



**SASKATOON
ADULT SOCCER**

RETURN TO SOCCER PLAN

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DISCLAIMER

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images, and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Saskatoon Adult Soccer makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

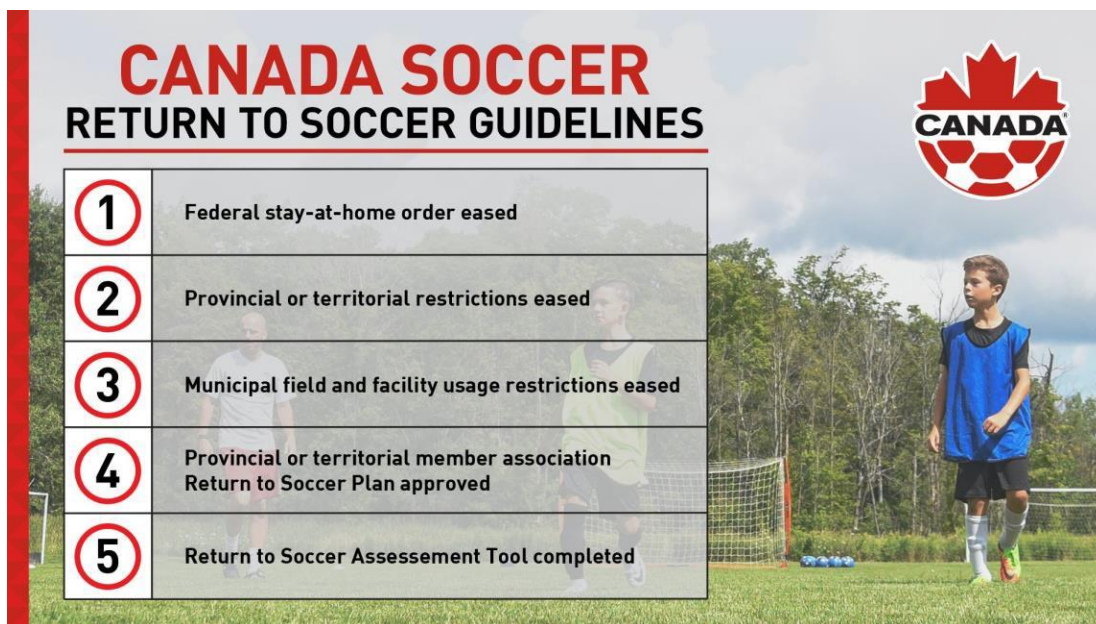
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CANADA SOCCER RETURN TO SOCCER GUIDELINES

Guided by leadership from Canada Soccer's Sports Medicine Committee and in consultation with federal, provincial, territorial and local public health authorities, Canada Soccer created the below Return to Soccer Guidelines to provide member organizations with a five-step process, including a checklist of weighted questions known as the Return to Soccer Assessment Tool, all for the purpose of determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities.

As part of the below guidelines, Saskatchewan Soccer Association (SSA) created the SSA Return to Soccer Plan (RTSP), to act as a guide to assist Member Organizations, such as Saskatoon Adult Soccer (SAS), to get back on the pitch.

The graphic features a background image of a soccer field with players. On the left, a red vertical bar is present. The title 'CANADA SOCCER RETURN TO SOCCER GUIDELINES' is prominently displayed in red and black text. To the right of the title is the Canada Soccer logo, which is a red maple leaf with a soccer ball pattern inside and the word 'CANADA' below it. Below the title is a table with five numbered steps, each in a red circle. The steps are: 1. Federal stay-at-home order eased, 2. Provincial or territorial restrictions eased, 3. Municipal field and facility usage restrictions eased, 4. Provincial or territorial member association Return to Soccer Plan approved, and 5. Return to Soccer Assessment Tool completed.

