- ▶ Field layout configurations
- ▶ Training sessions adhering to social distancing to support coaches
- ▶ Field layout plan review





# APPENDIX A

## Enhanced Cleaning and Disinfection of Shared Areas and Surfaces

<b>Cleaning product</b>	
<b>Mixing instructions</b>	
<b>Disinfecting product</b>	
<b>Mixing instructions</b>	

<b>Cleaning – Location</b>	<b>Frequency</b>	<b>Disinfecting - Location</b>	<b>Frequency</b>
e.g. - floors	at closing	e.g. – POS terminal	after each use

# APPENDIX B



## Return to Play - Technical

# Safe Sport



- ▶ PEI Soccer Association and Member Soccer Clubs are preparing to offer players a safe and competitive soccer environment.
- ▶ The players safety and best interests are at the fore front
  - ▶ Abide by Public Health Office(PHO) guidelines, submit Return To Play plan and returned from PHO
  - ▶ Reducing risk of contacting Covid-19 by minimizing physical contact moments and the length of contacts

# The Game - Technical Rules

- ▶ Maintain a 2 meters distance(or more) from any player unless you make an attempt to dispossess the opponent from the ball.
- ▶ No physical contact with players off the ball.
- ▶ No Spitting or clearing of nasal passage allowed.
- ▶ No handshakes pre or post game with opponents



# Soccer Season

May 1 to September 5

Games played within clubs/districts under modified game rules.

U11 - 7v7 on U11 field - recommended roster of 12

U13 - 9v9 on U13 field - recommended roster of 16

U15 and up - 11v11 on full field - recommended roster of 18

Depending on each respective club's situation - only players may be able to attend due to limited availability for a separate zone for fans.

