

Recommendations and Guidelines for Players

- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 25 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of three (3) meters must be maintained when not playing.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment.
- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks.
- Do not spit at any time.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

Recommendations and Guidelines for Parents

- Follow the [hygiene protocols](#) in this document.
- Avoid congregating at facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Only one parent/guardian attending soccer activities.
- Parents/guardians to keep a reasonable distance from the field.
- Exercise physical distancing (3 meters) at all times
- Ensure to check-in with coach for completion of attendance at the soccer activity.
- At home, ensure all the player’s equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.