CANADA SOCCER RETURN TO SOCCER GUIDELINES	
1	Federal stay-at-home order eased
2	Provincial or territorial restrictions eased
3	Municipal field and facility usage restrictions eased
4	Provincial or territorial member association Return to Soccer Plan approved
5	Return to Soccer Assessment Tool completed

THE PROCESS OF RETURNING TO SOCCER

With support from Canada Soccer, Sask Sport, and other provincial soccer associations, Saskatchewan Soccer has developed the Return to Soccer Plan (RTSP) to serve as a guide to assist SSA Member Organizations in the safe reintroduction of soccer. The plan uses a multi-phase approach for a thoughtful and cautious return to the pitch. In turn, SAS has also created this RTSP.

This document is fluid and will be updated as new information becomes available. This document is not exhaustive, and Member Organization's must also ensure they do their due diligence to ensure they are prepared to return to soccer.

Ultimately, when all guidelines are followed and restrictions are eased, it will be SAS's decision if we are ready to offer opportunities to return to play and the participant's decision to determine if they are ready to play, coach, referee, or volunteer, considering the associated risks. It is also essential that all Government of Saskatchewan guidelines are followed in conjunction with this plan. Soccer is part of Phase 4 of the Re-open Saskatchewan Plan.

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/phases-of-re-open-saskatchewan/phase-four>

The table below should help provide clarity on the steps needed to resume organized soccer programming as per SSA. The outlined steps follow the assumption that soccer is an included sport which has been given the go ahead to resume operations from the Provincial Government and other key stakeholders such as Municipalities and Facility Operators.

Steps: What is involved in each step?	
Step 1 - Saskatchewan Soccer Association (SSA) submits Return to Soccer Plan (RTSP) to Canada Soccer to review - COMPLETE	✓
Step 2 - Canada Soccer reviews the RTSP and provides commentary. If changes are necessary -> return to step 1 and resubmit once adjustments are made - COMPLETE	✓
Step 3 RTSP provided to SSA Member Organizations (MOs) which outlines steps and phases for resuming soccer and provides information for developing their own RTSP - COMPLETE	✓
Step 4 - MOs must adhere to the phase of resuming soccer. MOs develop their own plan based on the considerations in this document and then complete the Canada Soccer Return to Soccer Assessment Tool - COMPLETE	✓
Step 5 - Canada Soccer and SSA will engage with MOs to provide feedback on any areas of improvement in the Return to Soccer Assessment Tool which will help the MO determine whether they are ready to return to play or not → if MO needs to re-submit, go back to Step 4 until Assessment Tool confirms readiness - COMPLETE	✓
Step 6 - Member Organizations can deliver soccer and must adhere to Phase of resumption - COMPLETE	✓

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 situations change, we may be required to return to a previous phase of Return to Soccer or cease soccer activity all together. As Saskatchewan Health Authority monitors the provincial progression through Saskatchewan Re-open Plan, Saskatchewan Soccer will continue to provide information to Member organizations on how they can lead their programming through the stages of relaunch. Saskatoon adult soccer will continue to watch for updates on the applicable health and safety guidelines that must be implemented to safely move from one phase of the Return to Soccer plan to the next.

If public health restrictions are reinstated and soccer activity is no longer permissible, or we must return to a previous phase, SSA will communicate this change directly with SAS. Saskatoon Adult Soccer will distribute this messaging to their impacted teams, players, parents, coaches, referees, and volunteers.

