



RETURN TO PLAY

A Three-Step Process

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NEWFOUNDLAND AND LABRADOR SOCCER ASSOCIATION
39 Churchill Avenue, St. John's, NL, A1A 0H7



Newfoundland and Labrador Soccer Association Return to Play – A Three-Step Process



CONTENT DISCLAIMER

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. The Newfoundland and Labrador Soccer Association (NLSA) encourages its membership to monitor publicly available information and to always follow federal, provincial and local health organization guidance and government mandates. This information is intended to assist NLSA members with guidance when dealing with return to play guidelines related to COVID-19.

The information provided herein in part is obtained from publicly available sources, including federal and provincial governmental entities as well as Sport Governing bodies. This information may vary and will be updated depending upon current situations. Further, the information contained herein are recommendations and protocols only and should not be construed as legal advice on any subject matter.

EXECUTIVE SUMMARY

The Newfoundland and Labrador Soccer Association (NLSA), like all of our members, are looking forward to the day when we can return to the sport we love. However, we must first receive confirmation from our provincial government, the Government of NL Department of Health and Community Services, Canada Soccer, and our insurers on when a Return to Soccer is permitted, and under what conditions. On May 13, 2020, Canada Soccer released a News Article which outlined their Return to Soccer Guidelines as part of their Safe Sport Roster. The NLSA has been working with Sport Newfoundland and Labrador and the Government of NL Department of Health and Community Services to ensure we understand at what stage in Newfoundland and Labrador's Alert Level System, our sport can return to play and under what health guidelines. In meeting the requirements within Canada Soccer's Return to Soccer Guidelines and in consideration of Newfoundland and Labrador Health guidelines, the NLSA has developed these Return to Soccer Guidelines. These Guidelines are meant to help support affiliated clubs/teams, administrators, coaches and anyone organizing soccer-related activity under the Governance of the NLSA in their decision-making surrounding Return to Soccer. The NLSA "Return to Soccer Plan" will be a 3-Phase approach:

- Phase 3 – Return to Train (modified training),
- Phase 2 – Return to Regional-Based Games (No Provincial Leagues/Tournaments/Championships)
- Phase 1 – Return to Games (All Leagues can Resume).

Each club, community and team must carefully consider when they are prepared to begin offering modified soccer training as per the Return to Soccer requirements provided. The NLSA also advises all our members and affiliated clubs to work with their local city/municipality as each municipality may



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have different restrictions and limitations for on-field bookings and activity. Finally, while we understand and appreciate the eagerness to prepare for when Return to Soccer happens, we ask that organizations do not develop protocols that are independent of the NLSA, Government of NL Department of Health and Community Services and Canada Soccer guidance. Organizations, teams, and/or coaches that offer soccer activity and do not comply with these recommendations and guidelines may be subject to sanctioning. In closing, the NLSA would like to thank all the members, affiliated clubs, and individuals across Newfoundland and Labrador for your patience and understanding during these challenging times. We ask organizations at all levels of membership to actively communicate our official information updates to the members of their soccer community by posting this information on their website, sharing it via email and using social media.

STRUCTURE OF SOCCER IN NEWFOUNDLAND AND LABRADOR

The Structure of Soccer in Newfoundland and Labrador determines the flow of information as well as the authority for decision-making for all sanctioned soccer activity in our province. The NLSA governs the activities of all Local Club/Community Association. If you have any questions about this *Return to Soccer Plan*, please contact your local club.

RESPONDING TO CHANGING CONDITIONS

Due to the nature of the Covid-19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our individual organizations. **If health situations change, we may be required to return to a previous phase of Return to Soccer or cease soccer activity all together.** As the Government of Newfoundland and Labrador Department of Health and Community Services monitors the provincial progression through Newfoundland and Labrador's Alert Level System, we expect that they will continue to advise sport organizations on how they can lead their sport through the alert levels. The NLSA will provide the applicable health and safety guidelines that must be implemented in order to safely move from one phase of the Return to Soccer plan to the next.

If public health restrictions should be reinstated and soccer activity is NO LONGER permissible OR we must return to a previous phase, the NLSA will communicate this change directly with Member Associations. Member Associations will distribute this messaging to their impacted Club/Community Associations, players, parents, coaches, and volunteers. Changes will also be posted on the NLSA website and social media accounts. Immediate compliance is required.



