



Sherwood Park District Soccer Association

COVID-19 Safe Soccer – Stage 2

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 outdoor field (25 people per half of a full-sized field); including staff and participants.
- Players must arrive at sessions, no earlier than 15 minutes or later than 5 minutes prior to the start of the session and must arrive ready to play with all equipment and shoes on. Players that arrive after the session has started, will not be permitted to access the fields.
- One parent/guardian from the players cohort family, shall park in the public parking area and must accompany all players to the first check in point at the designated location. Please do not drive up to the drop off location.
- As players arrive, they must be accompanied by their parent/guardian. Players and attending parent/guardian, will be screened for contact tracing and players signed in by SPDSA staff. All players will be asked to sanitize their hands prior to entering the field.
- 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. Players on team benches must also maintain a 2-metre distance from another person.
 - Groups must maintain a 10-metre physical distance from other groups
- 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 on the fields during practices; however, parents should remain close by until the training sessions are complete. Parents may stay in their cars during the session. Please be mindful of the next groups trying to find parking. Parents must adhere to group size and social distancing guidelines.
 - Parents/guardians of children aged U4 to U7, must accompany their child onto the field and may not leave until the sessions are over.
 - Spectators will be limited to 100 people per field, inclusive of staff.
 - After activities, all players shall leave from their designated exit as indicated on the field maps. 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.
 - Spectators may attend games and must be 2 metres away from the sidelines and must maintain 2 metre distance from another spectator, unless from the same family cohort group.
 - Limit of one spectator per player. We recommend that all spectators wear a mask.
 - Each field will run on 15-minute intervals, to allow for easy transition of players.
 - Due to contact tracing, any player, parent or guardian that leaves the field area once they are checked in, will **NOT** be permitted to re enter.
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- Hand sanitizer stations will be available as indicated on the field maps and will not be in locations that can be accessed by young children.
- Signs will be posted reminding players not to participate if they are sick (even if symptoms resemble a mild cold).
- SPDSA Staff members will be on site during all sessions, to ensure that proper protocols are being followed.
- The SPDSA's Rule of Two policy will be strictly enforced at all training sessions.

Health & Safety

- Those who are sick or have **unexplained** symptoms must **not** participate even if symptoms present are a mild cold
 - 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 pathways.
- Players may wear PPE off field, such as masks / gloves at their own discretion. Players shall **not** wear masks during on field activities.
- All staff including technical staff and volunteer coaches, shall wear a mask, when the two-metre distancing cannot be maintained.
- 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.
- 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. 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.
- A designated First Aid station will be set up at all training sites and will be clearly identified on field maps.

- 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.
- 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 must sanitize their hands between sessions and shall always carry PPE with them.
- Entrance and Exit's will be clearly marked at field locations and will be maintained by an SPDSA staff or Volunteer.
- 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.
- Cohort groups will be set up in groups of 50 people, including coaches. Example: 40 - U9 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.
- Staff 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 isolate for 2 weeks before joining the next cohort.
- 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 group.
- Transportation to and from activities should be arranged so that only family cohort members, or members from the same household, share rides.
- All staff and volunteers must be a minimum of 18 years of age, in order to oversee any activity.
- A designated First Aid station will be set up at all training sites and will be clearly identified on field maps.
- 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 isolate for 2 weeks before joining the next cohort.
- 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.
- Transportation to and from activities should be arranged so that only family cohort members, or members from the same household, share rides.

Field Amenities

- **NOTE - There will be no access to washrooms or port-a-potties for players, parents or guardians.**