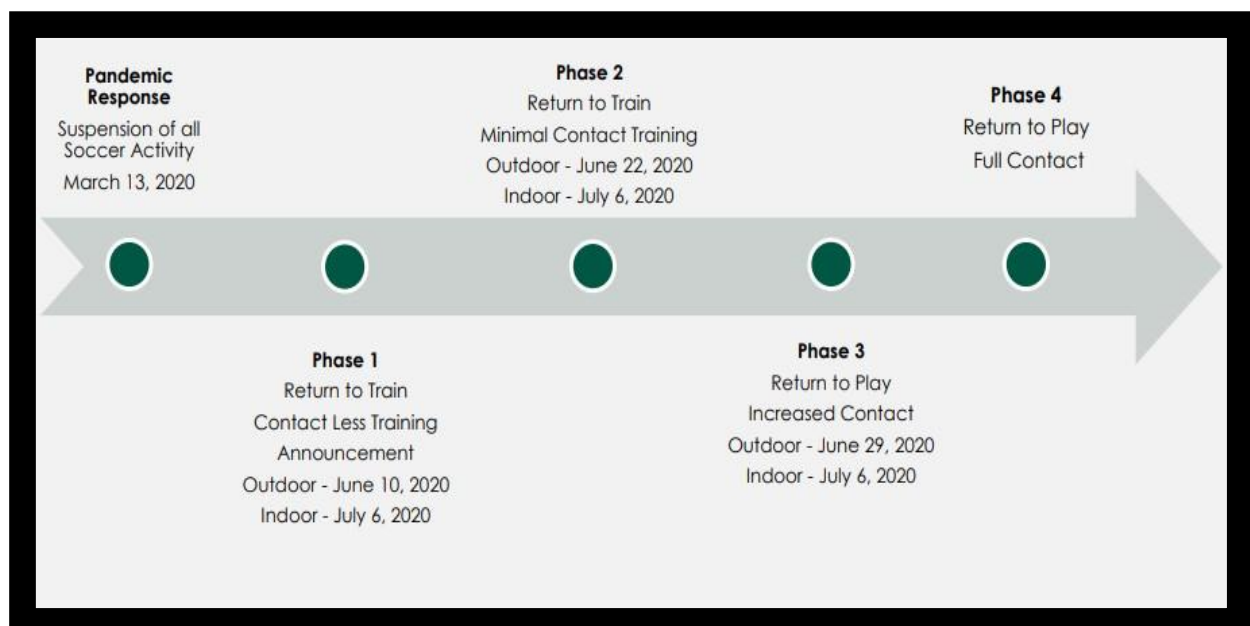
The government suspended all activity for adults effective November 28, 2020. On December 15, this was extended to January 15. At that time, it will be declared if the suspension of activities will continue or if play can resume. UPDATED 11/28/2020

Immediate compliance would then be required.

TIMELINE FOR RETURNING TO SOCCER

PHASE 3 OF OUR RTSP HAS BEEN SUSPENDED BY THE GOVERNMENT EFFECTIVE NOVEMBER 28, 2020. UPDATED 11/28/2020

The timelines related to the four Phases for Return to Soccer are subject to all the Steps in the Process of Returning to Soccer being met and that they continue to remain in place. Every program is unique and in varying health environments within our province, therefore each MO should only Return to Soccer as they are prepared.



PHASES OF RETURNING TO SOCCER

GOVERNMENT RE-OPEN SASKATCHEWAN PLAN

SAS will be able to resume some activity in the government's Phase 4. This phase corresponds with SSA's Phase 3 and includes some play and many guidelines.

SAS will be able to resume full contact in the government's re-open plan is completed, and SSA's Phase 4.

To see the Saskatchewan government's Re-Open Saskatchewan Plan please go to:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan>

SASKATCHEWAN SOCCER'S RETURN TO SOCCER PLAN

Phase 1 – Return to Train (No contact)	Phase 2 – Return to Train (Minimal Contact)	Phase 3 – Return to Play (Increased Contact)	Phase 4 – Return to Play (Full Contact)
Individual Training Social Distancing measures are in place Technical Based Activities *Opposition may be created utilizing individuals from within same household or family bubble.	Designated "Team/Group" Based Training Social Distancing measures are being relaxed Small Group Activities *Activities should be created where contact is avoidable as much as possible. *Consider using individuals from within same household or extended family bubble in the same group/team(ideal).	Club based Play Social Distancing measures are relaxed further Intro of Small Game Formats (3v3 to 7v7) Mini Leagues of 50 can be formed.	Open Play Social Distancing measures are removed All Game Formats (1v1 – 11v11)

SSA established these phases and will determine timelines for each RTSP Phase in alignment with the Saskatchewan provincial health authorities involving government orders, restrictions, and guidelines.

SAS will restart its leagues during Phase 3 of SSA's RTSP, as it allows formats of up to 7v7 and the creation of mini-leagues of 50 participants (including game officials).

