



WELCOMES YOU TO OUR SUPER SOCCER SATURDAY PROGRAM

The Lakehead Express Soccer club is excited to welcome you to our Super Soccer Saturday Program. This program is designed for boys and girls from age 3-12 who want to play soccer in a fun learning environment that caters to their physical, mental and social needs. This program has been designed and implemented by our Technical Director who is a certified Ontario Soccer Coach and follows the Canadian Soccer Association's Long-Term Player Development plan. Each child also receives a T-Shirt that will be handed out at the first session.

Our main goals are to:

- Create a fun soccer experience that the kids enjoy**
- Develop individual soccer skills focused on each player's developmental level**
- Increase confidence and self esteem in each child**
- Develop physical literacy in fundamental movement and sports skills**

What about the program?

The structure of these session is geared to provide some skills as well have some fun playing a game. Each session will have a theme whether it is focusing on passing, dribbling, shooting in skill sessions that will be set up. Each session will conclude with a small sided game that allows the children to practice the skills in a fun, non-competitive game.

The program will be offer in two sessions. You can register for either session or both.

Session 1 will run from November 7th to December 19th.

Session 2 will run from January 9th to February 27th.

Lakehead Express Rep Coaches will be visiting the program to identify players for our competitive programs. More information to come.

Where do we play?

LU Hanger

Program Start Times

U5 age group 1:15pm to 2pm*

U7 age group 2:15pm to 3pm*

U10 age group 3:15pm to 4pm*

U13 age group 4:15pm to 5pm*

*Times changed from last post to all for cleaning between groups

COVID Health & Safety Protocols

Ontario Soccer in consultation with its sport partners Canada Soccer, the Canadian Sport Institute Ontario and the Ministry of Heritage, Sport, Tourism and Culture Industries, has developed for its membership this Return to Play Plan and Guide for Ontario. This document is aligned with the Province of Ontario's amateur sport guidelines and protocols. Based on current best Public Health evidence, and guidelines from Canada's Federal and Ontario's Provincial Government, Ontario Soccer has developed a Return to Play Guide in concert with specialists in sport and exercise medicine, infectious diseases and public health.

The priority at all times must be to preserve public health, minimising the risk of community transmission.

With increasing numbers and physical contact, it is imperative that we all adhere to proper hygiene, monitor our own health and continue to social distance wherever possible. If any person feels unwell, please stay home and inform us.

- ALL participants MUST continue to use the **"Self-Check" Assessment Tool** to monitor their own health and symptoms prior to ANY Lakehead Express gathering.
- Verbal and documented health checks for symptoms of Covid-19 are to be done before every session. **Contact Tracing Logs** will continue to be collected for all participants at every session. These will be collected by a Club Representative.
- If an individual is exhibiting symptoms, they are to be sent home immediately and the club will activate the **Covid-19 Emergency Response Plan**. That individual is legally obligated to self-isolate and not return to training for 14 days
- Personal Hygiene Practices will be adhered to before and after each session:

Players and Spectators

- All spectators and players MUST sign in at the entrance table. Masks are mandatory.
- Arrive only 10 minutes prior to activity commencing.
- Upon entering the fields there will be a Hand Sanitizing Station for all to use
- At each field there will be a **Clean and Disinfect Kit** to be used at each session for equipment cleaning and hand sanitizing. There will also be a mask and gloves for use if social distancing rules cannot be applied (ie- injury)
- Anyone needing to leave the building for any reason and returning MUST go through the entrance and use the Hand Sanitizer provided
- The size of the gathering will be dictated by the Government of Ontario orders
- Start times for sessions will be staggered by 15 minutes to minimize congestion at the Entry and Exit points.
- LU Hanger will be set up to have one ENTRANCE to all fields. It is located at the entrance beside the Sports Medicine Clinic. All participants and spectators will use this entrance for the Screening Questionnaire and Hand Sanitizing Station.
- At the end of each session the equipment will be sanitized, and players hands can be sanitized as well. Supplies will be in the Clean and Disinfect Kit.

For Players

- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- **No Spitting.** No nose clearing.
- Players must wear a mask while inside the LU Hanger but can remove it while training/playing.
- To minimize contact with each other and with belongings please bring minimal equipment to the field for sessions. Players will not be allowed to share anything between them. Please arrive at the field “Ready to Play” (cleats, shin-guards, T-Shirt to be put on in the car)

For Spectators

- Only two spectators per player will be allowed and **MUST** sign in at the entrance table and must wear a mask while inside the LU Hanger
- Arrive only 10 minutes prior to activity commencing.
- Allow your player to enter the field first
- **DO NOT** congregate at the facility Entrance point. Use the station then move through to the field area.
- Maintain physical distancing between all spectators on the sidelines
- Follow the hygiene protocols recommended by Health Canada and in this document

COVID-19 Symptom Checklist

For Participants, Staff, Coaches, Players, Parents

Do You Have ANY of The Following Symptoms?

1. a) Fever (greater than 38*)
b) Cough, Sore throat, Runny nose?
c) Shortness of breath, difficulty breathing?
2. Has anyone in your household experienced any of the above symptoms in the last 14 days?
3. Have you or anyone in your household travelled outside of Canada in the last 14 days?
4. Have you or anyone in your household been in contact with anyone who is a suspected case of Covid-19?
5. Are you being investigated as a possible case of Covid-19?
6. Have you tested positive for Covid-19 within the last 10 days?

If an individual answers YES to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.

Please inform an individual from the club if you have answered YES to any of these questions and you have already attended any sessions or events.