



## Sherwood Park District Soccer Association

### COVID-19 Safe Soccer – Stage 2 (2020/21 Indoor Season)

The objective of these guidelines is to provide our members with a safe training environment that will minimize the risk of transmission of the virus, and the ability to track and isolate any cases that may arise.

#### Environment/Setting

- Groups will be limited to 50 people on one indoor field (25 people per half of a full-sized field); including staff and participants.
- Players must arrive at sessions, no earlier than 15 minutes prior to the start of the session and **must** arrive ready to play with all equipment on. Shoes should be changed, once they are inside Millennium Place. There will be **NO** access to dressing rooms for the Indoor season.
- Players must have their own water bottle which is labeled with their name.
- While off field, all individuals shall maintain physical distancing of at least two meters from others unless they are from the same household.
- There will be no close greetings such as hugs or handshaking, group cheers, high fives or fist bumps.
- Players must avoid sharing cups, water bottles or personal equipment.
- Each player should provide their own ball. If they do not have a ball, one will be provided to them for the sessions.
- Disinfect equipment that is shared or touched by hand.
- No sharing of common equipment off the field, unless from the same household.
- Parents/guardians of children aged U9 to U19, cannot be at the fields during practices/games; however, parents should remain close by until the training sessions are complete. There will be a limited amount of space for parents to stay as a spectator during games. Parents may stay in their cars during the sessions/games. Please be mindful of the next groups trying to find parking.
- Parents/guardians of children aged U4 to U7, must accompany their child onto the field and may not leave until the sessions are over. Only **ONE** parent/guardian per player shall be present for all sessions in the U4 to U7 age group.
- Spectators at Millennium Place will be limited to 52 people, between both fields. Spectator numbers will be monitored by Millennium Place staff.
- After activities, all players shall leave Millennium Place immediately after the sessions. Individuals shall maintain physical distancing when returning to vehicles or homes.

- Parents of players in U9 to U19, may wish to meet their child in a designated area for pick up. Please maintain the social distancing requirements.
- Each field will be closed for 30 minutes after each session, to allow time for Millennium Place staff to clean and sanitize the touched surfaces.
- Players will be required to provide their own hand sanitizer and must sanitize their hands prior to the start of any session and again at the end of each session.
- The SPDSA's Rule of Two policy will be strictly enforced at all training sessions.
- The U4 to U7 program will be run with cohort groups of up to 50 people in the group, including coaches and same gender team officials.
- Cohort groups will be set up in groups of 50 people, including coaches. Example: 40 – U4 players will be split into 4 teams of 10 players and 1 or 2 coaches per team and that will be one cohort group that will play each other for the season.
- The U9 program will have regular teams formed with a minimum of 12 players per team and each team will be considered a cohort group. Teams will play each other one week, and then the following week the teams will have a practice only and then the next week, they will play another team. This format will allow the two-week break between groups and fall in line with the AHS guidelines on cohort groups.
- The U11 to U19 programs will have regular teams formed with a minimum of 16 to 18 players per team and each team will be considered a cohort group. Teams will play each other one week, and then the following week the teams will have a practice only and then the next week, they will play another team. This format will allow the two-week break between groups and fall in line with the AHS guidelines on cohort groups.
- Due to AHS cohort guidelines, there will be **NO** trialists for the Indoor Season. Once a player participates with a team, and they wish to move to a new team, they must sit out for 14 days before training with a new group.
- Any player who receives a card during a game, must serve the penalty on their team bench.
- During games, there shall only be one on field referee. We will require one coach to volunteer to be in the box to run the time clock.
- All players, coaches and team officials will be required to show their SPDSA ID card to the referee.
- Tournaments and travel are prohibited by ASA, CSA and AHS.

## Health & Safety

- Those who are sick or have **unexplained** symptoms must **not** participate even if symptoms present are a mild cold. The Mandatory isolation period is 10 days from the start of the symptoms, or until symptoms resolve, whichever takes longer. If you have tested negative, it is still important to stay home until your symptoms resolve so that you do not infect others.
  - Symptoms to look for include fever, cough, shortness of breath, difficulty breathing, sore throat, chills, painful swallowing, runny nose, nasal congestion, headache, nausea, vomiting, diarrhea, unexplained loss of appetite, loss of sense of taste or smell, muscle/joint aches, conjunctivitis or general feeling of being unwell or fatigued.
- Maintain your 2-meter distance off field, unless from the same household.
- Limit congregating with other people when going to and from common areas like parking lots and common areas.
- Players may wear PPE off field, such as masks / gloves at their own discretion. Players shall **not** wear masks during on field activities. All players, members and team officials **MUST** observe the safety guidelines that are in place at all indoor facilities. **\*\* Masks are mandatory in all facilities unless on the field for games/practices.**
- All staff including technical staff and volunteer coaches, shall wear a mask, when the two-metre distancing cannot be maintained. For those that are coaching multiple age groups/teams you **MUST** always wear a mask, in order to move from one group to another.
- Participants should adhere to all AHS directives when arriving as well as during their session
  - Wash hands before arriving
  - Arrive dressed for session
  - Carry hand sanitizer containing at least 60% alcohol content
    - Use when necessary
  - Refrain from touching your face
- Families are required to immediately notify the Sherwood Park District Soccer Association (SPDSA) if anyone in their household develops symptoms of COVID-19
- Participants, coaches, instructors or volunteers who become symptomatic during any activity are required to be isolated from others and must return home immediately.
- If a player or staff member has been in contact with a person that has tested positive with COVID-19 they **MUST** self isolate for 14 days or provide proof of a negative COVID-19 test prior to returning to the team.
- If a player or team official test positive with COVID-19 the team **MUST** self isolate for 14 days or provide proof of a negative COVID-19 test, as well as notify the Sherwood Park District Soccer Association (SPDSA) immediately.
- We strongly encourage all participants to download and use the Alberta contact tracing app ABTraceTogether
- Players, parents/guardians, coaches and spectators are expected to complete the following checklists, prior to attending any sessions. We encourage you to maintain these checklists for a minimum of two (2) weeks.