PHASE 1

Social Distancing: Contact is considered anything less than the 2 metres between participants; no contact is allowed in this phase.

Technical Based Activity: Activities that do not require opposition within 2 metre proximity, therefore, allowing players and coaches to maintain social distancing. Examples could be individual ball mastery, passing and receiving on the ground between partners, relays and other competitions/challenges that maintain social distancing.

PHASE 2

Small Group Activities: Include activities with opposition. Numbers for the activities should be between 1v1 to 3v3. Try to keep players in groups together so that they work with similar players rather than constantly mixing players together (can increase number of players interacting with an asymptomatic COVID-19 carrier).

PHASE 3

Small Game Formats: Game formats of 1v1 to 7v7. Recommendation within RTSP Phase 3 would be to keep this in-house versus playing against different clubs. Recommendation against festival type formats where one team plays against many teams on a given day (reduce number of individuals that may encounter potentially an asymptomatic COVID-19 carrier).

PHASE 4

All Game Formats: Introduction of all game formats.

The Saskatchewan Government is to provide guidelines around what will be acceptable for the resumption of sport regarding areas such as social distancing and max capacity for facilities. While there is a desire to return to normalcy during COVID-19, everyone must remain conscientious about the safety and welfare of all participants as the primary consideration. As such, there is an increased importance around the due diligence required to keep all participants safe and prevent community transmission by organizations that make the choice to deliver soccer programming.

IMPORTANT CONSIDERATIONS FOR SASKATOON ADULT SOCCER

SSA will determine timelines for each RTSP Phase in alignment with the Saskatchewan provincial health authorities involving government orders, restrictions, and guidelines.

As of on or after June 29, 2020, Saskatoon Adult Soccer can enter Phase 3 and resume limited contact play.

**PHASE 3 OF OUR RTSP HAS BEEN SUSPENDED BY THE GOVERNMENT EFFECTIVE NOVEMBER 28, 2020.
UPDATED 11/28/2020**

Small Game Formats: Game formats of 3v3 to 7v7. Recommendation within RTSP Phase 3 would be to keep this in-house versus playing against different clubs. Recommendation against festival type formats where one team plays against many teams on a given day (reduce number of individuals that may encounter potentially an asymptomatic COVID-19 carrier).

Next Step: Phase 4 of RTSP

All Game Formats: Introduction of all game formats.

The Saskatchewan Government is to provide guidelines around what will be acceptable for the resumption of sport regarding areas such as social distancing and max capacity for facilities. While there is a desire to return to normalcy during COVID-19, everyone must remain conscientious about the safety and welfare of all participants as the primary consideration. As such, there is an increased importance around the due diligence required to keep all participants safe and prevent community transmission by organizations that make the choice to deliver soccer programming.

CONSIDERATIONS FOR RTSP PHASE 3: RETURN TO PLAY – OUTDOOR/INDOOR

- Players will only play within their own club or Member Organization.
- Mini Leagues are now allowed and can be comprised of multiple teams, but no more than 50 individuals. Mini Leagues allow teams to return to a safe level of play and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, referees and volunteers who cannot always maintain two metres of distancing from others.
- When roster sizes do not allow for competition to occur within a mini-league of 50, only under these circumstances, a mini-league size may be increased from 50 to 80 people (including players, and those referees/coaches part of the mini-league). For soccer this applies only to leagues in which the game format is 9 v. 9 or 11 v. 11. This change allows these leagues to operate with 4 teams within an 80-person mini-league bubble.
- **UPDATED 10/23/20** - The Business Response Team (BRT), working with Sask Health, has confirmed that participation in more than one mini league is currently not prohibited by the Sports and Activities Guidelines. Participants should, however, restrict themselves to as few activities as possible.
- Ultimately the Member Organization is responsible for providing a safe environment for its participants. Allowing participants to play in more mini leagues increases risk and, if there is an exposure, multiple groups may be affected. The risk of the spread of COVID increases exponentially with every contact a person maintains. By allowing access to only one mini league your participants are safer.
- SAS prohibits players from participating in more than one mini-league within our league.
- ONLY under the following circumstances may a coach participate in more than one mini-league:
 - The coach maintains 2 metres social distancing at all times and wears a non-medical mask, OR;
 - If the coach cannot maintain social distancing at all time, they must wear medical (surgical or procedural) mask.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Mini Leagues should remain together until restrictions are further relaxed.
- No single group on the field shall exceed the gathering limits in the public health order (**as of June 24, 30 people**). Teams need to be separated while on the sidelines and players cannot exceed gathering limits during games, practices, or training.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (i.e.: on benches, during half time).
- Tournaments and inter-provincial travel for games are not permitted at this time.

