

## 2021 Outdoor Season - Safety Guidelines for Players and Parents:

Updated: May 30, 2021 - changes in red.

Participants are **not** to attend if any of the below apply:

- You or anyone in your household are displaying flu-like symptoms (fever, cough, sore throat, shortness of breath, runny nose, difficulty breathing, etc.) or have experienced these symptoms within the last 14 days.
  - You or anyone in your household have been in contact with a confirmed or probable case of Covid-19 within the last 14 days.
  - You have tested positive for Covid-19 within the last 10 days.
  - You or anyone in your household have travelled outside of Canada including to the United States in the last 14 days.
- Players/parents **must not** attend soccer activities if you are ill or have flu-like symptoms. **Anyone showing signs or symptoms (even mild) of Covid-19 must not attend**, and refer to the online Government of Saskatchewan [Self Assessment Tool](#) for more information. Contact your health care provider or call 811 to obtain next steps or a referral to a community testing centre.
- In the event of a confirmed or suspected case of Covid-19, participants **must notify** JJ Soccer, and must not attend any programs until at least 14 days have passed and/or cleared by public health authorities.
- Please review the updated SSA waivers prior to participation, regarding Covid-19 compliance and risk. Sample copies of the waivers are available on our website [here](#). All registrations processed through the RAMP registration system included the Covid-19 waivers necessary for participation, and they were also included in your confirmation email for review.
- Please use contactless form of payment when paying outstanding fees, if possible. To check unpaid balances or pay fees by credit card please log in to your [RAMP Registration Account](#). E-transfers can be sent to [jjsoccerltd@gmail.com](mailto:jjsoccerltd@gmail.com). Cheques can be mailed to JJ Soccer Ltd, 51 Buttercup Cres, Moose Jaw, SK, S6J 1A3
- The safety guidelines below outline the measures JJ Soccer will be following for the 2021 Outdoor Season to help ensure the safety of everyone involved. We are operating under the restrictions of the Saskatchewan Health Authority and with guidelines from Canada Soccer and the Saskatchewan Soccer Association, and we must adhere to these regulations and gathering limits. If you are not able to participate due to any of the following procedures or have questions or concerns, please contact [jjsoccerltd@gmail.com](mailto:jjsoccerltd@gmail.com).

## **GENERAL GUIDELINES**

• The current government restrictions on sport allows for **contactless training only**. **We will begin programs in Phase 1** of the SSA Return to Soccer Plan (No Contact - individual training/social distancing measures in place), and will plan to progress into Phases 2, 3, etc. during the season, with the ultimate goal being a return to games when safe to do so, and when permitted by government regulations. We will follow recommendations and guidance of SSA and the Saskatchewan Health Authority as we progress.

Updated: Effective May 30/21 - restrictions on outdoor sports have been lifted, which will allow us to proceed to **Phase 4** of the SSA Return to Soccer Plan (open play, full contact, all game formats allowed - 1v1 to 11v11)

### **Current Phase 1 Restrictions:**

- Conditioning and Skills Training in Small Groups (8)
- 3m physical distancing between participants at all times.
- Games or inter-squad scrimmages are not allowed at this time.
- Training will include skills, conditioning, individual and technical based activities.

Updated: Effective May 30/21 - we will be operating in **Phase 4** of the SSA Return to Soccer Plan which includes open play, full contact, game play/scrimmage/league competition, all game formats (1v1 to 11v11) are allowed. Tournaments are not permitted at this time.

• Due to the nature of the COVID-19 pandemic, we must be prepared to respond to changing circumstances within our province and our individual organization. If restrictions change within the province, we may be required to adjust the phase of SSA's Return to Play plan, or make other adjustments as necessary. Saskatchewan Soccer will continue to monitor and advise member organizations throughout the outdoor season, and we will adjust our safety guidelines and policies/procedures accordingly to accommodate changing circumstances should they arise.

• Covid-19 safety protocols will remain in place throughout all phases of the 2021 Outdoor Season.

- We will be taking attendance prior to each session as per SHA requirements and for contact tracing records.
- We will have first aid items on site, and would ask parents to assist in administering basic first aid for their child with any minor injuries such as scrapes/cuts, etc. JJ Soccer coaches will attend to injuries if needed, taking proper precautions.
- CSA Lightning Policy - "when thunder roars, go indoors" - players will not be able to go inside outbuildings for safety in the case of inclement weather, and will be directed to leave the field with parent/guardian to wait in vehicles, or session will be cancelled if applicable.
- At least one parent/guardian should remain on site or field perimeter to attend if an injury should occur, or a session needs to be cancelled due to weather.
- Spitting (**including sunflower seeds**, water, etc.) and other similar activities increase the risk of Covid-19 and **are not permitted at the field**.

## MASKS

- Masks are **not** required for players or spectators in outdoor training spaces.
- Under current restrictions, masks will be required for coaches, assistants, and any on-field support parents or personnel.

Updated: Effective May 30/21 - Masks are **not** required for players, spectators, coaches, assistants or on-field support, in outdoor training spaces. There is no public health order requiring mask usage outdoors, however, masks do provide another layer of protection, and spectators, players or coaches may choose to wear them.

## SPECTATORS

Updated: Effective May 30/21 - the outdoor gathering limit for spectators will increase to 150 per field, which will allow for additional spectators per player to attend. Social distancing must still be observed (2m) by spectators not in the same family.

