



Saskatoon Youth Soccer Inc.
Return to Soccer Plan
Kids in the Park

Updated: July 3rd, 2020

Disclaimer

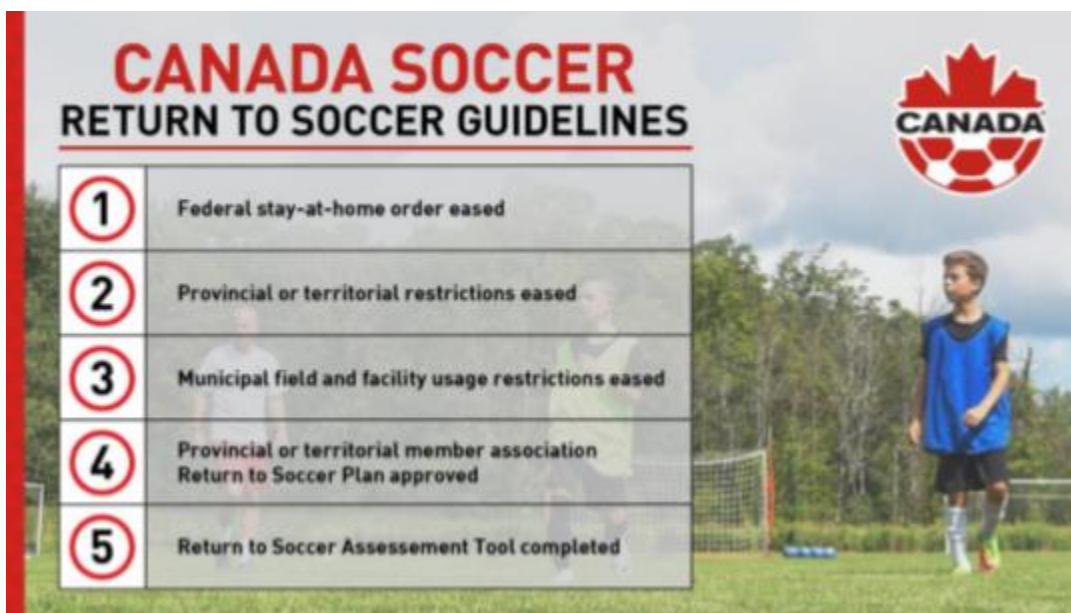
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Canada Soccer Return to Soccer Guidelines

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.

From these guidelines, the Saskatchewan Soccer Association has created A Return to Play plan for the province, which includes guidelines, considerations, and recommendations for Member Organizations and clubs for when they design their subsequent return to play plans. With these taken into consideration Saskatoon Youth Soccer Inc, has created this dynamic document to outline a return to play plan for the programs not undertaken by the Soccer Clubs of Saskatoon.



The graphic features the Canada Soccer logo (a red maple leaf with a soccer ball) in the top right corner. The title "CANADA SOCCER RETURN TO SOCCER GUIDELINES" is prominently displayed at the top left. Below the title is a vertical list of five numbered steps, each with a corresponding description. The background of the graphic shows a young boy in a blue soccer jersey standing on a grassy field with a soccer goal in the distance.

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

Overview of SYSI Return to Soccer Plan

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

This document will be dynamic and will be updated as new information becomes available. In the end, when all the SSA guidelines are followed and restrictions are eased, it will be the Member Organization's decision if they 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

Re-Open Saskatchewan - Phase 4.1

June 22

Re-Opening:

- Child and youth day camps
- Outdoor pools and spray parks
- Outdoor sports

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Saskatchewan 

The table below should help provide clarity on the steps needed in order to resume organized soccer programming. 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 (this document) 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 are able to deliver soccer and must adhere to Phase of resumption - COMPLETE

PHASES OF RESUMING SOCCER

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

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)
Social Distancing measures are in place Technical Based Activities *Opposition may be created utilizing individuals from within same household or family bubble.	Social Distancing measures are being relaxed Small Group Activities (1v1 to 3v3)	Social Distancing measures are relaxed further Intro of Small Game Formats (1v1 to 7v7)	Social Distancing measures are removed All Game Formats (1v1 – 11v11)

Social Distancing (Phase 1): 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.

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 COVID19 carrier)

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).

