



Saskatoon Futsal League

Return to
Play

Futsal Pilot
Project
(Training)



Objective

- To create a phased return to play plan for Saskatoon Futsal League.
- Following Provincial and Canadian Government and Health Authorities guidelines.
- Consistently in line with Saskatchewan Soccer return to play plans.
- Approved and in full alignment with Canada Soccer and VIA sport and PSO return to play policies.



Return to Play Phases

Phase 1

- Individual Training

Phase 2

- Small Group Training -
TBD



Saskatchewan Soccer Phases



Phase 1

- Return to Training (modified training)
- Conditions: All Phase 1 Return to Train conditions are met
- Restrictions: No contact, no league, exhibition, festival or tournament

Phase 2

- Return to Training and Modified Games (enhanced training & modified games)
- Conditions: All Phase 2 Return to Train conditions are met
- Inter-squad and Intra-squad modified games permitted (only within the Club/Academy)
- Restrictions: No league, exhibition, festival or tournament games



2013-2010

- **Learn 2 Training (U18-11)**
- Athletes at the L2T stage should be engaged in the progression of activities during the different phases.
- Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks.
- The individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in.
- Be conservative when spacing out areas to maintain social distancing



Safety Officer

- We recognize the challenge in keeping everyone safe and secure, therefore, it is important to have someone maintain the standards of safe sport, sanitization and distancing at all our locations.
- Saskatoon Futsal League will have a Safety Officer on site during the Futsal sessions

Safety Officer – *Responsibilities*



Be the go-to person for communication & implementing the safe sport guidelines at your location

Keeping accurate counts of PPE as well as sanitation supplies.

- Keep an inventory and request more when running low.
- Ensure all supplies are being used correctly and adequately

Ensure signage and PPE stations are put up, taken down, and stored after sessions



Safety Officer – *Responsibilities*



Check in players at start of session ensuring the following:

They enter one at a time; making sure to keep any queue that forms 2 meters apart
They have sanitized their hands and have their own water bottle
They are assigned a pod and field location
Are given a pickup time for end of training



Sanitizing equipment between and after the day's sessions



Maintain washroom policy standards



Safety Officer – *Responsibilities*



Ensuring parents and players are informed of our policies and are turned away if showing any symptoms of illness. Answer any questions they might have about the policies.



Ensure spectators are not infringing on the designated training spaces



Report to Head of Safe Sport

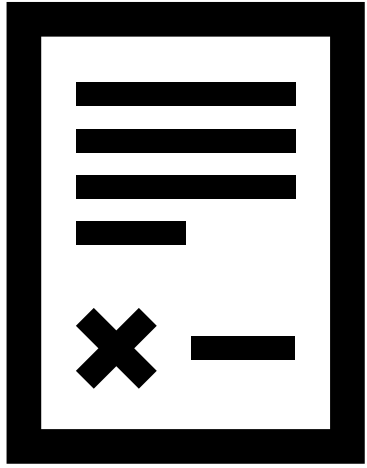
Any incidents, near occurrences, or breach of Any of our safe sport policies

Supply levels and reorder timelines



Safety Officer – Requirements

- A love for futsal and working in your community, especially the youth sport level.
- Waivers and daily checks
- Must have:
 - A clean police record check
 - Respect in sport
 - Making ethical decisions



Waivers

- Parents and guardians to provide written consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol.

Key Notes

- Limit gatherings based on restriction imposed by Government of Saskatchewan orders.
- Recommend that only one parent/guardian accompany their child/player to the session or modified game and avoid mass gathering of parents.
- Parents should however remain nearby in the event of injury or emergency.



Key Notes

- Players to receive a map of field, with specific directions on all protocols, prior to arriving at session.
- Pre-determined staff to guide players and parents upon arrival.
- Ball to be pre-set in training grids, for all players prior to arrival.
- Parents to remain off the field at all times (outside of the soccer centre) and to keep social distance between each other if outside of cars





Players

All players utilize the “Self-Check” on [Saskatchewan Covid 19- Self Assessment](#)

If you experience any of the symptoms, please follow recommendations and contact your medical health provider.