- Intra-provincial travel for sport is only allowed under two conditions:
 - In-sufficient numbers do not allow mini leagues to be formed locally, and,
 - Distance between communities is reasonable.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not actively participating in the activity (i.e. coaches, volunteers, etc.)
- Referees are allowed in this phase.
- ONLY under the following circumstances, may a referee participate in more than one mini league:
 - The referee maintains 2 M social distancing at all times and wears a non- medical mask, OR;
 - If the referee cannot maintain social distancing at all time, they must wear medical (surgical or procedural mask).
- It is highly recommended that referees participate in only one mini league. Soccer referees are considered highly active as they run at the same pace as the players and therefore will have difficulty wearing masks.
- If a Member Organization chooses to have referees in multiple mini leagues, they should be aware that the referees' abilities will be limited by the above requirements. The member organization will also need to determine an alternative to a referee blowing the whistle (i.e.: electronic whistles).
 - SAS and the SDSRAI have obtained electronic whistles but will limit our use of referees entering a second mini-league. This will only take place under special circumstances.
- All referees need to continue best practices of not touching equipment with hands, maintain social distancing during pre-game routines (no coin toss unless social distancing is achieved), and post-game routines (no handshakes), etc.
- Organizations are responsible for the management of their spectators. They must not enter the activity area, and they must practice following social distancing. See Parent/Spectator Guidelines.
- All SAS players, coaches and spectators are required to wear masks in both soccer centres. Only while they are playing or on the bench are masks allowed to be removed. We do recommend wearing them to play and, on the bench, but it is not required. (Government also made this mandatory November 19, 2020.)
- **This information may change at any time and further information will be released as available.** SAS continues to refer to the Government of Saskatchewan Re-open Saskatchewan Plan for Sport Guidelines.

CONSIDERATIONS FOR RTSP PHASE 4: RETURN TO PLAY – OUTDOOR/INDOOR

- Date to be determined.

