

Queen City South United Soccer Club

Commitment to Compete; Attitude to Achieve; Passion to Play! ™

To be the centre of choice for aspiring athletes through exceptional soccer experiences

INTRODUCTION

The information contained in this document will outline the protocols that we will be following for the 2020-20201 Indoor Soccer Season. It is important that everyone read and understand the information provided to help ensure a safe and enjoyable experience for everyone. **The strategies below are non-negotiable. Should you feel you are not able to adhere to them, please advise us as soon as possible so that your child can be withdrawn.**

We will be following the [Return to Soccer Plan](#) that was developed by the Saskatchewan Soccer Association (SSA). As it currently stands, the Government and SSA have confirmed we are in Phase 3 of their plan, which allows for Club-based play, relaxes social distancing, allows for the introduction of small game formats (3v3 to 7v7) and allows for mini leagues of 50 to be formed.

Prior to being cleared to return, QC had to complete a risk assessment from the Canada Soccer Association, which determined we had the necessary processes and protocols in place to be listed as a low risk.

Based on the current restrictions in place, we have limited the number of players in each training group and in turn, the number of players on the field at one time.

Effective October 5, 2020, QC no longer requires our participants or spectators to complete the online health questionnaire prior to entering the QC Facility.

Effective October 20, 2020, the Club is requesting players who are experiencing symptoms that resemble COVID-19 to stay home until symptoms subside ([Please click here for a list of COVID-19 symptoms](#)). If symptoms persist but you can provide a confirmed negative COVID-19 test for your child, your child will be permitted to attend. Please note, if your child experiences symptoms that resemble COVID-19; however, these can be explained as a direct result of a seasonal allergy or asthma, then the child will be permitted to attend. We thank you in advance for your cooperation and understanding as these measures are being implemented to ensure the safety of all involved.

Throughout the indoor season, there will be enhanced cleaning of the facility. We have increased the number of volunteer opportunities for training and game days to increase efforts to sanitize and disinfect all high touch areas of the facility and ensure our safety procedures are being followed. At the end of each evening the facility will be fogged with the same product being used in many school divisions to provide an extra level of sanitization.

Below you will find the necessary processes and protocols we will be using to prioritize the health and safety of our athletes, coaches, volunteers, etc.; please read carefully.

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ENTRY/EXIT PLAN AND FACILITY PROCEDURES FOR QC FACILITY

We will be using the QC Facility (located at 1560A McDonald Street) for all training. To ensure everyone's safety, we will be following the process outlined below.

- Players should arrive no more than 10 minutes prior to their session.
- Upon entering the building everyone must use hand sanitizer which will be located at the front door and at several other locations throughout the building.
- Players must wear a mask or face covering (non-medical) upon arrival and can remove it once on field. **Players should keep their face mask with them when entering the field of play, as they will be required to wear their face mask if they leave the field of play (face masks should not be removed and left with parents, as players then leave the field unmasked upon completion of their session). What we are recommending instead, is that each player bring a clear Ziploc bag with their name clearly labelled, that they can place their mask into when it has been removed.**
- There will be limited capacity for spectators and as such, we are asking parents/guardians/caregivers not to enter the building unless necessary. Should a support person need to be present or need to enter the facility, they must wear a mask or face covering (non-medical) for the duration of their time in the building. **At this point, we are limiting spectators to one support person per child.**
- Players need to maintain social distancing while waiting to enter the field of play.
- Players will place their personal belongings along the wall on the field in the designated area.
- During the session, players will be given water breaks and will be asked again to clean their hands with the hand sanitizer they will have brought with them.

To continuously evaluate and improve our current procedures to ensure the safety of our players, parents, staff, coaches, and volunteers, we will be implementing the following amended entry and exit procedures at the QC Facility. Our goal is to limit congestion in the lobby area during transitions between sessions and games and ensure a more structured athlete transition from coaches to parents/guardians/caregivers.

Training Sessions

- **U5 players** will continue to follow current processes by meeting their support person in the viewing area of the facility following their session. Please note, players must ensure they return their mask to their face before exiting the field of play. They will then exit the facility through the South fire door (located at the base of the stairs near the vending machine...see diagram below)
- All players from **U7-U18** will now collect their belongings, go through a sanitation station, and exit the facility through the fire exit located in the North East corner of the field (pictured below).
- For **U7-U13**, parents/guardians/caregivers, or whoever is picking up your child after their training session, **MUST** meet their child as they exit the facility. We will ensure coaches wait with the players until a handoff with a guardian occurs. As the weather gets colder, it is extremely important parents/guardians/caregivers are present to meet the players as they exit the building. If you are watching the training session or waiting in your vehicle, please do not wait until the session is over to make your way to the pick up area, please