Do not carpool unless with immediate family members.

Always follow the instructions from coaches and respect physical distancing.

Arrive no more than 25 minutes prior to activity commencing.

Do not congregate at the facility entry point.

Arrive prepared to train – changing rooms will not be in use.

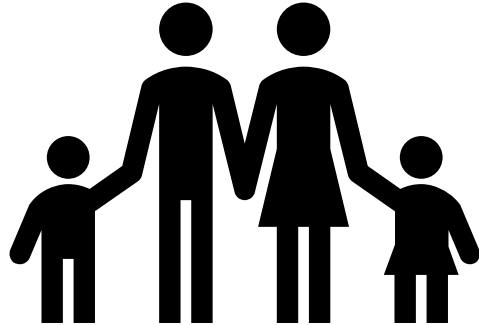
Bring your own water bottles clearly labelled with your name. Do not share water bottles.

Physical distancing of two (2) metres (6 feet) must be maintained.

All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.)

Follow the hygiene protocols in this document.

Mandatory the use of masks all the time



Parents

Follow the hygiene protocols in this document.

Avoid congregating at facility entry points.

Remind players to arrive to training dressed and ready, as change rooms will not be available.

Only one parent/guardian attending soccer activities.

Parents/guardians to keep a reasonable distance from the field.

No more than 1 person per 4m².

Ensure to check-in with coach for completion of attendance at the soccer activity.

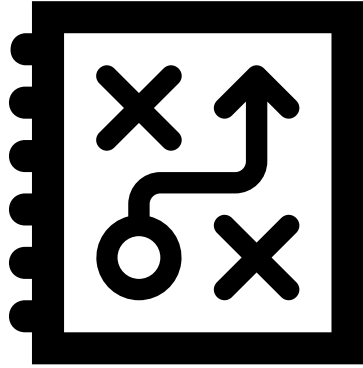
At home, ensure all the player's equipment is washed separately from the other household items.

Ensure child is healthy and has no sign of COVID-19 symptoms.

Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.

Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.

Mandatory the use of masks all the time



Coaches

Priority is to ensure safe environment, complete coach certification and safe sport.

Coaches hold an online pre-activity orientation with players and parents regarding safety protocols.

Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session.

Only Coaches/Staff should handle equipment.

Avoid using shared pinnies or any other additional equipment.

Wear facemasks all the time.

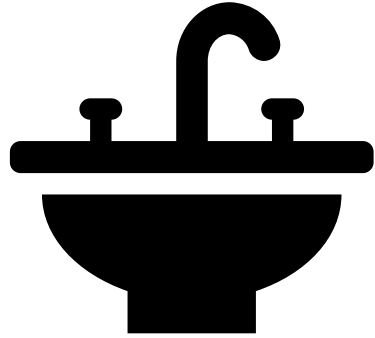
No heading, chest or hand contact with ball (feet only).

Regular sanitization breaks combined with water breaks.

Frequently clean all surfaces, including counters, door handles, benches, tables, etc.

Mandatory the use of masks all the time





General Hygiene Protocol

Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.

Do not spit at any time.

Clearly label your own water bottle. Do not share bottles.

Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).

Carry hand sanitizer in order to enable good personal hygiene.

Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.

Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.

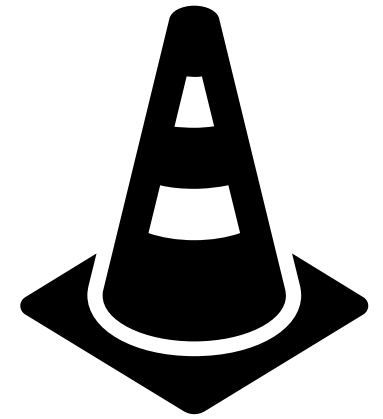
Avoid touching eyes, nose or mouth.

Shower at home before and after training.



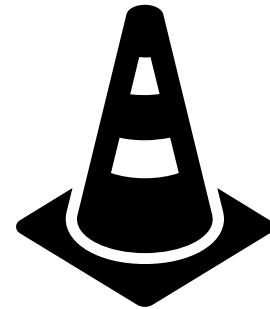
Equipment Safety and Cleaning

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains.
 - Note: Water fountains should be closed.
- Coaches will disinfect all equipment after soccer activities before storing at home or facility.



