



Parent / Guardian & Spectators Return to Play Guidelines

Waivers & Declarations	All guardians for all minors must read and sign the Assumption of Risk Waiver and Declaration of Compliance waiver (Available on the EMSA Soccer Portal) Prior to the participant being able to participate in any sanctioned activity
Participation In extracurricular activities	<p>A player can only participate in one extracurricular cohort at one time. If they wish to switch cohorts they must self-isolate for 14 days prior to doing so.</p> <p>A house hold may have different family members participating in different cohorts but each member can only participate in one (with the exception of a coach). A spectator may participate in another cohort but must remain 2 meters apart from anyone not in their household when watching another cohort play. A coach may participate or coach more than one cohort but must maintain the 2 meters distancing while coaching both teams.</p>
Number of Team Officials	Alberta Soccer recommends all team officials be over the age of 18 and limit to only 2 officials in charge, these officials shall be identified to you at the start of the season and they will remain your point of contact.
Participation	Vulnerable persons, such as people with underlining medical conditions or who are at risk due to a compromised immune system must NOT participate.
Event management	<p>Participants must immediately sanitize where necessary and depart the event location following the end of training or the game. This means no socializing and hanging around the event location afterwards.</p> <p>Spectators and parents must obey any physical distancing markings on the sidelines and should not be less than two meters distance from anyone outside your household.</p> <p>Carpooling should only occur with individuals from their own household or cohort families.</p>
Food & Drink	Spectators and parents should not bring any food to the event. A water bottle / travel mug will be allowed as it is has been washed prior to arriving and is clearly labelled. Do not share any drinks with any members outside of your house hold.
Personal Protective Equipment	<p>It is recommended that all spectators and guardians wear masks if possible while watching any event.</p> <p>All participants should bring their own personal hand sanitizer</p>
First Aid	In the event that a player requires basic first aid consider having a family member on site attend to the injured player. If not possible the coach may attend to the player but must wear the PPE which will be provided to them by the West Zone.
Hygiene	<p>All participants must sanitize before during and after any training or games</p> <p>All participants are to limit the touching of their faces, and practice good respiratory hygiene. Any sneezing or coughing to be done into the crook of</p>

	<p>their elbow then they should swiftly use hand sanitizer to disinfect. No spitting on the field or clearing of nasal passages and limit use of tissue.</p> <p>Parents should be responsible to provide a sealed container for members of their household in the event a tissue is needed.</p> <p>Limit group celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps)</p> <p>Spectators are discouraged from loud cheering and yelling on the sidelines.</p>
Health Check	<p>A designated coach will be in charge to provide the “COVID-19 symptoms check list” to ensure players are not experiencing any symptoms related to COVID-19. This list of questions will be asked to the players individually at the beginning of each event (games or practices). The list of questions must be followed exactly and if a participant declares some symptoms related to COVID-19, they must be sent home immediately.</p> <p>If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat they are legally obligated to self-isolate & as per the signed declaration of compliance they are not able to return to soccer for 14 days from the last day they experienced symptoms.</p>
Contact Tracing	<p>Contact tracing is logs of all parties in attendance at events, this includes coaches, players & parents/spectators.</p> <p>Contact tracing will be set up through team snap event management, your coach will monitor and instruct on how to use this.</p> <p>The coach is responsible to ensure that every player/coach/parent/spectator is logged into the team snap app prior to commencing any activity. The Logs must be kept at minimum for 2 weeks and will only be used for the purposes of contact tracing.</p>
Response Plan	<p>A West Zone Response Plan is in place in the event issues are reported through screening or self-reporting of symptomatic participant. This plan must be followed by all parties.</p>

Parent/Guardian/Spectator Checklist

Before You Leave

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19.
- Check field closures
- Eat before you come (no food at the field)
- Thoroughly wash your hands with soap and warm water prior to leaving your home
- Thoroughly wash water bottles with soap and warm water
- Use the washroom before you leave your home
- Register your attendance on Contact tracing

Arrival at the Field/Facility

- Drop the player off at the field following any drop off guidelines at the location
- Respect social distancing
- Consider wearing PPE (masks, gloves)
- DO NOT share water bottles or travel mugs
- Consider also bringing personal hand sanitizer
- Follow any traffic flow or social distancing grids at your location

After activity is Complete

- NO LOITERING
- Exit promptly and if there are established exit guides follow those
- Respect social distancing guidelines
- Initially use hand sanitizer to disinfect hands
- Thoroughly wash water bottle or travel mug with warm soap and water
- Wash hands thoroughly with soap and water.

Purpose: To provide a minimum standard and guidelines that parents/guardians & spectators must adhere to following the COVID-19 outbreak in order to return to play. This guide is subject to change and if revised will be distributed accordingly.