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RESPONSIBLE RETURN TO SOCCER

Like you, the NLSA is excited to return to soccer activity and the game we love. However, each of us must begin our return to play thoughtfully. While the NLSA is resuming activity and restrictions are easing, it does not mean that we can become complacent. **The soccer community has the responsibility to protect ourselves and our participants from COVID-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.** As a result, the NLSA is introducing a two-stage approach. The first stage is the Return to Training stage, the second stage is the Return to Regional-Based Games stage, while the third stage is the Return to All Games stage (Premier Youth Leagues, Challenge Trophy and Jubilee Trophy).



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TIMELINES FOR RETURN TO PLAY

The NLSA's *Return to Play* stages are subject to and aligned with the Government of Newfoundland and Labrador Alert Level System.

NLSA Checklist for Return to Training / Return to Play
**Note many activities happening concurrently*

Activity	Responsible	Status	Notes
PSO Return to Train Guidelines	NLSA	Completed	To be posted online once CSA/Gov NL approvals available
Guidelines reviewed by Sport NL	NLSA	Completed	
Approval from Canada Soccer	NLSA	Completed	
Mandatory club meeting	NLSA	Completed	Review Return to Training/Return to Play documents and NLSA expectations
Canada Soccer risk assessment tool provided to clubs	NLSA	In Progress	Clubs submit individual plans online; must receive low/very low risk rating
Gov NL Guidelines for sports at Level 3	Dept. of Health	Completed	https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/
Municipal approvals and venue specific requirements	Clubs	Ongoing	Work directly with municipalities
Club return to training	Clubs	In Progress	
Gov NL Guidelines for sports at Level 2	Dept. of Health	Completed	
PSO Return to Play Guidelines	NLSA	Completed	Reviewed by Department of Health. Sent to Clubs



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NLSA RETURN TO TRAINING & REGIONAL-BASED GAMES – PERMITTED SOCCER ACTIVITIES

Return to Training

The NLSA is pleased to have advance to Return to Training in alignment with the Government of NL Alert Level 3 stage. While the Association has developed this plan to assist soccer organizations in Newfoundland and Labrador, it must be noted that NLSA clubs have all been working diligently to develop protocols and procedures to assist players to get back on the field. In this step, soccer organizations will be given the opportunity to train with no physical contact within groups of 20 individuals. Off the pitch players, coaches and officials will still be required to maintain physical distancing. Although everyone is eager to get back to normal, Organizations must be aware of what activities are permitted or prohibited during Return to Training.

Return to Regional-Based Games

The NLSA is pleased to announce the Return to Regional-Based Games stage within the confines of the Government of NL's Alert Level 2 has been achieved. In this stage, soccer organizations will be given the opportunity to train and play soccer games with the ability for organizations to allow physical contact to increase gradually among groups of 50 in an intra-squad setting. Competitions between clubs within the same Regional Health Authority is permitted (ie. Burin Peninsula Soccer Association can play St. John's Soccer Association). A minimum of a 30 minute break between games is required to allow spectators and participants time to leave, and for cleaning/disinfection of equipment and frequently touched surfaces to occur, before the next teams arrive. Game organizers must keep records of all players, coaches, trainers, officials and others related to game play for two weeks to aid in rapid contact tracing if needed

Tournaments, Provincial Championships and back to back games/matches in a normal tournament style cannot take place due to gathering restrictions and concern about crowding. Off the pitch players, coaches and officials will still be required to maintain physical distancing. Although everyone is eager to get back to normal, organizations must be aware of what activities are permitted or prohibited during Return to Play – Return to Regional-Based Games.

REGIONAL LIFTING OF SUSPENSIONS

The NLSA will lift the suspension of on-field soccer activity by individual club/community/team, through the Member Associations as the conditions for *Return to Train and Return to Modified Games* are met. We understand that every program is unique and in varying health environments



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within our province, therefore each soccer organization should only apply to Return to Soccer as they are prepared to implement all *Conditions for Return to Train and Return to Modified Games*.