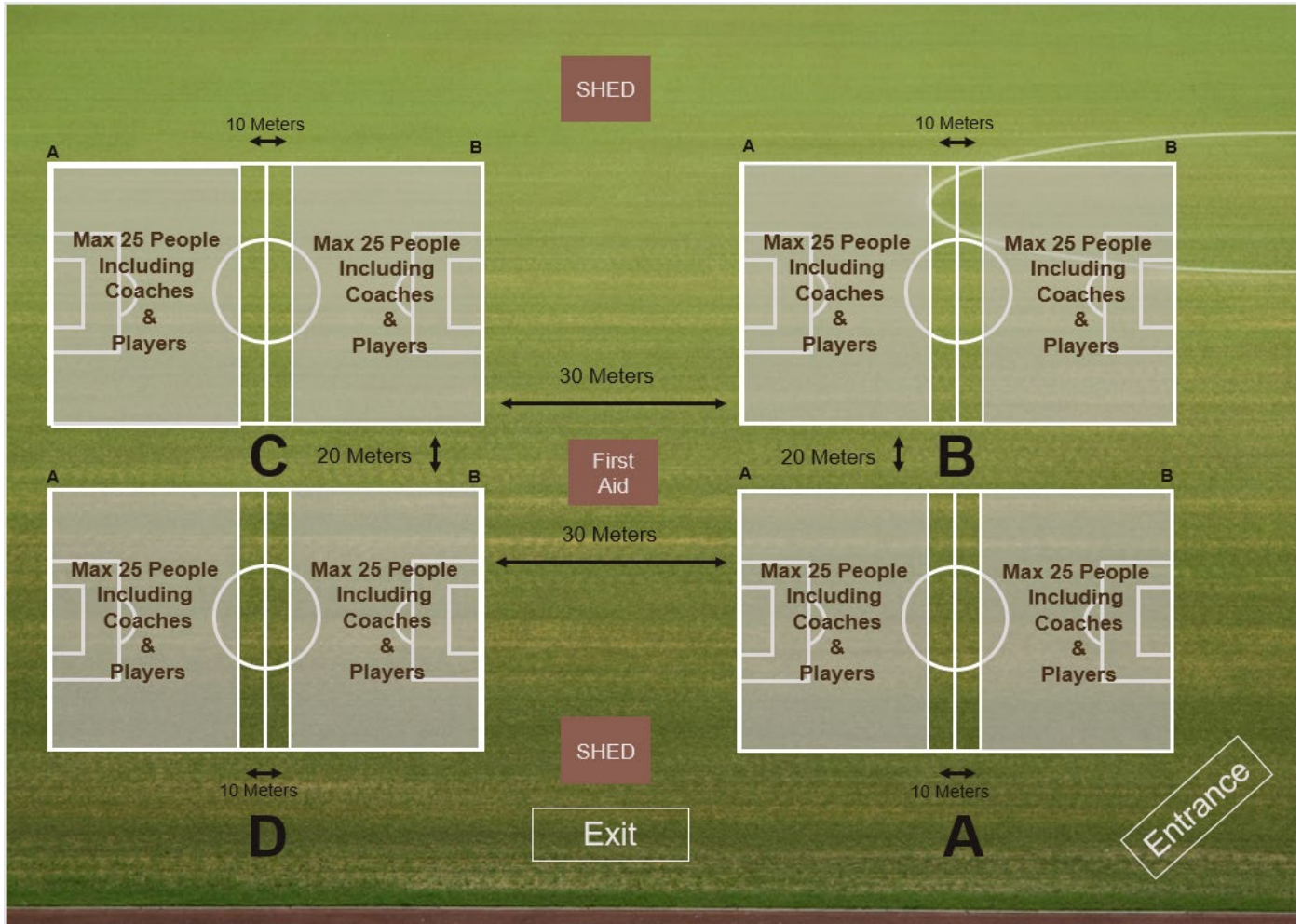
Screening Checklist

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:	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	Yes	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days? (unless an essential worker, who is exempt)	YES	NO
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?	YES	NO
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?	YES	NO

