

# Northern Lions Youth Soccer Club

## Return to Play Guidelines

### *Plan, Protocols & Recommendations*

#### **Recommendations and Guidelines for Players**

1. 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 Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
2. Do not carpool unless with immediate family members.
3. Always follow the instructions from coaches and respect physical distancing.
4. Arrive prepared to train – in your full training gear (no changing on the field)
5. Bring your own water bottles clearly labelled with your name.
6. Do not share water bottles.
7. Follow the hygiene protocols in this document.
8. Physical distancing of two (2) meters (6 feet) must be maintained.
9. All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
10. Only use your own equipment.
11. Disinfect all equipment after soccer activities before storing at home.
12. Do not share equipment – this includes shin guards, shirts, socks etc.
13. Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
14. Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one training session, or purchase gloves that can be washed.

#### **Recommendations and Guidelines for Parents**

1. Follow the hygiene protocols in this document.
2. Remind players to arrive to training dressed and ready, as change rooms will not be available.
3. Only one parent/guardian attending soccer activities.
4. Parents/guardians to keep a reasonable distance from the field.
5. No more than 1 person per 4m<sup>2</sup>.
6. At home, ensure all the player’s equipment is washed separately from the other household items.
7. Ensure child is healthy and has no sign of COVID-19 symptoms.
8. Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.

9. Consider wearing a mask or a face shield when attending activities.
10. Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
11. Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.

### **General Hygiene Protocols**

1. Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
2. Do not spit at any time.
3. Carry hand sanitizer in order to enable good personal hygiene.
4. Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
5. Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
6. Avoid touching eyes, nose or mouth.
7. Shower at home before and after training

### **Reduce Transmission**

- If you, or someone you have been in contact with either at work, home, or at soccer related activities and begins to exhibit any of these symptoms, it is imperative to inform your Coach, Club/Academy representative immediately.
- In addition, you should:
  - Self-isolate
  - Contact Telehealth Ontario 1-866-797-0000
  - Contact your primary health care provider Screening of all individuals should also take place at a minimum weekly, or as directed by local authorities.