



Queen City United

Player Development Program 2020

COVID-19 Safety Processes & Protocols

## Introduction

As we prepare for the start of our Player Development Program (summer programming) on July 14<sup>th</sup>, 2020, the information contained in this document will outline the protocols that we will be following during this time. It is important that everyone read and understand the information provided to help ensure a safe and enjoyable environment 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 a refund can be issued.

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 relaxes social distancing further and allows for increased contact and internal small sided games within a training group. We will adjust/modify/progress our training based on the guidance of the government and relevant health organizations, and as we feel comfortable.

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. Despite relaxed social distancing and the ability for increased contact and small sided games, it is our intention to enforce social distancing and focus on technical training for the initial weeks of the Program. We will then ease into increased contact and games within the training group, rather than jump straight back into contact and games, as the health and safety of everyone involved is priority. We do not want to risk injury by jumping straight into games when most athletes likely have been doing little to no activity over the past few months. We are planning to have the field lined with 5x5 squares that are painted onto the grass to properly mark out a socially distanced square for each player to work in over the initial weeks of the Program.

All players will be required to complete a health questionnaire prior to every training session and any player experiencing COVID-19 symptoms (or any illness symptoms that cannot be explained by a seasonal allergy) will be asked to stay home. The link for this questionnaire will be sent out on Monday July 13, 2020 and can be used repeatedly over the course of the Program. We will also have sanitation stations set up onsite and there will be specific drop off/pick up times with buffers built into the schedule to avoid overcrowding at the field. Parents/spectators will not be allowed near the fields and will be asked to stay in their vehicles to further control the number of people at the field.

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.

## Facility Set Up and Procedures

We will be using Massey West field (the full field behind the Balfour arena) for all age groups in the Player Development Program. To maintain social distancing, we will be following the process outlined below.

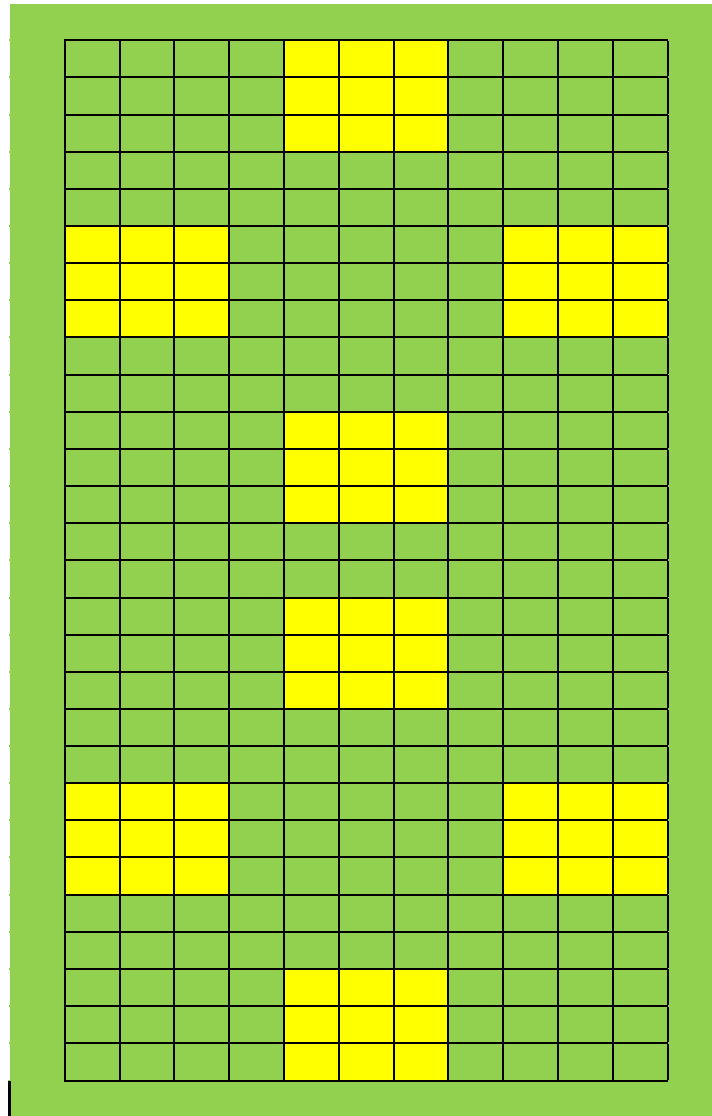
- Players need to arrive no more than 15 minutes prior to their session. If a player arrives after their session has started, they may not be permitted to participate.
- Players will check in at the front of Balfour arena at the QC canopy. Players need to maintain social distancing while waiting to check in.
- Once a player has been checked in, they will pass a sanitation station to clean their hands.
- Players will then proceed down the north side of the building and will be directed to the area of the field they will be working on.
- Players will place their personal belongings 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.
- After the session is complete the players will collect their belongings, go through a sanitation station and will then be picked up in the parking lot along the south side of the arena (the area between the arena and the Massey pool). We ask that parents remain in their cars if possible.