GENERAL GUIDELINES

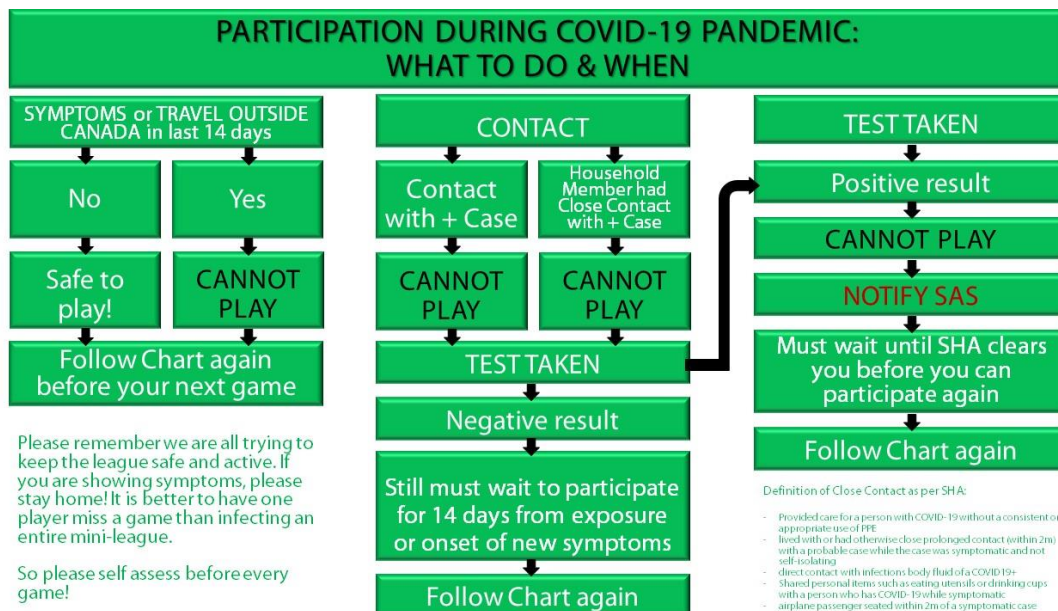
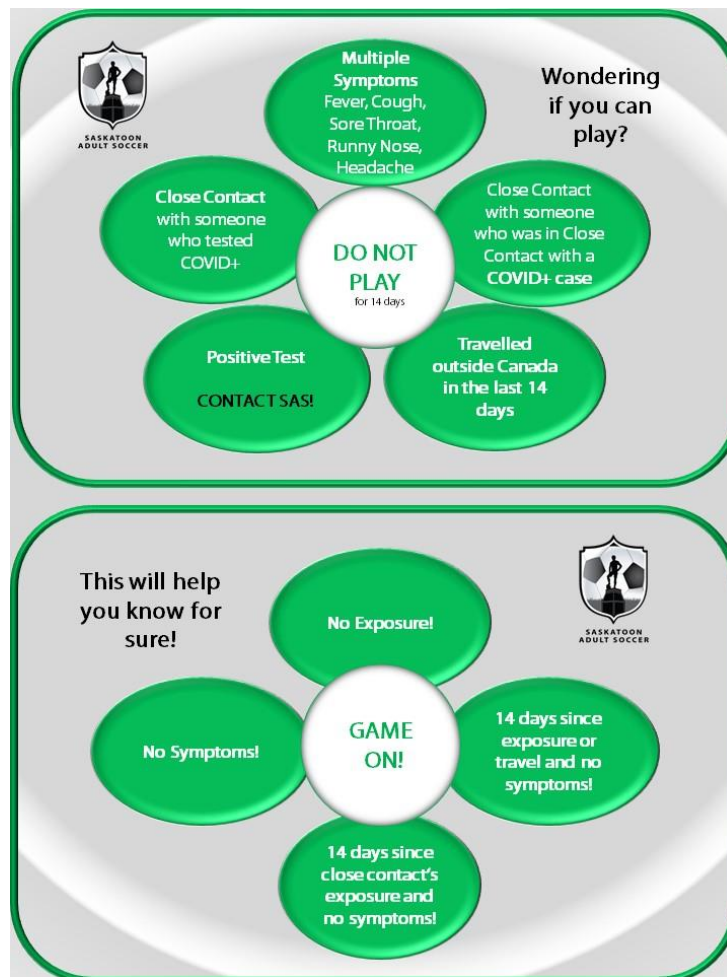
- It should be noted that this section could be subject to change if conditions of the pandemic change and/or direction is provided from the Government regarding new or changing guidelines.
- All precautionary practices are still in effect involving physical/social distancing where possible.
- Adherence to provincial guidelines regarding public gathering sizes; this is currently set at 30 people for indoor/outdoor spaces while maintaining physical/social distancing measures.
- Adherence to the Saskatoon Soccer Centre Inc. (SSCI) re-opening guidelines while in attendance/on the premises of the Saskatoon Kinsmen Henk Ruys Soccer Centre and Saskatoon Sports Centre. It should be noted that this document could be subject to change if direction is provided from the government regarding new guidelines.
- All participation in SAS mini leagues is at one's own risk (including, coaches, participants, parents, etc.). Please review the waiver signed at registration a copy can be found [here](#).
- Where possible social distancing measures are to be maintained.
- Mini leagues will operate in Phase 3 of Saskatchewan Soccer Association's (SSA) Return to Play Plan with small-sided games up to a maximum 6v6 format will be used for all mini league games.
- Mini leagues or participant bubbles will remain consistent for both games and training sessions. (i.e.: a mini league cannot be separate for games and then crossover for training sessions).
- The maximum participants in a league/bubble are 50 persons, including players, and referees.
- Leagues reserve the right to implement mandatory guidelines over and above the guidelines set by the SSA and SSCI and will be implemented to ensure the safety of everyone involved.
- It is the responsibility of all involved to remain home and not participate in games if they feel ill or have been in contact with someone who has been ill within the last 14 days; as well, they should inform SAS upon confirmation of a positive COVID-19 test result.
- COVID-19 symptoms can present as:
 - Fever
 - Cough
 - Headaches
 - Aches and pains
 - Sore throat
 - Chills
 - Runny nose
 - Loss of sense of taste or smell
 - Shortness of breath or difficulty breathing