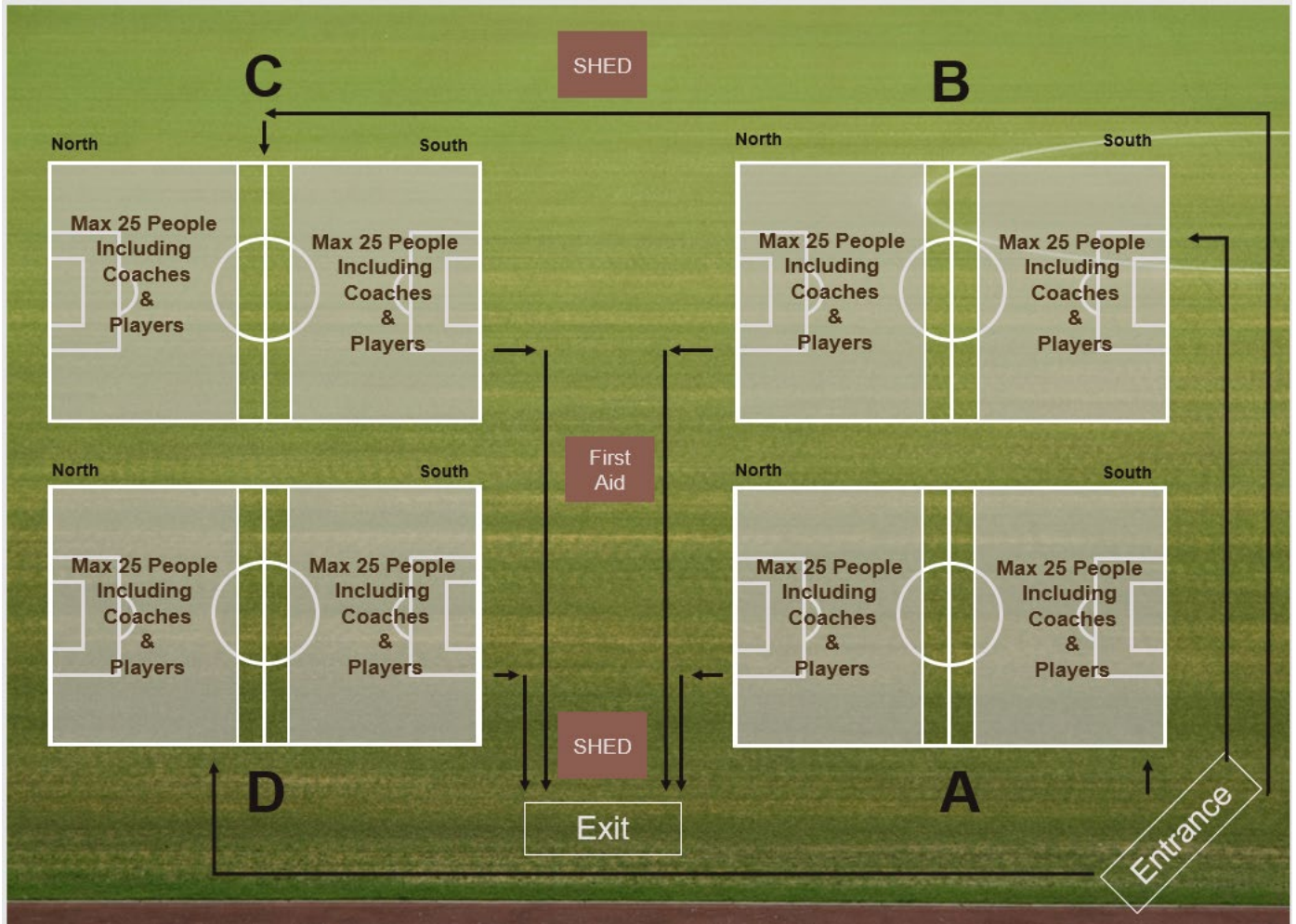
On-Field Layouts

Below is a layout of the fields at Millennium Place. It shows where the entrance is and exit and the number of players and coaches. Please note that there will be at least one coach and one technical staff per half of a field. Some may have up to two coaches and a technical staff. There will be no more than 25 people between players and coaches combined, on half a field.