The Approval Process

Before Return to Train and Return to Regional-Based Games can occur in Newfoundland and Labrador, **ALL** the following conditions must be met **AND maintained**;

External Conditions

- The Federal & Provincial Governments ease lockdown restrictions in Newfoundland and Labrador.
- The Newfoundland and Labrador Government in co-ordination with Department of Health and Community Services Alert Level System, indicates at which stage organized sport is permitted and under what conditions.
- Municipal Governments allow organized sport to access fields (Municipal owned or Private).
- The NLSA's *Return to Soccer Plan* is deemed compliant to Provincial Health Regulations as determined by:
 - The Newfoundland and Labrador Government and/or Department of Health and Community Services
 - Canada Soccer

Internal Conditions

- Member Association, in conjunction with their members, agree to adhere to the "Return to Play" Guidelines as presented in this document.
- Member clubs complete the Risk Management Tool developed by Canada Soccer, receive feedback on identified risks, and then receive approval from the NLSA and their home District to proceed.
- Member clubs must have at a minimum at least one individual of authority attend the Return to Train/Return to Regional-Based Games Webinar scheduled by the NLSA.
 - If your club did not participate in this webinar, it is the responsibility of the Club to contact the NLSA before returning to train/modified games
 - In addition, it is mandatory for all clubs Review the Return to Train and Return to Regional-Based Games Guidelines with their coaches, volunteers, officials and players



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- Individual Associations/Teams complete the self-assessment tool and submit to Canada Soccer
- Confirm at least one individual from their program has reviewed the Return to Train stage webinar provided by the NLSA Individual Associations receive a low risk rating on Canada Soccer Self-Assessment tool
- Canada Soccer provides feedback on completed self-assessment. Associations with NLSA review Canada Soccer feedback and verify their approval to offer organized training. The NLSA requires that Clubs complete the Assessment before the Return to Play phase associated with Table 1.0 on Page 16
- Clubs must receive permission to use municipally-owned facilities

Teams / Clubs are NOT sanctioned to return to soccer activities until they have completed the above steps and received direct approval from the NLSA. Upon receipt of a low risk rating and a club statement pledging adherence to the NLSA Return to Play Document, the NLSA Office will distribute a formal letter approving clubs to Return to Play in alignment with the appropriate phase.

Standards

General Safety Standards - Clubs

- All clubs must
 - in conjunction with the Municipality / landowner create a facility “touch-map” of the common high-traffic areas with an articulated cleaning and sanitizing strategy established to ensure high-traffic are regularly and thoroughly cleaned. A cleaning schedule and checklist should be put in place to ensure proper cleaning of all equipment
 - Ensure information included in this document is widely available to the membership. All Club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
 - Signage on the risks of COVID-19, proper cough etiquette and hand hygiene must be posted, at a minimum, in any common entrance to an outdoor/indoor sport facility www.gov.nl.ca/covid-19/files/Covid19-Prevention-Poster.pdf
 - Ensure Only persons age 18 or older may be responsible for overseeing soccer activity. Clubs must ensure enough team officials are assigned to ensure adherence to the “Rule of Two”



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- Ensure all staff will be trained to observe COVID-19 safety protocols and have access to Proper PPE which includes gloves, masks (when required), and cleaning supplies
- Ensure activity can only take place if the organization has adequate supplies of hand sanitizer, disinfectant wipes and if specified, personal protective equipment
- Hand sanitizer (containing at least 60 percent alcohol) dispensers or personnel are provided in prominent places around the venue (including entry and exit points) and are regularly refilled. Soap dispensers in washrooms are regularly refilled
- Hand sanitizer stations must be vandalism proof
- Garbage bins are provided (and regularly emptied) around the venue for discarding trash, tissues and personal protective equipment which may otherwise become a public hazard.
- Dressing rooms will remain inaccessible
- Toilet facilities are only available for emergency cases and must be regularly sanitized and monitored to ensure there are sufficient supplies.
- All coaches, staff and volunteers will be required to complete COVID-19 information training session
- Ensure that Mid-large-scale sport competitions do not take place
- Provide information and training to staff and volunteers on:
 - The symptoms of COVID-19, and that they must stay home if they are unwell or symptomatic
 - Preventive measures including frequent handwashing, cough and sneeze etiquette, and frequent cleaning and disinfection of high-touch surfaces
 - Where possible, operators should remove opportunities for surfaces to be touched by patrons
 - Proper sanitation of public/shared spaces
- Provide staff and volunteers with proper personal protective equipment and sanitation supplies

