

## PHASE 2 - GENERAL ACTIVITY REQUIREMENTS

All Phase 2 soccer activities must comply by these basic safety requirements.

Requirement	Description / Application
<b>Oversight</b>	<p><b>The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.</b> This individual should be knowledgeable of how Covid-19 is transmitted and the guidelines <i>for Return to Modified Games</i>.</p> <p>Individuals exhibiting symptoms of Covid-19 must be sent home immediately as per <a href="#">CMOH Order 05-2020</a></p>
<b>Physical Distancing</b>	<p><b>The activity must comply with current <a href="#">Physical Distancing restrictions</a> issued by Alberta Health Services</b></p> <p>Individuals MUST maintain physical distancing of at least 2 meters from others, unless they are from the same household, cohort family, or sport cohort when on the field of play.</p> <p>Drop off and pick up protocol should be clearly mapped out with protocols for ingress and egress communicated and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.</p>
<b>Outdoor Gatherings</b>	<p><b>The activity must comply with current outdoor <a href="#">gathering restrictions</a> issued by Alberta Health Services.</b></p> <p>Outdoor gatherings are limited to a total of 100 people WITH physical distancing restrictions in place.</p>
<b>Sport Cohorts</b>	<p><b>The activity must be limited to an identified sport cohort of a maximum of 50 unique participants.</b></p> <p>A Sport <a href="#">Cohort</a> is defined as a closed, small group of no more than 50 individuals who participate in the same sport or activity, and remain together for the duration of Stage 2</p>
<b>Spectators &amp; Parents</b>	<p><b>Spectators are permitted within the limits of gathering size and social distancing requirements.</b></p> <p>Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces. It is strongly recommended that spectators wear masks. Cheering &amp; yelling is strongly discouraged due to high risk of spreading droplets.</p>
<b>Hygiene</b>	<p><b>Activity organizers must communicate appropriate <a href="#">hygiene measures</a> for the activity in advance to all participants.</b></p> <p>Activity organizers must ensure participant compliance with all hygiene measures.</p> <p>No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.</p>
<b>First Aid &amp; Rapid Response</b>	<p><b>Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is required.</b></p> <p>Recommendation that a family member attend to injured player, if available. If not possible, attending person must wear medical gloves and <a href="#">mask</a> when 2 metre distance cannot be maintained.</p> <p>A <a href="#">Rapid Response</a> plan must be in place to manage symptomatic participants, spectators, and staff.</p>



## PHASE 2 - ORGANIZATIONAL GUIDELINES

In addition to General Activity Requirements, organizations providing modified games must abide by these guidelines for organizing and implementing any soccer activity.

Requirement	Description / Application
<b>Registration</b>	<p>All participants must be registered for “<b>Outdoor Soccer</b>” as per the established process with their Club/Community, District and Alberta Soccer.</p> <p>Recommend online registration only (no cash transactions)</p>
<b>Waivers &amp; Declarations</b>	<p>All Participants (or parents/guardians if under 18 years of age) must sign the <i>Informed Consent – Assumption of Risk Waiver</i> plus provide a <i>Declaration of Compliance</i> prior to participating in any sanctioned soccer activity.</p> <p>Prior to participating, Participants must be made aware and acknowledge that although exposure to COVID-19 is unlikely, it is possible, and Participants are participating voluntarily in Alberta Soccer activities with a foreknowledge of the risks.</p>
<b>Scheduling &amp; Event Management</b>	<p>Activities must be scheduled to allow sufficient time between activities to avoid any overlap of players on the field and/or congestion during pick-up / drop-off.</p> <p>Ingress and Egress should be clearly identified to encourage social distancing.</p> <p>Participants must arrive dressed for play &amp; immediately depart at the end of the activity.</p> <p>Designated areas for spectators and parents/guardians must be clearly identified in compliance with physical distancing requirements and gather size limits. No loitering before and after activity.</p> <p>When mini leagues are established, we recommend the use of ‘Game Day Managers / Parent Reps’ to assist with ensuring health and safety guidelines are followed at each event.</p>
<b>Parents / Guardians &amp; Carpooling</b>	<p>Parents/Guardians must drop off &amp; pick-up their child at the established entrances and exits.</p> <p>For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and physical distancing guidelines.</p> <p>Participants should only carpool with individuals from their household or cohort family.</p>
<b>Spectators</b>	<p>Spectators are permitted in designated areas so long as gathering limits and physical distancing restrictions are maintained.</p> <p>Spectators are not permitted on the field of play or in participant areas. This does not include parents / guardians when required access to support the health and safety of their child.</p> <p>Spectators should be discouraged from cheering and yelling as this is considered a high risk activity for spreading droplets.</p>
<b>Sport Cohorts</b>	<p>A Sport Cohort must be limited to a maximum 50 individuals who remain together for the duration of Alberta’s Stage 2 of Relaunch. Individuals may participate in only ONE sport cohort.</p> <p>A sport cohort consists of players and referees AND coaches, trainers, and/or managers who DO NOT maintain a physical distance of 2 metres at all times from the cohort group.</p> <p>Sport cohorts do not need to keep 2 metres apart however, physical distancing should be practiced when not participating on field (i.e. on sidelines, before &amp; after activities, etc.)</p> <p>Organizations must keep records of the individuals assigned to each sport cohort and ensure that sufficient oversight is provided to ensure compliance with health guidelines.</p>



