



## RETURN TO COMPETITION & CONTACT TRAINING GUIDELINES

Effective "July 1, 2021"

Guidelines as per Government of Alberta [STAGE 3: GUIDANCE FOR SPORT, FITNESS AND RECREATION](#) published on "July 1, 2021" and in alignment with [Stage 3 of the Government's Open For Summer plan](#).  
 Subject to regional / municipal restrictions.

Requirement	Description / Application
<b>REQUIREMENTS &amp; GUIDELINES</b>	
<b>Permitted Activities</b>	<ul style="list-style-type: none"> <li>- Contact activities are permitted for games, scrimmages, training sessions and contact play without on field restrictions.</li> </ul>
<b>Registration</b>	<ul style="list-style-type: none"> <li>- All Participants must be registered for the current season as per the established process with their Club/Community, District and Alberta Soccer. Participant is defined as player, coach, trainer, and/or referee.</li> <li>- All Participants must sign the <a href="#">Informed Consent – Assumption of Risk Waiver (age of majority)</a> or for youth their parents / guardians must sign the <a href="#">Informed Consent – Assumption of Risk Waiver(youth)</a> plus provide a <a href="#">Declaration of Compliance</a> prior to participating in any sanctioned soccer activity.</li> <li>- 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.</li> </ul>
<b>Hygiene</b>	<ul style="list-style-type: none"> <li>- Activity organizers must communicate appropriate <a href="#">hygiene measures</a> for the activity in advance to all participants.</li> <li>- No spitting, clearing of nasal passages, etc. AND it is strongly suggested to limit handshakes, high fives, chest bumps etc.</li> </ul>
<b>Contact Tracing</b>	<ul style="list-style-type: none"> <li>- <b>Contact Tracing Logs</b> must be kept for all games or training sessions for a minimum of 4-weeks with reasonable security measures in place to protect the personal information collected (Name &amp; Contact Information).</li> <li>- Training sessions must be known to the Club, and/or District.</li> <li>- All training schedules and attendance lists must be available to the Club and/or District for contact tracing purposes.</li> </ul>
<b>Screening &amp; Response Plan</b>	<ul style="list-style-type: none"> <li>- <a href="#">health checks</a> must be completed prior to every session as per COVID-19 Symptoms Checklist.</li> <li>- Individuals exhibiting <a href="#">COVID-19 symptoms</a> may not participate in games or training.</li> <li>- <a href="#">Rapid Response plans (sample guide here)</a> are required to ensure the safe isolation of and swift departure from the facility of a Participant who becomes sick (symptomatic) while participating in a group session.</li> </ul>
<b>Positive Tests &amp; Isolation</b>	<ul style="list-style-type: none"> <li>- All positive Covid-19 tests are required to follow <a href="#">Alberta Health Services isolation requirements</a> and directives</li> <li>- If Alberta Health Services requires isolation due to close contact with a positive test and/or due to international or inter-provincial travel rules those directives must be followed.</li> </ul>