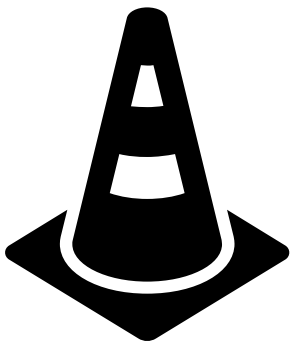
Equipment Safety and Cleaning

- Coaches to thoroughly wash or wipe down equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.





Equipment Safety and Cleaning

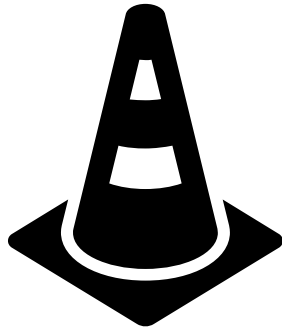


- Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.
- Do not share electronic.



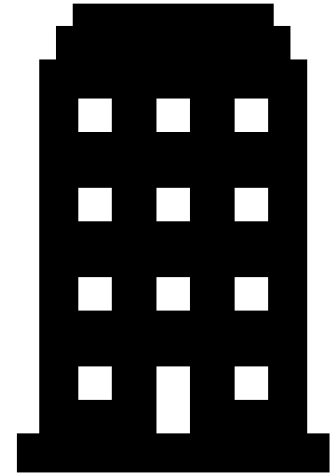
Equipment Safety and Cleaning

- Mandatory the use of masks or face shields all the time
 - Avoid touching the mask while using it and clean your hands if you do.
 - Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
 - Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
 - Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
 - Clean your gloves, mask or shield after each use.
 - Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.



Clean and Sanitized Facilities

- Any employee/player/parent/coach who is exhibiting symptoms of illness should stay home.
- If you, or someone you have been in contact with either at work, home, or at soccer related activities and begins to exhibit any symptoms, it is imperative to inform your Coach, Club/Academy representative immediately. In addition, you should:
 - Self isolate
 - Complete the online self-assessment available here; [Saskatchewan Covid 19- Self Assessment](#)
 - Contact Telehealth Ontario 1-866-797-0000
 - Contact your primary health care provider





Tracking and Screening

- Attendance tracking and screening for symptoms at entry
- If symptoms are present, ensure the following steps are followed:
 - Individual moved to isolated area (with parent/guardian as necessary).
 - Field/facility vacated and sanitized.
 - Contact Telehealth Ontario 1-866-797-0000 and advise of situation.

Reporting COVID-19 cases

- Saskatoon Futsal League will activate Emergency Response Plan and contact health authorities if an athlete, coach or match official has contracted COVID-19 and support them with contact tracing.



Emergency Action Plan (covid 19)

