

Recommendations and Guidelines for Players

- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 25 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of three (3) meters must be maintained when not playing.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment.
- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks.
- Do not spit at any time.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

Recommendations and Guidelines for Parents

- Follow the [hygiene protocols](#) in this document.
- Avoid congregating at facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Only one parent/guardian attending soccer activities.
- Parents/guardians to keep a reasonable distance from the field.
- Exercise physical distancing (3 meters) at all times
- Ensure to check-in with coach for completion of attendance at the soccer activity.
- At home, ensure all the player’s equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.



Recommendations and Guidelines for Coaches

- Coaches hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Wear facemasks.
- Structure activities to maximize physical distancing.
- Age appropriate considerations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same household).
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- Limit hand contact to equipment.
- Regular sanitization breaks combined with water breaks.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Frequently clean all surfaces, including counters, door handles, benches, tables, etc.
- Soap or hand sanitizer should be made available to all people in various locations throughout facility.



Summary

In summary, the “Return to Play Protocols” included in this document represent multiple steps, and include recommendations and guidelines directed at Ontario Soccer affiliated Clubs and Ontario Registered Academies participating in sanctioned soccer activities.

Our collective focus, during the Return to Play Three-Step Plan must be focused on the health and safety of our participants.



The multiple step approach, with varying degrees of time in between phases, will ensure the highest level of safety for everyone involved in the game.

As directed by the new Government of Ontario reopening framework we are taking a cautious, balanced approach to Return to Play in 2021. We will continue to advocate and follow the science as we recover in 2021 and look forward to a much more prosperous 2022.

We want to recognize the incredible work that our membership have done over the last year and we are extremely proud of how organizations have rallied together to ensure our participants will Return to Play this summer. Your work and advocacy around #LetUsPlay has ensured the Government of Ontario has heard our sport loud and clear.

Soccer will play a special role in helping our participants recover from this pandemic and we will show how the power of sport can serve to transform and empower our youth. On the following pages are appendices with information that is more detailed and sample technical sessions designed to work within the guidelines of this document. We encourage our soccer organizations to tailor to your needs as appropriate and share with each other to support soccer activity for your organizations.

Lastly, the choice to participate in soccer rests with the individual participant and/or their guardian. This is a very personal decision and must be made based on the trust and comfort they will have with your organization and the recommended safety protocols that are set in place and followed.

Best of Success.

Pitch in. Play ON!

Ontario Soccer



Play. Inspire. Unite.