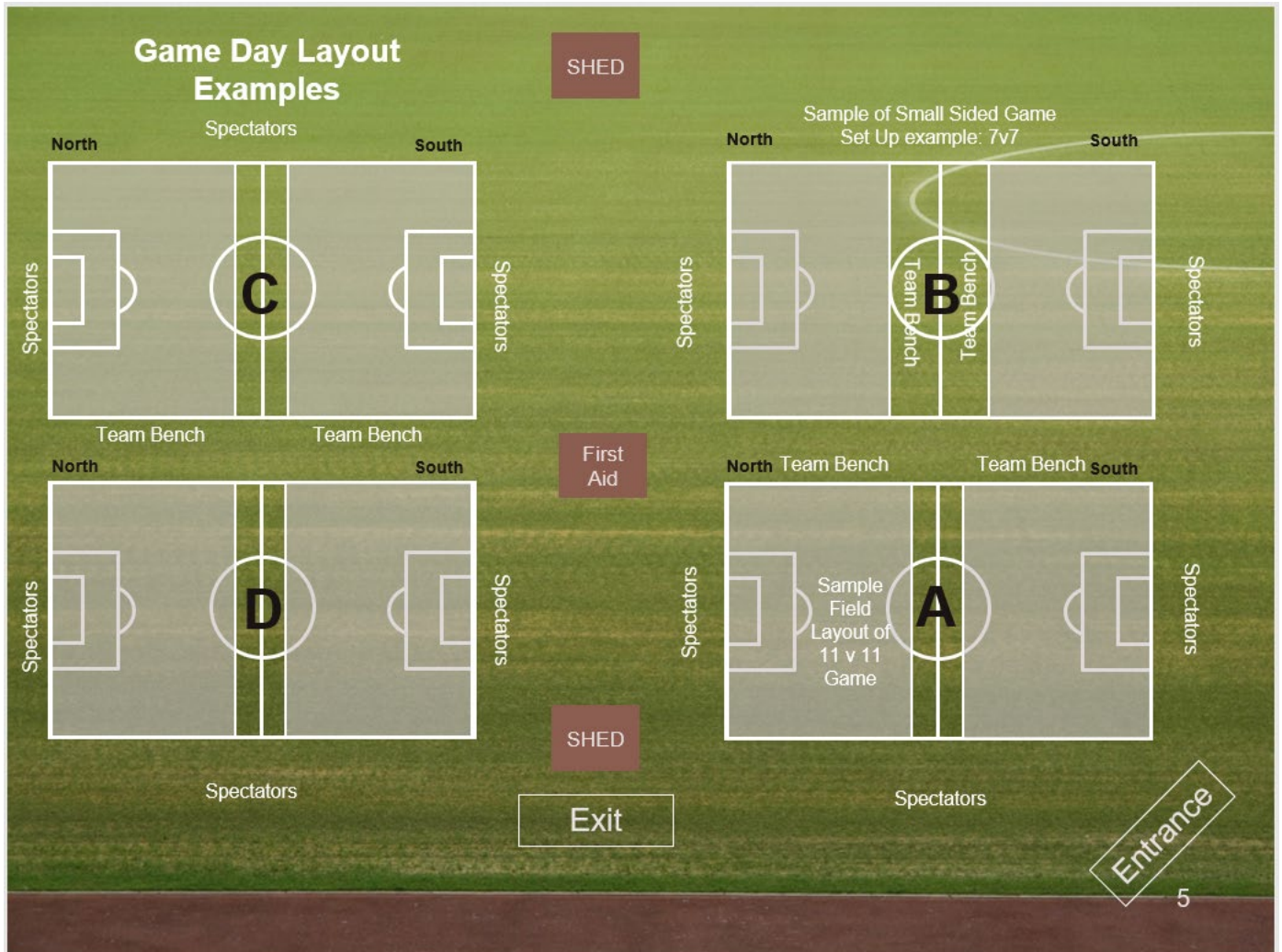
Entrance and Exit Layouts

The following diagram indicates the routes in which players and spectators (for games only) will follow when entering the field and exiting the field at Millennium Place.