Diagram



## Initial Field Layout

The following diagram demonstrates how the field will be set up to ensure social distancing can be maintained. Please note as we move through the Program, we will begin to play scrimmages in these areas, as per provincial guidelines. The yellow areas indicate the 5x5 squares that will be painted onto the field. There will be three (3) of the below fields on each half of the full field.



## **Contact Tracing**

To be able to provide the needed information to our members and health authorities, should we experience a positive COVID-19 diagnosis in one of our registered players, we will be requiring the parents of our athletes complete and submit an online questionnaire one (1) hour before training each day. **This is mandatory and any player not completing this questionnaire will not be permitted to train.** Any player who has a positive answer to any of these questions (or is experiencing any illness symptoms that cannot be explained by a seasonal allergy), will be required to stay home.

## **Illness at Field**

Should a player become ill at the field the player will be removed from training and parents will be contacted for pick up.

## **Training Day Checklist – Players**

### **Prior to Arrival**

- Ensure you have eaten, as no food will be available onsite
- Wash hands with soap and water
- Wash your water bottle
- Use the washroom, as no washroom facilities are available onsite
- All participants must come dressed, ready to participate (no changing at the field. Only items contained in a Ziploc bag will be allowed onsite – all other bags/backpacks should remain in your vehicle or at home)
- Prepare a large Ziploc bag, clearly labelled with your name, that contains the following items:
  - Hand sanitizer
  - Sanitation wipes (if possible, otherwise a clean cloth to wipe down equipment)
  - Face masks (face masks can be worn during training; however, they are at the discretion of each player)
  - Labelled water bottle (where mouth spout is covered by lid and not to open air)
  - Snacks
  - Tissues for any allergies or to blow nose
  - Any necessary medication

### **On Arrival**

- Check in at the QC canopy no earlier than 15 minutes before the start of your session
- Respect social distancing
- Go through the sanitation station
- Do not share your water bottle – keep it in a Ziploc bag
- 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**

#### **Prior to Arrival**

- Complete online questionnaire one (1) hour prior to session and ensure child is healthy with no signs or symptoms of illness
- Check field status
- 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 Ziploc bag with the items outlined previously
- Ensure player is dressed in training gear upon arrival

#### **Arrival**

- Only bring your child to the QC canopy to check in if needed, i.e. U9, otherwise drop off at front of Balfour arena
- If you need to check your child in, please consider wearing a mask
- Return to your car and remain there if possible, until the end of the session (if you must leave or are unable to stay for the duration of the session, please coordinate a contingency plan to immediately pick up your child in the event of inclement weather, injury, etc.

### **Departure**

- Pick up your child from the parking lot between the arena and the Massey pool
- Remain in your vehicle and if not possible, maintain social distancing
- See you next session

### **Training Day Checklist – Coaches and Volunteers**

#### **Prior to Arrival**

- Complete online questionnaire and ensure you are healthy with no signs or symptoms of illness
- Wash hands with soap and water
- Check field status
- Use the washroom, as no washroom facilities are available onsite
- Ensure you have eaten, as no food will be available onsite
- Wash your water bottle

**Arrival**

- Check in at the QC canopy
- Proceed to sanitation station
- Assist with field set up
- Sanitize equipment as needed
- Ensure players maintain social distancing and are following desired safety protocols
- A face mask can be worn at the individual's discretion; however, a face mask must be worn when dealing with an injured player
- 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
- Sanitize equipment
- Assist with field takedown