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

AGE AND STAGE CONSIDERATIONS – RTSP PHASE 1 – RETURN TO TRAIN

Active Start U5	FUNdamentals U7 & U9	Learn 2 Train U11 & U13	Soccer 4 Life U15, U17 & Adult
<p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age may struggle to maintain social distancing and complete technical based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained. Social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p>	<p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age often need interaction with someone to remain engaged and complete technical based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience as social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p>	<p>Athletes at the L2T stage should be engaged in the progression of activities within training session during RTSP Phase 1.</p> <p>Athletes at this age need monitoring but may be ready to maintain social distancing as directed. Level of support is based on the maturity of the athletes.</p> <p>Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice environment</p> <p>Be conservative when spacing out areas to maintain social distancing.</p>	<p>Athletes at the S4L stage should be engaged in the progression of activities within training session during RTSP Phase 1.</p> <p>Players should understand what social distancing is and be able to respect the social distancing requirements in place within your province while at soccer.</p> <p>Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused.</p> <p>Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice.</p> <p>Be conservative when spacing out areas to maintain social distancing.</p>

Return to Play Procedures and Guidelines

Communication

- Participants will be required to register for the sessions. The sessions will be at zero cost but will be a four-day commitment.
- After registration is completed participants will receive a confirmation email with directions about expectations for each session. This communication will outline protocols drop off, pick up and 1 with 1 training as parent participants, pre-screening assessment (done by all coaches, players, parents, volunteers, and staff), and check-in
- Included in the registration, a waiver for both players/participants and parents that will need to be completed and electronically signed, before player and parents can check-in
- Included with the confirmation email to each participant, will be a safety orientation. Parents will be required to go through this in detail, so they are knowledgeable of social/physical distancing, behavioural, and hand sanitizing expectations
- Information about stages/phases of play will be subject to change as Provincial Phases are changed.
- Each participant will receive facility/field information, and signage will be displayed at the field to highlight access points for entering and exiting the field to decrease the risk of bottlenecks and maintaining physical/social distancing measures
- Each participant will be made aware that the only thing they can bring will be a ziploc bag with their name on it which contains tissues, masks, closed mouthed water bottles, hand sanitizer and medication (if required), etc.
- Areas will be allocated to provide safe spacing for participants personal belongings in order to maintain social/physical distancing protocols
- On field, safety orientation will be conducted by the coaches to the participants before each session to remind everyone daily what safety measures and protocols are expected when the participants are at the field
- Implementation of cleaning protocols, sanitizer stations, pickup and drop-off areas and spectator procedures

Session Procedures

Attendance/Check-in

- 6 predetermined parks will be sites for the Kids in the Park program:
 - Al Anderson Park - 203 Hampton Circle
 - Rochdale Park - 402 Redberry Road
 - Wallace Park - 903 Stensrud Road
 - Meadowgreen Park - 2515 18th Street W
 - Wildwood Park - 315 Rosedale Road
 - Blair Nelson Park - Vic Boulevard
- Only One parent must accompany child to attendance/check in, indicate their name and relationship. They will be advised of where the spectator area at the field is, and where they can

park and wait until the session is complete. If they are participating with their children (required for participants ages 5 to 8), they will check-in the same as the players.

- Participants can arrive at the earliest 15 minutes before the start of a session.
- If a participant is late to a session, they will need to check with a coach, receive the safety orientation, and be taken by the coach to a training area before they can join the session.
- Players will be made aware of the processes and guidelines with check in, and transition to field steps which will be included in the confirmation email/orientation package
- Hand sanitizing will take place at the attendance/check in.
- One coach will take players and participants to designated training area/grid (previously assigned)
- Players will wait in a designated holding area until a coach can take them to a training grid.

Sanitizing and Cleaning

- All participants (coaches, players, parents, volunteers, and staff) will need to wash or sanitize their hands before and after a session.
- Sanitization stations will be located at the attendance/check-in, field entrance, on field and field exits.
- Equipment will be set up and collected and cleaned by SYSI coaches only, at the end of each session. Equipment will not be shared between each training group.
- Disposable bags/containers will be provided to coaches for safe disposal of hygienic material
- Participants will be reminded to take all personal disposable material belonging to them home to be disposed of.