Prior To Training - Clubs

In advance of training, clubs must:

- Receive written permission to use the desired facilities
- Only use facilities that are agreed upon in advance of the season
- Place markers every two meters, as visual cues, to identify physical distancing in lines
- Disable all public water fountains



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- Ensure that all members and stakeholders receive COVID-19 protocols, waivers and declarations, while understanding the rules and guidelines established by the NLSA.
 - Facility operators are encouraged to establish and have user groups sign a “Use Declaration Form” to ensure that groups understand the protocols in place and communicate information to participants before use of facility
 - Comply with any additional requirements imposed by the Municipality
 - Ensure all facilities/buildings within the facility (including canteens) will be closed and not accessible during training
 - Public washrooms may open, but if washrooms are not monitored, cleaned and replenished with supplies at least twice daily when facilities are in use, they should remain closed.
 - Washrooms will be subject to strict controls, with record keeping by a designated authority on the list of washroom users. One person will be responsible for providing access to washrooms
 - Maintain cleaning log sheets and an inventory of cleaning supplies, hand sanitizer, gloves and masks. Log sheets and inventories should be available for public view.
 - Ensure the venue meets all the conditions in this document
 - Ensure all communications with members about the return to training include this document, highlighting the information when not to attend training
 - All club officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines
 - Design a plan for the separation of entry and exit points to/from facilities
 - For large facilities, place arrows/markers to indicate one-directional traffic , where possible
 - Ensure that any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk, is refused entry
 - Ensure that all players and coaches are appropriately registered with the NLSA
 - **Implement the Canada Soccer Risk Assessment Tool when preparing to Return to Play**
 - Establish a Strategic Operations Team surrounding COVID-19
 - Lead – Keep updated on Provincial Health Information and keep team updated
 - Communication – communicate all relevant COVID-19 information to all stakeholders
 - Coach/Official – communicate new protocols to all coaches/officials and keep them updated
 - Facility Lead – communicate with facility and municipalities to discuss protocols that
- Establish a Strategic Operations Team surrounding COVID-19



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- Lead – Keep updated on Provincial Health Information and keep team updated
- Communication – communicate all relevant COVID-19 information to all stakeholders
- Coach/Official – communicate new protocols to all coaches/officials and keep them updated
- Facility Lead – communicate with facility and municipalities to discuss protocols that can be put in place when renting their facility
- An Isolation area with a radius of at least 2 meters
- Procedure for the isolation of a participant with COVID-19 symptoms
- Procedure for sanitizing the isolation area and any other area visited by the “participant”

Emergency Response Action Plan Flow Chart



- First Aid providers caring for individuals with suspected COVID-19, should follow standard precautions. If possible, have the unwell person place a mask over their nose and mouth and limit the amount of contact by staying back at least two meters, if possible, until the individual is wearing the mask.
- Try to limit the number of individuals in contact with the unwell person
 - Individuals, who provide direct care for an individual who may have COVID-19, should wear a mask and gloves
- Following care, first-aid providers must discard the mask and gloves and perform proper hand hygiene protocols
- With respect to lifesaving, it should be noted that the Heart and Stroke guidelines state that hands-only CPR may be provided, if there are concerns about COVID-19 transmission. For more information, visit www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic.

Prior to Training – Individuals

- Complete a routine daily symptom check prior to attending programming



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- Participants will be verbally asked if they meet any of the aforementioned criteria before participating in a program. Only participants that do not meet the above criteria and have no symptoms according to their symptom check will be allowed to participate
- You must not attend training if in the past 14 days you:
 - Travelled anywhere outside Newfoundland and Labrador and returned to the Province
 - Have been unwell or had any flu-like symptoms;
 - Been assessed by the Department of Health for COVID-19 and are awaiting those results
 - Have been in contact with a known or suspected case of COVID-19;
 - Have had any respiratory symptom (even if mild); or
 - Are at a high risk from a health perspective including the elderly and those with pre-existing medical conditions
 - Those with even mild symptoms are strongly encouraged to leave training and consult with a Public Health Official
 - Must inform coaching staff of the symptoms being experienced
 - Have been advised to self-isolate for any other reason by Public Health
- Goalkeeper training is permitted however, keepers must avoid touching their face with their gloves and/or spitting on their gloves
 - Goalkeeper gloves are not to be shared under any condition

