

## PLAYER CHECKLIST

Use this checklist to help your player prepare for the pitch safely.

### BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before you come – no food or drink on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom.
- Register your attendance for contact tracing.

### ARRIVAL AT FIELD/FACILITY

- Enter through established entrances.
- Respect social distancing guidelines.
- Register temperature/active symptom screening.
- Wash at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs to your location.

### AFTER ACTIVITY IS COMPLETE

- NO LOITERING.
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball).



## STAFF/TEAM PERSONNEL/VOLUNTEER CHECKLIST

Use this checklist to help prepare for the pitch safely.

### BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (uniforms, socks, shin pads, soccer balls).
- Use the washroom.
- Register your attendance for contact tracing.

### ARRIVAL AT FIELD/FACILITY

- Set-up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up social distancing 'grids' for participants
- Respect social distancing.
- Wash at provided handwashing stations.
- Complete the register temperature/active symptom screening for each participant.
- DO NOT share water bottles.
- Sanitize all shared equipment between sessions (balls, cones etc).
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.

### AFTER ACTIVITY IS COMPLETE

- Sanitize all shared equipment (balls, cones etc). between group arrivals if applicable and at end of day.
- Take down established entrances & exits.
- Take down traffic flow signs out of your location.
- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect social distancing guidelines.
- Thoroughly wash water bottle with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) each day.



## PARENT/GUARDIAN CHECKLIST

Use this checklist to help prepare for a safe environment for your child.

### BEFORE YOU LEAVE HOME

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before you come – no food or drink on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom.
- Register your attendance for contact tracing.

### ARRIVAL AT FIELD/FACILITY

- Drop player off at facility entrance.
- Respect social distancing guidelines.
- Consider wearing PPE (masks, gloves).
- Consider bringing personal hand sanitizer.

### AFTER ACTIVITY IS COMPLETE

- NO LOITERING.
- Respect social distancing guidelines.
- Pick player up at facility exit.
- Leave facility parking lot.