- When we begin programs, the current government restrictions on outdoor gatherings for spectators will be 30/field. It is preferred that at this time, only one parent/guardian attend as player support, if necessary. Extended family/siblings are discouraged from attending under the current restrictions. Member organizations must ensure guidelines are met at their facilities.
- Please observe physical distancing guidelines (2m) while on site and avoid congregating into groups.
- Parents must remain off the field unless requested to assist with young players during sessions.
- Parents may also remain on site in vehicles, or outside the fenced field area. The north gate will be open for arrival and departure, in addition to the west parking lot entrance and south gate entrance.
- **We are requesting minimal spectator attendance at sessions under the current restrictions, and will update this as government restrictions for sport are revised.**

## PARENTS

- Please ensure your child has no sign or symptoms of Covid-19.
- Go over the social distancing, hand hygiene, and safety protocols with players before sessions, so that there is a clear understanding of what expectations have been set. Please ensure players are practicing hand hygiene prior to arriving, hand sanitizer stations will be set up at the field for use during sessions.
- Please review expectations for players while waiting for their session to begin - including social distancing and remaining off field if another session is running. This includes older age groups.
- Please review etiquette when coughing/sneezing (elbow), and behavioral expectations with young players prior to attending.
- Make sure that child has all items they need to participate.
- Must remain off the field, unless asked to enter the field as a support person for younger players.
- Must not attend if ill or have symptoms, have been outside the country or been in contact with confirmed or suspected case of Covid-19 within the last 14 days.

## PLAYERS

- Please limit personal items brought to the field. Players should come to the field dressed and ready to participate. Personal items and equipment should not be shared or mixed with other players. Personal items should be spaced out in designated areas. **Saskatchewan Soccer Association is recommending that players bring just a Ziploc bag clearly marked with their name which contains individual personal items that may be needed such as tissue, mask if desired, hand sanitizer, personal first aid items such as band aid, and medication if needed (inhaler, etc.)**
- Labelled water bottle - recommended is bottle with lid where mouth spout is covered. No sharing of water, please bring adequate water for your session.
- **Masks are *not* required for outdoor training. There is no public health order requiring mask usage outdoors, however, masks do provide another layer of protection, and players may choose to wear them.**
- Players, please arrive as close to the start time of your session as possible - no earlier than 10 minutes, to help reduce the number of people in attendance at sessions. **Please respect social distancing guidelines (2m) while waiting for your session to begin.**
- **Please do not warm up on the field when another session is running, or use balls/equipment from the field while waiting for your session to begin.**
- Players should sanitize hands prior to participating in sessions.
- Please do not bring food, sunflower seeds, etc. to the field.
- Spitting (gum, water, etc) is not permitted.
- Please remember, no handshakes, high-fives, hugs, etc.

**Players must be aware of the processes expected of them. Please observe public health guidelines on hand washing/sanitizing, no spitting, using proper etiquette when coughing/sneezing, etc, and disposing of all garbage into garbage bins. Players must commit to abide by the social distancing and safety measures while attending sessions, for their safety as well as the safety of spectators, coaches and staff.**

## FIELD

- All precautionary measures and government restrictions are in effect while at the field.
- Please avoid congregating and maintain physical distancing while entering/exiting the field, in parking lots, sidewalks, etc. **Programs have been scheduled to allow for 15 minutes in between sessions.**
- The main parking area is on the west side of the field. There is a no parking zone/fire lane beside Vanier Collegiate at the south gate and tickets may be issued if parked here. The north gate will also be open to allow for arrival/departure.
- There will be hand sanitizer stations available for players to use prior to participating in their sessions, and during the session if needed. Players and coaches please sanitize hands prior to participating in sessions or handling equipment.
- Players will have designated areas for water/bags during their session.

- Coaches/staff will handle shared equipment (balls, cones, nets, etc.) Equipment will be sanitized after use.
- Equipment will not be available to spectators or players arriving early, and must remain on the field for use by on-field participants and coaching staff.
- Bibs/pinnies - if used will be worn by one player only per day, and washed after each use.
- Outdoor spaces may not be sanitized - Avoid touching public surfaces whenever possible and refrain from touching your face/eyes/mouth. Wash or sanitize your hands frequently.
- Washroom facility will be on site with increased cleaning schedule.
- Garbage bins will be available at various places throughout the field.

### **PROGRAM NOTES**

Phases of Return to Soccer will be determined by the SSA and public health authorities, as well as JJ Soccer within these guidelines. Activities will be structured initially to maximize physical distancing, and we will advance through the phases accordingly and as government restrictions allow.

When we return to soccer it will look a little different than before. While getting back to full game play is the goal, we will need to adhere to the guidelines and restrictions currently in place. We are committed to operating with caution and in compliance with recommendations from the SHA and SSA. Adjustments may need to be made to procedures once programs begin to eliminate any issues that may arise. **Please be patient as we try our best to facilitate a smooth start to the season, while following the recommendations of the governing bodies - for the safety of our players, parents, and team staff.**

**Be Safe! Be the Solution!**

**As a reminder, please continue to take care of yourself, your families, and others:**

- Wash your hands frequently
- Practice good hygiene habits - do not touch your face/eyes/mouth with your hands and cover your mouth and nose when you sneeze or cough with a tissue or crease of your elbow.
- Clean and disinfect frequently touched surfaces.
- Maintain good general health.
- Stay home if you are sick.