



RETURN TO SOCCER PLAN

February 1, 2021

***Please note, these guidelines are subject to change at anytime based on requirements from the SK Health Authority and the Government of Saskatchewan.*

Phases of resuming soccer

Saskatchewan Soccer has laid out a four phase plan to return to soccer.

Phase One- No contact

- Individual training
- Soccer Distancing measures are in place
- Technical Based Activities
- Opposition may be created utilizing individuals from within same household or family bubble

Phase 2- Minimal Contact

- 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

Phase 3- Return to play (Increased Contact)

- Club based Play
- Social distancing measures are relaxed further
- Intro of small game formats (1v1 or 7v7)
- Mini leagues of 50 can be formed

Phase 4- Return to Play (Full Contact)

- Open play
- Social Distancing measures are removed
- All game formats

Fields

Cudworth has two different locations with extra space to facilitate outdoor soccer. All the games and practices will be able to be scheduled on different fields each night of the week.

- Players will be asked to:
- Show up at the time of their practice/game, not early. Leave immediately after the session.
- Place their belongings in a directed place
- Use hand sanitizer prior to coming and leaving the field

Equipment

Each player will bring their own labelled water bottle, and freshly washed jersey. If possible, bring a sanitizing wipe to clean belongings after practice/game. All shared equipments will be thoroughly and safely sanitized after use. Younger age groups may need to use small portable nets and will be assigned to each team if possible.

Coaches/Team Personnel

All team personnel must complete a pre activity orientation on all safety protocols-information will be provided in binder in individual bins.

Each team will consist of a coach, assistant coach and a manager. Team personnel are responsible to ensure a safe environment for all the athletes. A bin with training and sanitizing supplies will be assigned to each team. Coaches must use their marked bin only and sanitize all the training supplies after each use. Flags, portable nets or any additional supplies used by more than one team need to be collected and sanitized by one person. Team personnel will ensure players are not touching equipment to prevent cross contamination. Anyone using non assigned or labelled equipment from the soccer shed is required to sanitize hands and surfaces that have been touched. Team personnel will be required to complete a health and safety check and player attendance at the beginning and end of each practice/game. These will be supplied in each bin. This information needs to be emailed to cudworthsoccer@gmail.com after each session.

Guidelines for illness

Players or team personnel who are ill or symptomatic are not permitted to attend their session. Team personnel can remind parents/guardians and players of this at drop off to confirm the player does not have symptoms of Covid-19. Players will be asked screening questions and attendance taken at the beginning of each session. If any players' answers yes to one of these screening questions, they will not be allowed to enter the field at that time. Players who experience symptoms of Covid-19 are asked to stay home until they have been symptom free for 48 hours or they are cleared by a physician. Players are not required to show a negative Covid-19 test upon return but being tested is suggested if the child shows symptoms. If a parent, guardian or children is unsure if they should self-isolate, they will be directed to 811 or to use SK health authority online screening tool prior to attending their child's session.

If a player receives a positive test result for Covid-19, The Cudworth Soccer Club will follow all guidelines that are set by the Saskatchewan Health Authority. The board will then contact the SHA and provide contact info for any player or team personnel that were in the presence of the positive player, for

contact tracing purposes. The board will notify parents/guardians, by email that a contact tracing event is underway and direct them to immediately self-monitor for symptoms, and self-isolate if they were in direct contact with the positive case or they have experienced symptoms.

If two or more players on one team test positive for Covid-19, that team will be unable to participate in practices/games for 14 days.

As noted above, this is subject to change as per the SK health Authority guidelines and recommendations.

Parent Considerations

Parents/guardians must ensure their children are healthy and show no signs or symptoms.

Cudworth Soccer Club will ask each player to complete a health survey before each practice/game. If you/your child choose not to answer the questions, your child will not be able to play for that session. The health survey questions are as follows.

- Have you experienced a fever of 38.0 Celsius or higher in the past 10 days?
- Have you received a positive result from Covid-19 test in the past 14 days?
- Have you been in contact with anyone that has tested positive for Covid-19 or has had symptoms of Covid-19 in the past 14 days?
- In the past 48hrs, have you experienced any of the following new symptoms, not attributed to another health condition or allergies?
 - ✓ Cough
 - ✓ Loss of sense of smell or taste
 - ✓ Runny nose
 - ✓ Shortness of breath
 - ✓ Sore throat
 - ✓ None of the above

Parents/Guardians are asked to drop their children off and either remains in their vehicles or return once their child's session is over. Parents must make sure that their child attends with all equipment needed for each session. This includes

- Sanitizing wipes to wipe belongings and soccer ball
- Labelled water bottle
- Freshly washed Jersey
- Proper shoes, shin guards, and socks to cover
- Mask
- Tissues- to manage bodily fluids from nose, and mouth, and minor scrapes and abrasions

Players will NOT be able to share supplies and will have a designated spot for all non-required practice items.