Attending Training and Regional-Based Games - Clubs

- Organizations must make a record of all players, coaches, team personnel, game officials, and care/respite workers who attend each sport activity. However, providing contact information is voluntary and individuals cannot be denied entry to an activity based on this choice. Records must be kept for 14 days to aid in contact tracing, should it be required.
- When conducting training, the following conditions must be implemented:
 - Be familiar with measures being taken by the Provincial Government. Follow Public Health Guidance for all Alert Levels. Please visit www.gov.nl.ca/covid-19
 - Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk
 - Staggered training start times to minimize risk of congregation
 - When conducting training, the following conditions must be implemented:
 - Be familiar with measures being taken by the Provincial Government. Follow Public Health Guidance for all Alert Levels
 - Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk
 - Staggered training start times to minimize risk of congregation



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- When conducting training, the following conditions must be implemented:
- Be familiar with measures being taken by the Provincial Government. Follow Public Health Guidance for all Alert Levels
- Entry must be refused to any person who attends training who is known in the last 14 days to have (or had) symptoms, contact with a known/suspected case, or be at high risk
- Staggered training start times to minimize risk of congregation
- Use pylons and other equipment to ensure appropriate spacing is in place to support physical distancing
- Activity must be non-contact ie, no handshakes, high fives or similar
- Handling of equipment must be minimized
- In the event of a participant being injured all personnel should wear PPE before providing assistance
- Sharing of equipment must be minimized
- Clubs are responsible for ensuring all equipment is properly sanitized according to Government of NL sanitization standards between training sessions and at the facility. This includes soccer balls if the club(s) assume responsibility of providing them. Equipment should be available, in clearly marked bins for sanitized equipment and used equipment
 - Staff, volunteers and all participants must be able to follow physical distancing guidelines while retrieving and returning equipment
- No use of shared equipment that touches the head or face or cannot be effectively cleaned
- Adherence to the hygiene protocols in this document
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitizing
- **Corner Kicks are permitted under the following condition:**
 - **Prior to the corner kick being taken the attacking team is permitted to have a maximum of 4 people in the penalty area.**
 - **The defending team is permitted to have a maximum of 5 people in the penalty area. One of these people must be a goalkeeper.**
 - **Physical distancing is required at all times prior to the corner kick being taken.**
- No social activity is to occur once training has concluded
- Players must leave promptly in a staged-approach
- Any access to equipment storage areas limited to one person
- All normal safety protocols apply

Attending Training and Regional-Based Games– Individuals

When attending training, the following conditions must be observed:



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- You must not arrive more than 15 minutes prior to training commencing
- You must not congregate at the entry point
- You must arrive prepared to train – changing rooms will not be in use
- Avoid touching your face.
- Carry hand sanitizer in order to enable good personal hygiene
- You must bring your own drink bottles clearly labelled with your full name
- No sharing of drink bottles is permitted
- Do not use or touch public water fountains
- Snacks are discouraged. If permitted by the Club, then ensure they are consumed and/or disposed of onsite and not taken home
 - Post session/practices food or beverages, are not permitted to be provided for onsite consumption
- Not share pens or clip boards
- If reasonably practical, only one parent/guardian to take their child(ren) to training
- For training sessions, parents/guardians are encouraged to “drop and go” with respect to bringing their children to training sessions
 - Drop off and pick up areas must be clearly established.
- **Spectators are permitted within the limits of gathering size (50 as of the date of this document) and social distancing. Designated areas for spectators and parents/guardians must be clearly identified and properly sanitized according to department of Health and Community services standards**
 - Spectators must maintain physical distancing of two meters between household bubbles and spectator space should be clearly marked. Spectators must remain a minimum of two meters from the soccer field at all times otherwise they will be considered as part of the on-field cohort. The total number of spectators should be minimized to facilitate physical distancing of at least 2 meters. A limit of one spectator per participant household is recommended.
- Always follow the instructions from coaches and respect physical distancing
- **Respect physical distancing at the team bench area. The bench area can be increased in order to ensure physical distancing is achieved. Chairs can be put on the side of the benches where necessary. Chairs cannot be placed in front of the team bench in order to ensure player safety.**
- You must follow the hygiene protocols in this document - regular breaks will be provided for the purpose of rehydrating and hand sanitizing.
- Wash hands with hand sanitizer or with warm soapy water immediately before and after training and during scheduled breaks in training
- Not spit at any time
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze and place tissues directly in garbage bins

