



Thompson Okanagan Football Club

Return to Training Guidelines and Protocols

In preparation for an easing of Canada Soccer's suspension of sanctioned soccer activity to allow a Socially Distanced Training environment, Thompson Okanagan FC have set out guidelines and protocols that all staff, players and parents must follow. In addition to the following TOFC guidelines, all training participants must follow all requirements set out by the physical facility where training will take place as well as any additional regulations that may be set out by the BC Health Authority and Canada Soccer.

Socially Distanced Training

It may be possible to hold in-person training that meets social distancing guidelines. All details of the training environment must be assessed and modified to identify and reduce the risk of spreading Covid 19. Below is a list of some issues, but it is recommended to develop and implement a return to play plan that is specific to the particular player age group, training environment and the players' and parents' comfort levels.

Parent and Player Responsibilities PRIOR to arriving for training

- Parent/guardian must check player temperature before leaving for training. If temperature is above BC Health Authority Guidelines of 99.6 F (37.6 C) , the player must not attend training.
- Parents must not send players to training if they have headache, persistent cough, or other symptoms of being unwell
- Participation of players with underlying health issues is at the sole discretion of the parent/guardian in consultation with their personal physician/health care advisor
- Parents and players should not attend training if anyone in their household has symptoms of being unwell as above
- Parents and players should not attend training if anyone in their household has been out of the country, prior to quarantining for 14 days
- Carpooling is to be avoided by recommendation of health authorities

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Arrival to and Departure from Training

- Start and end times for each training group must be staggered so groups are not intermingling at the training facility. A 15-minute gap should be set between sessions.
- Players and parents must keep a minimum of 2 meters distance from all others when arriving and departing the training facility
- Parents are encouraged to stay in their vehicles or to go elsewhere not near the training pitch for the duration of training
- Physical distancing must always be strictly adhered to
- Players must come to training dressed and ready to train (this includes boots and shin guards) to avoid unnecessary clothing and items at the facility and in order to keep transition times between groups quick and efficient
- Upon arrival, coaches are to ask of players:
 - Does anyone have a fever? TOFC will have temperature guns for coaches to use to ascertain fever as well (over 99.6 F / 37.6 C – player cannot participate)
 - Does anyone have a persistent cough?
 - Does anyone feel generally unwell?
 - IF the answer to ANY of these is YES, the player must not train and should return home with their parent/guardian
- Each player must have their own area away from the training space in which to put their individual water bottle, backpack, etc. This space must be at least 2 meters away from the next player's area
- Individual water bottles are mandatory. No sharing bottles

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Training

- Training time should be reduced to 60 minutes of activity with a 15 minute buffer between groups on the same training space
- Training groups training opposite each other should have arrival/departure times staggered so as not to arrive and depart at the same times
- Player numbers will be modified based on player age group, skill level, coach, and available space/facility
- Each player must have his/her own clearly designated and defined training space. This spacing of players must be strictly enforced. No more than 1 player can be in the same designated space at any time
- 2-meter minimum distancing must be kept at all times
 - Rondos, small-sided games, drill line ups, etc. all do not satisfy social/physical distancing rules
- Team huddles or small, close groups (such as used during team talks and coach communication) are not permitted
- All physical contact between players should be discouraged. Hand shakes, high-fives, etc. are not permitted.
- Goalkeepers cannot use their Gk gloves or handle the ball with their hands. Shooting drills are not permitted at this point
- Passing must be performed at the appropriate minimum physical distance and be closely monitored
- Heading of the ball is not permitted, nor is handling the ball with hands

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General

- Players must always be closely monitored, from arrival at training, during the training session, and during departure
- Ensure that parents/guardians are performing their responsibilities as outlined prior to all sessions
- Use an attendance system to track who is at practice so that in the unlikely event of a COVID 19 diagnosis, there is the ability to trace possible contacts
- Do not allow players to treat the potential spread of the virus as a joke as this can make others uncomfortable and cause unnecessary concern among parents
- Anyone displaying symptoms of being unwell (cold/flu-like symptoms) should not be allowed to train or attend. If they present symptoms at training, the player must be told to sit away from the field and their parent/guardian contacted to take the player home
- Ensure regular clear communication of these protocols and guidelines to parents and players
- Proper enforcement at all times is critical to protect participants, coaches, parents and the club from perceived liability
- Any situation where there is a positive Covid 19 diagnosis of a player on your team must be immediately reported to the local health authority and the club

Player Injury

- Injury to a player during the Covid 19 pandemic must be dealt by a coach
- If the injured player's parent is nearby, and the injury is minor in nature (ie: a bandaid needed for a cut, etc) the player can be attended to by the parent, away from the field
- If the coach is attending to a more serious injury, the coach must wear a mask and gloves, so these items must be readily available to the coach at training
- As always, the immediate safety of the player is the top priority

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Sanitization and Training

- Coaches should have facemasks, latex/nylon gloves, hand sanitizer and sanitizer wipes available at all sessions (club will supply)
- Players' use of a mask is at the discretion of the parent/guardian
- Soccer balls/cones must be sanitized after each session
- Pinnies are NOT to be used unless pinnies are distributed to each player and the players are responsible to keep and wash their pinnie for EACH session
- Only coaches should put out and collect training equipment (ie: handling balls to put in ball bags, collecting cones, etc.)

Thompson Okanagan FC is dedicated to doing its utmost to protect players, parents/guardians, coaches, their families, and any bystanders. This document is meant to provide players, parents/guardians, coaches, and families information on how a return to training will look and be conducted. It is a best-efforts plan to allow a restart of soccer training at TOFC. As we progress, adjustments and additions may be necessary.

This document is not meant to be a substitute for professional medical advice or treatment. All content is meant for general information purposes only. As the Covid 19 situation is one that is constantly changing, TOFC makes no representation as to completeness of information and accepts no responsibility for any possible occurrence of virus transmission. It is encouraged that individuals seek their own advice from medical professionals and/or public health authorities if there are any specific questions or concerns regarding a player returning to play.

Additional guidelines and information will be released as we progress from the early phases of a restart of play and toward more normal soccer conditions and game play.

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