These may be unexplained new or worsening symptoms and may vary. Some people experience mild symptoms or no symptoms at all. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.

For more information on COVID-19 please visit: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

- Games will take place at the Saskatoon Soccer Centre Incorporated buildings: Saskatoon Kinsmen / Henk Ruys Soccer Centre and the Saskatoon Sports Centre.
- Saskatoon Kinsmen / Henk Ruys Soccer Centre is located at 219 Primrose Drive and can be accessed through the main entrance.
- Saskatoon Sports Centre is located at 150 Nelson Road and can be accessed by using the main north entrance shared with Centennial Collegiate. The south entrance facing Attridge Drive will be locked and not accessible.
- All those entering the facility must exercise proper hand hygiene by washing or sanitizing upon entering and exiting the facility.
- Minimal spectator attendance is requested. At most, one spectator per player.
- Spectator will need to sign in when arriving at the facility for contact tracing purposes.
- All persons entering the soccer centres must wear a mask and only players and referees may remove their mask when they are participating in the on-field activity. Masks will be available for purchase at both facilities if a participant, referee, or spectator does not have one.
- Players should arrive at the soccer centre no earlier than 10 minutes prior to the scheduled game or training time, to ensure social distancing and numbers are kept at a minimum.
- Green rooms are available before games at the Saskatoon Sports Centre. However, after the games, players will not be able to access the rooms. They will need to promptly dress over their jerseys and leave the field within 5 minutes.

WONDERING IF YOU CAN PLAY? WHAT TO DO AND WHEN?



CONTACT INFORMATION

SAS must be notified if a player in our league or a close contact of a player in our league receives a positive test result.

Primary Contact: Danielle Bryk – Executive Director
executivedirector@saskatoonadultsoccer.com

Secondary Contacts: Rebecca Mitchell – Technical Coordinator
info@saskatoonadultsoccer.com

Ifman E. Huerta – Operations Coordinator
admin@saskatoonadultsoccer.com

Phone: 306-975-3427

IMPORTANT INFORMATION WE REQUIRE:

- Date of known exposure
- Have they participated since they were exposed; If yes, when and did they use the isolation room
- Date when they first had symptoms
- Test date
- Positive result date
- What mini-league/team
- Any other family members play with SAS or SYS?

IMPORTANT DATES FOR THE RE-OPEN SASKATCHEAN PLAN AND ITS AFFECT ON OUR LEAGUE

June 11, 2020: Outdoor sports can resume effective June 22, 2020.

<https://www.saskatchewan.ca/government/news-and-media/2020/june/11/reopen-saskatchewan-phase-4>

June 30, 2020: Indoor sports can reopen effective July 6, 2020.

<https://www.saskatchewan.ca/government/news-and-media/2020/june/30/reopen-saskatchewan-phase-4>

November 17, 2020: Masks mandatory in all indoor public space effective November 19, 2020.

<https://www.saskatchewan.ca/government/news-and-media/2020/november/17/covid-19--new-public-health-measures-in-effect-november-19>

November 25, 2020: Suspension of all adult sports activities effective November 27, 2020:

<https://www.saskatchewan.ca/government/news-and-media/2020/november/25/covid-19-update-new-measures-in-effect-november-27>