Updated

Updated



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- Avoid the use of public washrooms, however, in case of emergency, ensure hands are washed thoroughly
 - Ensure not more than 1 person per toilet facility at any one time
- Physical distancing of 2.0 meters must be maintained
- No more than 1 person per 4m²
- Players are not required to wear masks during soccer activity but may do so before or after play
- No heading of the ball can take place during training
- Activity must be non-contact i.e. no handshakes, high fives or similar
- Handling of equipment must be minimized
- Sharing of equipment must be minimized. No use of shared equipment that touches the head or face or cannot be effectively cleaned i.e. soft materials or clothing
- You must provide your details including full name, phone number, date and time of attendance for the purpose of contact tracing
- You must leave promptly in a staged-approach
- If you bring a ball/equipment to training/games you must ensure the ball is properly sanitized according to Government of NL Sanitization standards before and after training and before you bring the ball/equipment home
- If training bibs are used, you will be allocated a bib and you must take it home and wash it immediately along with other clothes worn to training. Garments worn during training must be washed separately from other clothes.
- You must sanitize soccer footwear before and after training
- Shower at home before and after training

Officials

Return to Training

- Fitness Testing (Beep Test)
- A maximum of 50 people per session
- One of whom is the facilitator
- Arrive ready for the fitness testing as dressing rooms will not be available
- 15 minutes between sessions
- Do not share anything, including drink bottles, towels etc.
- No spitting
- Facilitator only person permitted to touch equipment necessary to complete fitness test

Return to Regional-Based Games



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- Officials must only use their own equipment
- Do not share pens, cards, flags, clothing etc.
- Individuals to bring a full personal use water bottle(s) and must not touch or use public water fountains.
- Wash hands prior to leaving for games; bring personal use hand sanitizer to the fields.
- After games and at half time, limit your distance to two (2) meters (6 feet) from others.
- Avoid contact with others, such as hand shaking, fist bumps and high fives.
- Leave the field as soon as reasonably possible after training or games.
- Avoid post training/game socializing as much as possible.
- It is recommended that hydration breaks be increased to allow for players and match officials that may be wearing masks/shields to take time to refresh. Please ensure coaches are aware at the start of each game as to the timing of the breaks.

Officiating Adjustments

- Pre-game meetings with Coaches and/or Assessors can take place, if done with physical distancing.
- Player inspections may still be completed, but must be at a distance of no less than two (2) meters (6 feet).
- Assistant Referees must stand a minimum of two (2) meters (6 feet) from the kicker during corner kicks.
- Match Officials are to use their foot to pass the ball when transferring to a player (i.e. free kicks), or direct the player to retrieve the ball themselves.
- It is optional for Assistant Referees to wear face shields as they are positioned closer to spectators and benches. This provides an additional level of protection.
- Clubs/Leagues may determine they need to reduce number of Match Officials needed for a game. Premier Youth League, Challenge Trophy league and Jubilee Trophy league and Finals will have priority for three (3) officials.