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<b>Facility</b>	<ul style="list-style-type: none"> <li>- All games/ training sessions must also adhere to safety protocols developed by the facility.</li> <li>- All facility rules must be followed, including capacity limits, to meet Government of Alberta Standards.</li> </ul>
<b>Referees</b>	<p>Interaction with referees should always be limited and kept to 2 meters distancing with the following exceptions when masks will be worn:</p> <ul style="list-style-type: none"> <li>• Pre-game exchange of game sheets – both referee and coach / manager wear mask.</li> <li>• In-game situations like wall management, free kick management, drop ball management or other management decisions as determined by the Referee – the referee will wear a mask.</li> <li>• This does not include players moving past the Referee in the run of play to challenge for the ball, mark a player or other natural movements during open play.</li> </ul> <p>Any players who intentionally breach the 2 meters distance during the game to interact with the referee will be subject to the appropriate discipline action including warnings, Yellow Cards and Red Cards</p>
<b>Coaches with players 18 years and under</b>	<ul style="list-style-type: none"> <li>- A minimum of two coaches 18 yrs+ must be present and participating in the group. All coaches MUST have a valid CPIC including Vulnerable Sector Search on file with their district / club.</li> <li>- It is strongly recommended that at least one coach per group be trained, at minimum, at the appropriate NCCP Coaching level.</li> </ul> <p>For the safe training of players under the age of 18 years, the following safety requirements <b>must</b> be met:</p> <ul style="list-style-type: none"> <li>• <a href="#">Rule of Two</a> maintained at all training sessions</li> <li>• Including at least one coach who is of the same gender as the players</li> </ul>
<b>Travel &amp; Tournaments</b>	<ul style="list-style-type: none"> <li>- Travel within the province for games against registered opponents is allowed. Regional restrictions may apply and should be monitored prior to travel.</li> <li>- Travel out of the Province is subject to restrictions in both provinces and should be monitored</li> <li>- Tournaments are allowed in Stage 3 for all players, but recommendations are present for players 11 and under (see below)</li> </ul>
<b>RECOMMENDATIONS &amp; BEST PRACTICES</b>	
<b>Scheduling</b>	<p>Games/Training should be scheduled to allow sufficient time between activities to allow for:</p> <ul style="list-style-type: none"> <li>• the sanitization of all shared equipment,</li> <li>• the coach to wash or sanitize hands if participating in subsequent training sessions,</li> <li>• physical distancing of 2 meters to be maintained during entry &amp; exit of training/facility.</li> </ul> <p>Scheduling considerations should include minimizing the number of participants arriving/leaving at the same time</p>
<b>Players, Coaches and Spectators</b>	<ul style="list-style-type: none"> <li>- Pre-game and post-game handshakes should be limited to socially distanced walk-by</li> <li>- Limited loitering before or after games / training sessions.</li> <li>- Limited interacting with players or coaches not in your group while at the field/facility.</li> <li>- Arrive no more than 10-15 minutes before access to field, dressed and ready to participate.</li> </ul>
<b>Equipment</b>	All shared equipment should be cleaned and sanitized before and after each group training session or game.

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	<ul style="list-style-type: none"> <li>Equipment cleaning is the responsibility of the home team when participating in games. Games balls should be sanitized before they are provided to the referee and sanitized during stoppages in play, if possible, including halftime.</li> <li>Equipment including, but not limited to, balls, cones, pinnies (bibs), pop up goals and corner flags.</li> <li>Recommend that one individual be assigned responsibility for management of equipment.</li> <li>Goalkeeper gloves should not be shared</li> </ul>
<b>Masks</b>	<ul style="list-style-type: none"> <li>Masks are recommended when not on the field of play if 2 metres distancing cannot be maintained.</li> <li>Masks are recommended indoors at all times except on the field of play.</li> </ul>
<b>Physical Distancing</b>	<p>Physical distancing of <b>2 metres</b> should be maintained at all times between all participants when not actively on the field of play; technical area and player bench not included in field of play.</p> <ul style="list-style-type: none"> <li>Coaches/trainers entering physical distancing space for <u>interactions</u> with participants to correct form or technique and provide guidance during games/training sessions should consider wearing a mask for interaction.</li> </ul>
<b>Spectators &amp; Gatherings</b>	<ul style="list-style-type: none"> <li>Spectators are permitted within the limits of gathering size, physical distancing requirements and subject to any additional facility and/or program restrictions.</li> <li>Spectator areas should allow for 3 metres distance to be maintained from players, coaches, and referees AND allow 2 metres distance between spectators from different households</li> <li>The activity must comply with current <a href="#">gathering restrictions</a> issued by Alberta Health Services.</li> </ul>
<b>Players 11 and under - RECOMMENDATIONS</b>	<p>It is recommended that players aged 11 and under be placed in cohorts for practices and play of no more than 50 players – this is due to vaccine eligibility</p> <ul style="list-style-type: none"> <li>Coaches, referees and other volunteers would not be included in the count of 50</li> <li>There should be 7 days between switching cohorts</li> <li>It is recommended that a player only be in 1 sport cohort</li> </ul>

#### CONTENT DISCLAIMER

The COVID-19 (Coronavirus) outbreak is an ongoing, rapidly developing situation. Alberta Soccer encourages its membership to monitor publicly available information and to always follow federal, provincial and local health organization guidance and government mandates. This information is intended to assist Alberta Soccer members with guidance when dealing with return to play guidelines related to COVID-19.

The information provided herein in part is obtained from publicly available sources, including federal and provincial governmental entities and other leading trade associations and consultants. This information may vary and will be updated depending upon current situations.

Further, the information contained herein are recommendations and protocols only and should not be construed as legal advice on any subject matter.