<b>Coaches</b>	<p><b>Only persons 18 or over may be responsible for overseeing soccer activity.</b></p> <p>Ensure enough team officials are assigned to a team to <b>ensure adherence to the ‘Rule of Two’</b>.</p> <p>Coaches are subject to sport cohort restrictions UNLESS they maintain 2 metres physical distance from all members of the cohort.</p> <p>Goalkeeper training is permitted however keepers must avoid touching their face with their gloves and/or spitting on their gloves.</p> <p>Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed.</p>
<b>Referees</b>	<p><b>Referees must be 18 years or over AND are subject to mini league cohort restrictions</b></p> <p>Referees used in mini leagues are subject to cohort restrictions; they MUST be included in the maximum 50 participant count.</p> <p>A referee cannot be a part of more than one sport cohort as physical distancing is not possible.</p> <p>A referee must clean and sanitize equipment (whistle, card wallet, pen/pencil) before and after each game. Uniform should be washed between games.</p>
<b>Equipment</b>	<p>If possible, equipment should be assigned to a single team and not shared between teams.</p> <p>Any equipment that is shared and/or handled by hand, head, or chest should be clean and sanitized both before and after every session.</p> <p>Recommend that sanitization stations be made available at ingress and egress to ensure individuals sanitize personal equipment (balls, shoes, gloves) before and after sessions.</p> <p>A single individual should be assigned responsibility for the management and cleaning of all provided equipment.</p> <p>Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions; equipment such as goalkeeper gloves should be visibly clean prior to play.</p>
<b>Use of Equipment in Training &amp; Play</b>	<p>Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off &amp; pick-up to ensure 2 metre physical distancing maintained.</p> <p><i>Set-Up:</i> Coaches must take charge of set up and collection of their equipment.</p> <p><i>Use of:</i> Exercise caution with any and all equipment that is being used. Reduce the frequency that <b>players touch equipment with their hands, head, or chest.</b></p> <p>Players are encouraged to bring their own, sanitized ball to training sessions.</p> <p>Activities must not include the sharing of common equipment (except for soccer balls), unless the individuals are from the same household.</p> <p><i>Sanitize:</i> Clean and disinfect equipment prior to and after every session. Game balls must be cleaned prior to and after every game.</p>
<b>Food, Water &amp; Personal Items</b>	<p>No sharing of water bottles or communal water coolers; Individual participants must bring their own water.</p> <p>Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household.</p> <p>Personal items should not be shared, including goalkeeper gloves.</p>
<b>Personal Protective Equipment</b>	<p>Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly.</p> <p>Players must not wear masks during soccer activity but may do so before or after play.</p>

<p><b>Hygiene</b></p>	<p>Provide the ability for participants to wash or sanitize hands before, during, after training. If you do not provide, request that participants bring their own hand sanitizer containing at least 60% alcohol to training.</p> <p>All participants should follow proper respiratory etiquette (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue)</p> <p>Participants should refrain from touching eyes, nose, mouth, or face with hands or gloves.</p> <p>Recommend that participant shoes and gloves are sanitized before and after soccer.</p>
<p><b>Health Check</b></p>	<p>Verbal health checks for symptoms must be completed prior to every session, including coaches, officials, trainers, managers, and players as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19.</p> <p>If an individual is exhibiting symptoms related to COVID-19 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately.</p> <p>They are NOT permitted to return to soccer activity for 14 days from the day they last experienced symptoms unless a recent, negative Covid-19 test result is provided.</p>
<p><b>Contact Tracing</b></p>	<p>Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every soccer activity and be available to be accessed quickly to ensure efficient contact tracing.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 2 weeks.</p> <p>Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.</p>
<p><b>Response Plan</b></p>	<p>Activity organizers must develop a Rapid Response plan to manage symptomatic individuals at their activity.</p> <p>Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) conditions for when activity will be suspended or temporarily cancelled (3) cleaning &amp; disinfecting of equipment (4) hygiene for remaining participants, and (5) communication protocols for reporting symptomatic individual.</p>

Please see Appendix 8 for a checklist of the above requirements.