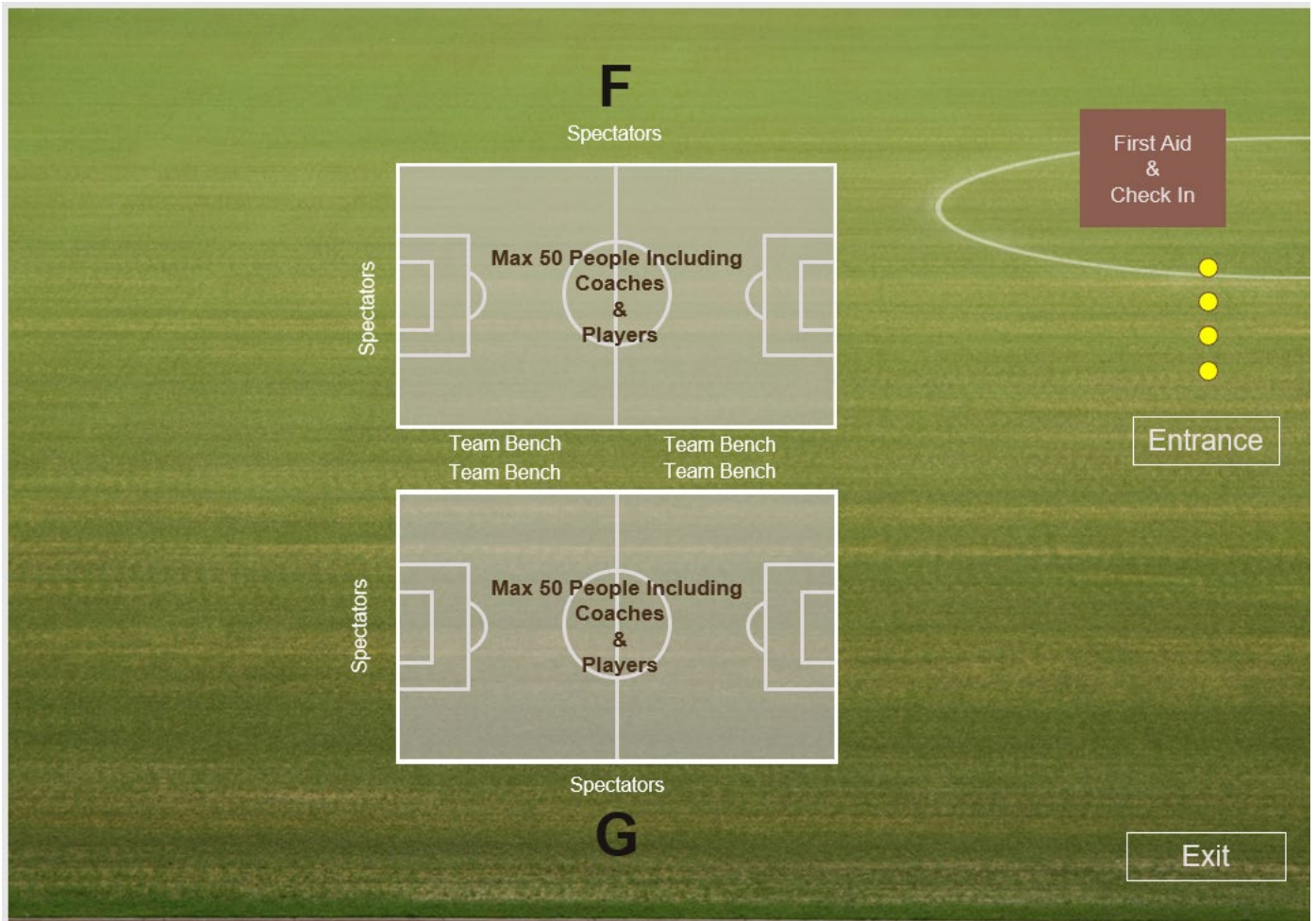
Sample Game Day Layouts

The following diagram indicates sample game day layouts in which players and spectators will be placed for game days at Millennium Place. All spectators must maintain 2 metre distance from sidelines and 2 metre distance from another spectator. Spectators are limited to 100 people per field, inclusive of staff and other volunteers.



On-Field Layouts

Below is a layout of the fields at Strathcona Athletic Park (SAP). It shows where the entrance is and exit and the number of players and coaches. Please note that there will be at least one coach and one technical staff per half of a field. Some may have up to two coaches and a technical staff. There will be no more than 50 people between players and coaches combined, on a full field.



Entrance and Exit Layouts

The following diagram indicates the routes in which players and spectators will follow when entering the field and exiting the field at Strathcona Athletic Park (SAP). All spectators must maintain 2 metre distance from sidelines and 2 metre distance from another spectator. Spectators are limited to 100 people per field, inclusive of staff and other volunteers.