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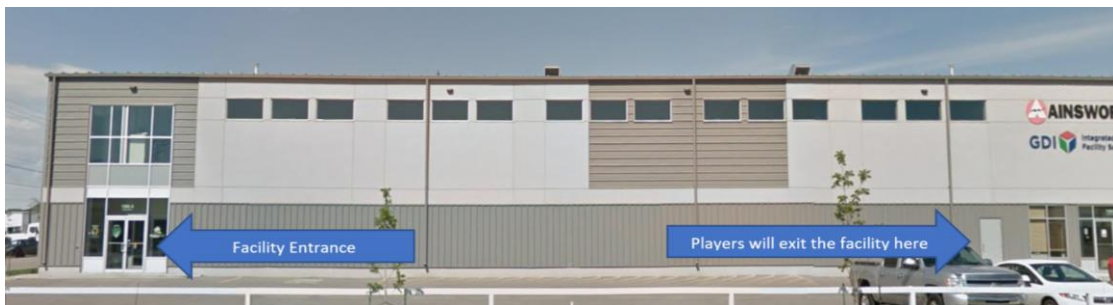
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leave a few minutes early to ensure you are waiting in the pick up area when the players are exiting. Likewise, please do not remain in your vehicle expecting your child to find you, as we do not want players having walking around looking for their ride, especially as it gets colder. Please meet your child at the exit door.

- For **U15 and older**, parents/guardians/caregivers, while welcome to, are not required to meet them as they exit the building.

Grassroots Game Days

- **U5 & U7** – The procedure for exiting the building following games on Saturdays will be as follows:
 - With 2 minutes remaining in the game, parents/guardians/caregivers will be asked to make their way to the entry point of the turf (by the washrooms).
 - Upon completion of the game, coaches will transition players to the unused half of the field behind where the game was played (north half of the field).
 - Parents/guardians/caregivers will remove and carry their footwear to the north half of the turf to meet their child and when ready, will exit with their child through the North East fire door (pictured below).
 - Please do your best to social distance throughout this process.
- **U9**– The procedure for exiting the building following games on Saturdays will be as follows:
 - With 2 minutes remaining in the game, parents/guardians/caregivers will be asked to make their way to the East entry point of the turf (to the immediate right when you enter the facility)
 - Upon completion of the game, coaches will transition players behind the field dividers on the east side of the turf.
 - Parents/guardians/caregivers will remove and carry their footwear to meet their child and when ready, will exit with their child through the North East fire door (pictured below).
 - Please do your best to social distance throughout this process.



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ILLNESS AT THE FIELD

Should a player become ill at the field, the player will be removed from training and an emergency contact will be contacted. The player will be isolated until a parent/guardian/caregiver picks them up.

TRAINING DAY CHECKLIST - PLAYERS

Prior to Arrival

- Ensure you have eaten, as no food will be available onsite (beyond what can be found in the vending machine)
- Wash hands with soap and water
- Wash your water bottle
- Use the washroom
- All participants must come dressed, ready to participate, as no changeroom facilities are being provided and we do not want players changing on the field.
- Have the following in your backpack or bag
 - Hand sanitizer
 - Face masks or face coverings (non-medical)
 - Labelled water bottle (where mouth spout is covered by lid and not to open air)
 - Tissues for any allergies or to blow nose
 - Any necessary medication

On Arrival

- Respect social distancing
- Go through the sanitation station
- Do not share your water bottle
- Follow directions of staff and volunteers

Departure

- Collect your belongings while respecting social distancing
- Go through sanitation station
- No loitering
- Head to parking lot for pick up
- See you next session

TRAINING DAY CHECKLIST – PARENTS/GUARDIANS/CAREGIVERS

Prior to Arrival

- Wash your hands with soap and water
- Discuss social distancing, hand hygiene and safety protocols with child so they are aware of the expectation upon arrival
- Ensure participant has prepared their bag with the items outlined previously
- Ensure player is dressed in training gear upon arrival

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Arrival

- Only bring your child into the building if needed, otherwise drop off at the front door
- If you need to enter the facility, you must wear a face mask or face covering (non-medical)
- Return to your car and remain there if possible, until the end of the session

Departure

- Pick up your child from the North East Fire door of the building (see diagram above)
- Remain in your vehicle until pick up time and during pick up, please maintain social distancing
- See you next session

TRAINING DAY CHECKLIST – COACHES & VOLUNTEERS

Prior to Arrival

- Wash hands with soap and water
- Use the washroom
- Ensure you have eaten, as no food will be available onsite (beyond what is provided in the vending machine)
- Wash your water bottle

Arrival

- Proceed to the sanitation station
- Assist with field set up
- Sanitize equipment as needed
- Ensure players maintain social distancing and are following desired safety protocols
- It is recommended that coaches wear a face mask or face covering. Coaches should wear a mask if they are coaching multiple age groups or teams (a non-medical mask can be worn if 2 meters social distancing can be maintained at all times; however, a medical mask should be worn if 2 meters social distancing cannot be maintained)
- Carry personal hand sanitizer

Departure

- Ensure players go through sanitation station, are respecting social distancing and are ready to be picked up in the designated pick up area
- Wait with players until all have been picked up
- Sanitize equipment
- Assist with field takedown