

Return to Play Safety Plan Cartwright Soccer

PREVENTATIVE MEASURES AND GUIDELINES

LEAGUE

- Equipment disinfecting after each game/practice
- Maximum number of spectators 25% of facility capacity
- Physical distancing (2m) for spectators
- Contact Tracing in place and records held for 30 days
- Recommended that all participants and spectators utilize the “Self-Check” on Ontario COVID-19 Self Assessment App
- Contact health authorities if a player or coach has contracted COVID-19 and support them with contact tracing
- Verbal and documented health checks for symptoms and Contact Tracing Logs will be completed prior to every game/practice
- If an individual is exhibiting symptoms related to COVID-19, they will be sent home immediately.
- Division times are staggered to allow for a 30 minute buffer between sessions and avoid an overlap of players on the field.
- Provide online pre-season orientation regarding safety protocols

PLAYERS

- Bring your own water bottles clearly labelled with your name
- Do not share water bottles
- Physical distancing of 2m must be maintained when not playing
- All “non-essential” contacts should be avoided (handshakes, high 5’s etc.)
- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks.
- Do not spit at any time
- Cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.

PARENTS

- Avoid congregating at facility entry points
- Exercise physical distancing 2m at all times
- Ensure to check in with coach for completion of attendance and contact tracing at the beginning of the soccer game/practice
- Ensure child is healthy and has no sign of COVID-19 symptoms

COACHES

- Coaches should wipe down personal and field equipment using disinfectant before and after each session (do not go home and then clean - contaminated items may travel into the home environment)
- Only coaches should handle the equipment
- Wear facemasks where 2m physical distancing is not possible
- Limit hand contact to equipment
- Regular sanitization breaks combined with water breaks.

Zones and Restrictions

Zone 1 - Field of Play - No restrictions

Zone 2 - Bench and Technical Area - No restrictions

Zone 3 - Spectator Area - The number of spectators is limited to 25% of the facility capacity and must allow for the maintenance of physical distancing of two meters

Zone 4 - Parking Lot - Physical distancing of two meters required as participants enter and leave the field