



Martensville Soccer

Return-to-Play Guidelines

*Please note, these guidelines are subject to change at any time 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. We will begin our indoor season in phase 1.

Phase 1 – No Contact

- Social Distancing measures are in place
- Technical Based activities *opposition may be created utilizing individuals from within same household
- No car-pooling
- Technical Based Activity: Activities that do not require opposition within 2M 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.
- No parent coaches until phase 2. Parents are not permitted to stay for the sessions at this time.

Phase 2 – Minimal Contact

- Social distancing measures are being relaxed
- Small group activities (1v1 to 3v3)
- Groups must remain the same week to week. No switching partners or groups.
- If family members are in the same session, encourage them to be partners
- Small Group Activities: Include activities with opposition. Numbers for the activities should be between 1v1 to 3v3.
- Keep players in the same groups for the entire camp.

Phase 3 – Increased contact.

- Social distancing measures are being relaxed further.
- Intro of small game formats (1v1 to 7v7)
- Groups must remain the same week to week. No switching partners or groups.
- Small game formats: Game formats of 1v1 to 7v7. Recommendation within Phase 3 would be to keep this in-house versus playing against different clubs. Small games will be club based with a 50-person bubble. This includes coaches. Recommendation against festival type formats where one team plays against many teams on a given day.

Phase 4 – Full contact.

- Social distancing measures are removed. All game formats are introduced.

Fields:

We ask that players do not show up early for their session. Please arrive when your session starts and follow the volunteer and coaches' instructions. Please enter the MAP via the front doors. Sessions will be spaced so that the players that are coming and players that are leaving should not overlap. The field assistant will sanitize the players hands as they enter. The players will be directed to the field and belongings drop-off area.

We will be playing on the hard-court surface of the MAP for greater ease in sanitizing the area between sessions.

Equipment:

Each player will bring their own labelled water bottle, and their own ball. If possible, please bring a sanitizing wipe to clean your belongings after your session. The water fountains will not be able to be accessed so please bring plenty of water. After your session, please gather your belongings and make your way out to the front of the building for pickup.

Each player will receive a jersey and a colored pinny, or two alternate colored jerseys for play. Please wash the jerseys after each session to ensure that your child does not carry germs in or out of the field.

Coaching/Board Members:

Only coaches and MSA board will be able to be at the MAP at scheduled times. Please follow all City of Martensville policies to enter the facility. Sanitize hands before coming into the field area. Once at the field each coach has a bin of training supplies. Coaches must use only their marked bins. Once done with training supplies coaches/board will wipe them down. The coach/MSA Board member who placed the supplies (ie: cones, nets etc.) will be allowed to collect and return them. Nets and flags need to be wiped before and after play with sanitizer wipes. MSA will have a spray sanitizer for the netting. Coaches/MSA Board will ensure that players aren't touching the training equipment with their hands to avoid cross-contamination.

A sanitizing cart with all the cleaning supplies will be in the soccer office. Please keep items where they are placed on the cart. Do not move or remove items from the cart. Wipe the cart down before after each use.

The MSA soccer office is only for MSA board and for coaching equipment storage. Only the MSA board are able to use office/desk area or other non-labeled equipment. Before removing or using any equipment, sanitize hands and clean area when done.

Coaches/Board will be required to complete a health and safety check and player attendance at the beginning and end of training. These will be stored on the coaches supply bin in a clear sleeve. MSA requires this to be done at each training session. If a MSA board member isn't at the field during a session, the coach will be required to send a picture of the document once training is complete for that night. Coaches will email or text this information to: martensvillesoccer@gmail.com or 639-317-7305.

Coaches are required to follow all policies set by the MSA and the City of Martensville for the use of the facility.

Guidelines for Illness:

Players who are ill or symptomatic are not permitted to attend their session. Coaches and Field assistants can remind parents/guardians and players of this at drop off to confirm that the player does not have symptoms of COVID-19. We will check off every player's name at the beginning of each session after the screening questions are asked of them. If any player answers yes to one of the 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 48hrs 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.

Signage may be used to direct players and their parents to monitor for symptoms, and to stay home if sick. If a parent, guardian or child is unsure if they should self isolate, they will be directed to 811 or to use the SK health authority online screening tool prior to attending their child's session.

If a player develops symptoms or a fever at camp, the player will be isolated in the isolation room within the MAP until the parent/guardian is available to pick their child up. Parent/guardian will be required to call 811 and follow all guidelines given by 811. The room will then be sanitized by MAP trained staff and all players that were in that child's group will be asked to self monitor for symptoms. The child may return to play once they are symptom free or have received a negative COVID test.

If a player receives a positive test result for COVID, the MSA will follow all guidelines that are set by the Saskatchewan Health Authority. The board will then contact our governing body, and the city of Martensville as required by the SHA. The MSA will provide contact information for any player, coach or board member that was in the presence of the positive player to the SHA for contact tracing purposes. The board will notify the parents/participants by email that a contact tracing event is underway and direct them to immediately self-monitor for symptoms, and self-isolate if they have experienced symptoms.

If two or more players in one age category or group test positive for COVID-19, that group will be postponed for 14 days. If 2 or more players in 2 or more age categories or groups test positive for COVID-19, the entire program will be placed on hold for 14 days.

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

Parent Considerations:

Parents and caregivers must assess their children daily for symptoms of the common cold, influenza, COVID-19 or other infections/respiratory diseases before sending them to play.

Martensville Soccer will ask each player to complete a health survey before each session. If you/your child choose to not 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 a COVID-19 test in the past 14 days?
- Have you been in contact with anyone while they had COVID-19 or 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 are not permitted to stay to watch their child's session. Parents must please drop their child off and either remain in the parking lot (in their vehicle) or leave and return once their child's session is finished. If a parent wishes to use the MAP facility while their child is playing, that is at their own discretion, but viewing is not permitted on the running track. We are required to follow ALL policies set by the City of Martinsville for the MAP.

Equipment:

Parents must please make sure that their child attends with all equipment needed for each session. This includes;

- Labelled soccer ball
- Sanitizer wipe (if possible) to wipe belongings and soccer ball.
- Labelled water bottle
- Indoor, non-marking running shoes
- Both their jersey and pinny, or both jerseys for each game
- Shin guards with socks to cover.
- Mask use is not mandatory, but your child may wear one if you desire.
- NO SHARING of any supplies
- Players will have a designated holding spot for all non-required practice items.

Facility Flow-Chart

Entering and Exiting of the Facility:

- The hallway on the main floor is for one-way traffic only; it is marked with arrows. Please walk south while using this hallway.
- To access the walking track, go directly upstairs.
- To access the fitness area, use the hallway or the walking track.
- To access the multipurpose room, use the hallway to get to Court #3 and enter the room.
- Bathroom access is available through the court or the hallway.
- Please take your shoes with you to the designated courts shoe racks.
- From the walking track come down the stairs at the North end and exit into the lobby through the exit doors.
- From Court #2 or #3 exit the gym where you entered and follow the hallway to the south east exit door.
- From the fitness area use the walking track and come down the North stairs.
- Exit into the lobby using the exit doors.
- From the multipurpose room exit the gym where you entered and follow the hallway to the south east exit door.
- Please make sure no one else is in the hallway as you make your way towards the door.

The flow chart diagram can be found on our webpage at:

<https://www.martensvillesoccer.com/covid-19-info-now/>

If parents have any questions, or concerns, please email us at martensvillesoccer@gmail.com.