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Phase Return to Play in Soccer	Phase 3 (Return to Training)	Phase 2 (Return to Regional-Based Games) (Current Phase)	Phase 1 (Return to All Games)
	No Contact (2-4 Weeks)	Regular Contact	Regular Contact
Objective	Develop Technical, Physical and Mental Skills Support soccer clubs adaptation to new reality & measures	Maintain Physical and mental skills Support soccer club adaption to new reality and measures Introduce new game rules to participants	Return to Inter-Club Competition
Activities	Technical & Physical-based activities	Technical & Physical Based Activities and Introduction of Small Group Activities: 1 v 1 – 11 v 11 Technical challenges. Intra-squad activities only	11 v 11 Games
Rules to Consider	- No contact - No throw-ins - No Headers	FIFA Laws Apply	FIFA Rules Apply
Age Groups	[Redacted]		
U3-U6	N/A	- Groups of 50 players/coaches. - Matches/Games are permitted between clubs in the same regional health authority Minimum space required: As per FIFA Guidelines: https://img.fifa.com/image/upload/khhloe2xoigyna8juxw3.pdf - Parents to participate with their children If FIFA-sized field is divided up, still only 50 participants on the field	FIFA Rules Apply
U7-U12	- Groups less than 50 Players/coaches per session - No opposition - No Match/game - Focus on Individual player . - Minimum space required: As per FIFA Guidelines: https://img.fifa.com/image/upload/khhloe2xoigyna8juxw3.pdf	- Groups of 50 players/coaches. - Matches/Games are permitted between clubs in the same regional health authority Minimum space required: As per FIFA Guidelines: https://img.fifa.com/image/upload/khhloe2xoigyna8juxw3.pdf If FIFA-sized field is divided up, still only 50 participants on the field	FIFA Rules Apply
U13-Senior	- 50 players/coaches or per session. - No opposition - No Match/game - Focus on Individual player. - Minimum space required: As per FIFA Guidelines: https://img.fifa.com/image/upload/khhloe2xoigyna8juxw3.pdf	- Groups of 50 players/coaches. - Matches/Games are permitted between clubs in the same regional health authority Minimum space required: As per FIFA Guidelines: https://img.fifa.com/image/upload/khhloe2xoigyna8juxw3.pdf If FIFA-sized field is divided up, still only 50 participants on the field	FIFA Rules Apply



Risk Management and Insurance

As restrictions begin to ease relating to COVID-19, Canada Soccer in collaboration with the NLSA are directing all member Clubs to follow and complete Canada Soccer’s Return to Soccer Assessment Tool on a regular basis for the purpose of determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities



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The Guidelines are primarily designed to help member organizations manage their liability and remain compliant with all applicable public health authorities when returning to soccer and related activities. The Guidelines may help member organizations determine which new policies need to be adopted, including social and physical distancing for training, restricting the number of players participating in such training, and restricting game play.

The steps outlined in the Canada Soccer Return to Soccer Guidelines include:

1. The easing of stay-at-home orders from the Federal public health authority;
2. The easing of restrictions on public gatherings from the respective Provincial public health authority;
3. The easing of restrictions for field and facility usage by the respective Municipal public health authority;
4. Canada Soccer has received the Return to Soccer Plan from the Provincial or Territorial Member Association, which has been provided to the applicable Provincial or Territorial government department and/or public health authority, and where applicable, has received confirmation from the Province or Territory that it approves of the Plan; and
5. Canada Soccer has received the Return to Soccer Assessment Tool from the member organization and has provided any comments or feedback to the member organization or its Provincial or Territorial Member, if any.

The NLSA, in consultation with our insurance provider, BFL Canada, has been monitoring the most recent developments with COVID-19 and the impact the pandemic having on soccer activities.

During this unprecedented time, we will continue to support our member Associations and Clubs by delivering education, communication and guidance.

First, the most critical factor under our risk management and insurance considerations is the NLSA must ensure our members are compliant with the policies and procedures regarding participant registration and insurance coverage. Without registration with the NLSA, there is no standard insurance coverage

As we know, there are different types of risks associated with participating in sport and soccer. The current situation has potentially added to the assumption of risk.

There is no insurance coverage as per the COVID-19 Pandemic

As a result the NLSA is requiring Adult Participant Waivers and an Assumption of Risk document for Youth Participants to be utilize for registration purposes once we Return to Play



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In addition, the NLSA is requiring a Declaration of Compliance to be signed by each member over the age of 13 at time of registration

It is highly recommended that each Club and Associate Member ensure your insurance policy is up to date.

Ensure you have Director and Officer (D&O) liability insurance for your Board Members and insurance coverage for business losses.

It is recommended that each member organization ensure their governing documents are current and take into account the protocols recommendations to ensure a safe return to soccer.