- Return to Play – **Participant Checklist** to be completed prior to arriving at fields.
  - Return to Play – **Parent/Guardian Checklist** to be completed prior to arriving to fields.
  - Return to Play – **Staff/Volunteer Checklist** to be completed prior to arriving to fields.
  - Return to Play – **Spectator Checklist** to be completed prior to arriving to fields.
  - All staff, players and parents/guardians will be logged daily for Contact Tracing, and all logs will be maintained for a minimum of 2 weeks. The contact tracing log shall be kept by the team coach/manager on the forms provided by the SPDSA, and must be submitted to the SPDSA office, no later than 24 hours after the session time. Information collected shall only be used for COIV19 contact tracing purposes and will be kept confidential and maintained in a secure location.
  - All staff and volunteers must be a minimum of 18 years of age, in order to oversee any activity.
  - All participants (or parents/guardians if under 18 years of age) must sign the Informed Consent – Assumption of Risk Waiver, plus provide a Declaration of Compliance prior to participating in any session. Consent and waivers are done electronically, during the registration process.
  - Cheering and yelling is strongly discouraged.
  - All equipment that is touched by the hands of a player or coach during training sessions, will be sanitized both before and after each session, as well as during sessions if possible.
  - Personal equipment such as sporting gloves must be cleaned before, after and during sessions. Hands must be sanitized before putting gloves on.
  - All staff / coaches must sanitize their hands between sessions and shall always carry PPE with them.
  - Mini leagues can be comprised of multiple teams to a maximum of 50 people. Game play between teams will be limited to teams within the same cohort/mini league.
  - Teams in different mini leagues **cannot** play each other, unless there is a minimum of 14 days between playing their last cohort game.
  - Staff and coaches can move from group to group if the 2-metre distance is always maintained. If the 2-metre distance cannot be maintained, they must wear a mask, in order to move from one cohort group to another.
  - Players can only be with one cohort group for the season. If they wish to leave one cohort group to join another cohort, they must sit out for 2 weeks before joining the next cohort. This includes being part of another sport cohort, unless the second sport is socially distanced.
  - Activities will be restricted to current district registered in. Participants shall not seek sport, physical activity and recreation opportunities in other regions, or out of province.
  - Players that train with another academy or group will **NOT** be accepted to train with any SPDSA/Phoenix group/team.
  - Transportation to and from activities should be arranged so that only family cohort members, or members from the same household, share rides.
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## Screening Checklist

Below is the screening checklist that will be conducted to all players, staff, volunteers, parents/guardians. If an individual answer **YES** to any of the questions, they will **NOT** be allowed to participate in any activities. Children and youth **MUST** have a parent/guardian to assist them to complete the screening tool. **Please DO NOT leave home if you answer YES to any of the following questions.**

1.	Does the person attending the activity, have any of the below symptoms:	<b>CIRCLE ONE</b>	
	• Fever	<b>YES</b>	<b>NO</b>
	• Cough	<b>YES</b>	<b>NO</b>
	• Shortness of Breath / Difficulty Breathing	<b>Yes</b>	<b>NO</b>
	• Sore throat	<b>YES</b>	<b>NO</b>
	• Chills	<b>YES</b>	<b>NO</b>
	• Painful swallowing	<b>YES</b>	<b>NO</b>
	• Runny Nose / Nasal Congestion	<b>YES</b>	<b>NO</b>
	• Feeling unwell / Fatigued	<b>YES</b>	<b>NO</b>
	• Nausea / Vomiting / Diarrhea	<b>YES</b>	<b>NO</b>
	• Unexplained loss of appetite	<b>YES</b>	<b>NO</b>
	• Loss of sense of taste or smell	<b>YES</b>	<b>NO</b>
	• Muscle/ Joint aches	<b>YES</b>	<b>NO</b>
	• Headache	<b>YES</b>	<b>NO</b>
	• Conjunctivitis	<b>YES</b>	<b>NO</b>
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days? (unless an essential worker, who is exempt)	<b>YES</b>	<b>NO</b>
3.	Have you or your children attending the program had close <u>unprotected</u> * contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	<b>YES</b>	<b>NO</b>
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	<b>YES</b>	<b>NO</b>