General Procedures and Guidelines

- All precautionary practices are still in effect involving physical/social distancing.
- Adherence to provincial guidelines regarding public gathering sizes; this is currently set at 30 people for outdoor spaces while maintaining physical/social distancing measures.
- Distance between participants not in the same grid (player and parent/guardian/sibling) cannot be less than 2 meters.
- Each session will be broken up to 14 training grids measuring 10ft x10ft with 2 meters in between grids
- No games involving contact or where physical/social distancing can become compromised will be conducted – sessions in the Kids in the park program will adhere to the phase 1 guidelines set forth by the Saskatchewan Soccer Association.
- Session plans will be made to make sure physical/social distancing is maintained.
- Any equipment that is shared (soccer balls, cones, etc.) will only be handled by staff or coaches.
- Heading and hand contact with the ball will not be allowed.
- No changing on the field will be permitted, participants must come dressed and ready to participate.
- Any spectator benches and bleaches if located at any of the training areas will not be used

Session Guidelines and Procedures

- Sessions will be broken down into two groups morning and afternoon and will be 4 days in length (Monday to Thursday) each session running for an hour at a time
- Two coaches will be responsible for the morning sessions and two coaches will be responsible for the afternoon sessions to limit exposure points.
- Sessions week over week, cannot have repeat participants to limit exposure, each group will be unique.
- Participants, and spectators/parents are encouraged to wear a mask during the session but is at the discretion of each participant.
- A safe space for water bottles and Ziploc bags will be located behind each participant's grid and will be kept at least 2 meters apart from other participants belongings to maintain social distancing.
- All participants will need to wear a new outfit to each subsequent session or ensure that their training/playing clothes are washed immediately after each use (upon returning home).
- No loitering in the park or pickup/drop off zones before or after each session
- Parents not partaking in the sessions themselves, will need to remain on field in the designated spectator area in case of illness or injury while maintaining physical/social distancing measures.
- Parents are required to stay on site (either in the car or observing from a safe distance) in case of inclement weather or an emergency.
- Coaches and staff will deter large crowds to ensure physical distancing measures and will direct crowds at their discretion.
- No handshakes, hugs, etc. at anytime
- Any injuries should be attended to by the parent or guardian. If this is not possible, an SYSI coach will assist with the injured player wearing the proper PPE (masks and gloves).
- Once assigned to a grid, players will remain in that grid for every session until the end of the training program.
- Once the session has finished, coaches will instruct participants to pick up their personal effects and guide them to the exit of the field individually to maintain physical/social distancing.
- Equipment will be sanitized prior to each new session (daily).

Coach Responsibility

- Obligated to not attend if they have any symptoms or are ill or have been in contact with someone who is ill.
- All coaches and staff must go through a pre-activity orientation.
 - Hand washing, no spitting, elbow coughing, nose blowing, disposing of garbage, glove and mask use (required), all procedures, transitions as they related to the program and each session, sanitization and equipment cleaning, etc.
- Equipment must be gathered and cleaned in the cleaning area by coaches.

- Wearing masks is required for all scenarios where participants are present, and where there is any interaction outside of a designated coach partner.
- Create and organize activities to ensure and maximize physical/social distancing between training grids.
- Create activities to ensure that athletes stay within the existing groups to limit contact between participants.
- No heading or hand contact with the ball during the sessions – feet only.
- Provide participants with regular sanitization and water breaks.
- Guide and take players to exit after each session.

Parent Responsibility

- Obligated to not attend if they have any symptoms or are ill or has been in contact with someone who is ill and must keep their child home as well.
- Ensure child is healthy with no signs of any symptoms, recommended to take temperature prior to coming to each session.
- Review the physical/social distancing, hand hygiene, and safety procedures with participants to ensure there is obvious understanding of the expectations of the program and at each session.
- If child is 5 to 8 years of age, the parent must actively participate on-field within child's designated grid area to ensure child is always taking part in social distancing measures.
- If a parent is not taking part in the on-field session, they must remain at field location in case of emergency.
- If a parent is not taking part in the on-field session, required to stay outside of the session area unless asked to enter by an SYSI staff or coach (e.g. in the case of illness or injury).
- Ensure the child/participant has all the items (indicated in the confirmation email) that is required to participate.
- As per provincial health authority guidelines, the use of a mask is highly recommended in all scenarios where the session is not running (attendance/check-in, entering and exiting the field, while observing in the in the spectator designated area, etc.)

Participant Responsibility

- Obligated to not attend if they have any symptoms or are ill or have been in contact with someone who is ill.
- Come prepared in clothes ready to participate, with a ziploc bag with their name on it which contains tissues, masks, closed mouthed water bottles, hand sanitizer and medication (if required). No other personal items will be allowed.
- In order to ensure their own safety and the safety of others, the participant and their accompanied parent/caregiver/sibling must commit to accept and put into practice the physical/social distancing and all other safety protocols as a part of the Saskatoon Youth Soccer Kids in the Park Program.

- As per provincial health authority guidelines, the use of a mask is highly recommended in all scenarios where the session is not running (attendance/check-in, entering and exiting the field, etc.)