



## Player 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 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>Eg. a player cannot participate in a basketball cohort team as well as a soccer cohort team at the same time.</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 be 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	Participants must immediately sanitize where necessary depart the event location following the end of training or the game. This means no socializing and hanging around the event location afterwards.
Equipment	<p>Players should arrive at the field dressed. Clothes and equipment such as balls or gloves must be thoroughly sanitized prior to arriving at the field. All equipment must be cleaned immediately following any training session or games.</p> <p>During games the touching of equipment by participants should be limited to the ball only and the coach is responsible to find times when it is safe to disinfect the ball during the game.</p> <p>For training sessions balls (provided by the coach) will be sanitized before and after use.</p> <p>Goalies should not share gloves, each goalie should have their own goalie jersey and gloves</p> <p>All participants (coaches and players) should disinfect their shoes prior to removal.</p>
Food & Drink	Players should not bring any food to the event. Water bottles must be washed with warm soap and water prior to arrival, clearly labelled and not shared with any other participants.
Personal Protective Equipment	It is not recommended that players wear masks during strenuous activities, however each player should have their own hand sanitizer on hand and clearly labeled.

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>Players are to limit the touching of their faces, and practice good respiratory hygiene. Any sneezing or coughing to be done into the crook of 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 tissues, parents should be responsible to provide their child a sealed container 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>
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 &amp; 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 &amp; parents.</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 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> <p>It is highly recommended that your player if they have their own cell phone download the Alberta Government contact tracing app.</p>
Response Plan	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.

## Player 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
- Bring thoroughly washed/ sanitized equipment (Uniforms, socks, shin pads, gloves, soccer ball)
- Use the washroom before you leave your home
- Register your attendance on Contact tracing

### Arrival at the Field/Facility

- Arrive fully dressed at the field
- Respect social distancing
- Complete active symptom screening with your coach
- DO NOT share water bottles
- 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
- Sanitize shoes prior to removal
- Thoroughly wash water bottle with soap and water
- Thoroughly wash equipment (uniforms, socks, shin pads, personal ball, gloves)
- Wash hands thoroughly with soap and water.

**Purpose:** To provide a minimum standard and guidelines that players 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.