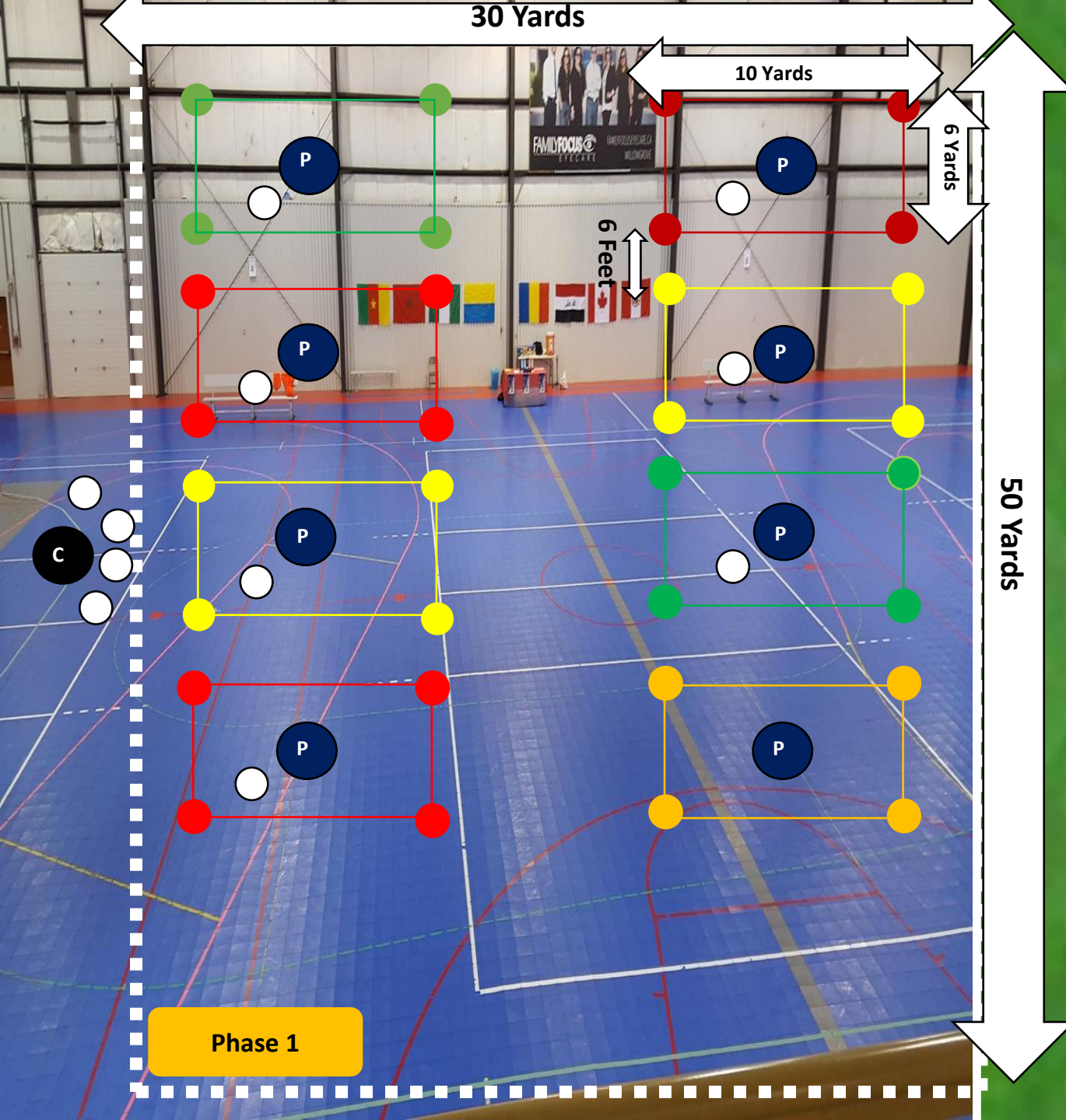
- The main objective should someone test positive within our soccer organization is to ensure that the virus does not spread any further and that the infected person(s) is removed and receive immediate care from health professionals.
- All locations will have an emergency action plan.
- This plan will include information such as:
 - Evacuation plans for any emergency including severe weather conditions
 - Nearest hospital and emergency numbers
 - Injury plan and First Aid protocols
 - Covid 19 positive test response plan



At the field

- Must follow clearly defined separate entrance and exit locations.
- Prior to entry and at the end of each session, all individuals to properly sanitize hands.
- Parents will not be allowed onto field of play and will be directed to an approved viewing location.
- **It is important to ensure NO gatherings of large groups while activity is taking place. Please respect social/physical distancing measures as set in place by governmental public health authorities.**





ZONES

- Zones split into 8 boxes, with one player in each box.
- Box = 10x6 Yards each, with a minimum of a 6 feet gap in between all boxes, to keep within social distancing guidelines and recommendations.
- A total of 2 zones, there can be up to 16 players on a full field at any given time.
- One staff member will oversee one individual zone on the pitch, leading the session / activities for 8 players at a time.
- Coaches to receive lists of players in their zone and their training boxes, prior to sessions.

Next steps



- Secure Fields and Confirm Schedules for Phase 1 or Return to Play
- Individual team meetings on Zoom prior to start of sessions



Thank You.