



West Springs/Cougar Ridge Community Association (WSCRCA)

2021 WSCRCA Outdoor Soccer COVID-19 Highlights

Requirement	Description / Application
Group Size	Group size is limited to 8 Players & 2 Coaches/Trainers.
Training Activities	<p>8-and-2 Training is limited to physical distancing training within a group setting.</p> <p>No games, scrimmages, or contact play is permitted. Only skills and/or conditioning that allow for physical distance requirements to be always maintained.</p>
Registration	<p>All Participants must be registered for the current season with WSCRCA.</p> <p>All Parents acknowledged the WSCRCA COVID-19 Waiver during registration and prior to participating in any WSCRCA soccer related 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 WSCRCA soccer activities with a foreknowledge of the risks.</p>
Hygiene	<p>Touchable equipment cannot be shared between players nor between players and coaches. IF/WHEN restrictions change, allowing games, equipment sharing, then good hand hygiene is still expected (e.g. limiting touching with hands, regular hand / equipment sanitizing).</p> <p>Balls are not considered equipment and may be used for passing drills using feet only.</p> <p>Hand sanitizer will be supplied for each cohort. The Safety Coordinator volunteer will ask each player to sanitize upon arrival and departure. This can also be used during sessions if deemed necessary (e.g. touch other players balls with your hands).</p> <p>No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, etc.</p>
Masks	<p><u>Masks are Mandatory:</u></p> <ul style="list-style-type: none"> ● Participants must be masked at all times, except during high intensity physical activity. ● Coaches and trainers must always remain masked. ● Parents dropping off/picking up players must wear masks



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Contact Tracing	<p>Contact Tracing Logs will be kept for all 2021 sessions for the season with reasonable security measures in place to protect the personal information collected (Name & Contact Information). Alberta Health Services will only request information about attendees if a potential exposure occurs onsite (<i>AHS General Relaunch guide</i>).</p>
Physical Distancing	<p>Physical distancing of 2 metres must be always maintained between all participants AND 3 metres between training groups during sessions AND from non-training areas.</p> <ul style="list-style-type: none"> • Coaches/trainers may enter physical distancing space for <u>brief interactions</u> with participants to correct form or technique. <p>2 metres distancing requirement applies to all ingress/egress outdoor fields where training and exercise are not occurring.</p>
Screening & Response Plan	<p><u>Health checks</u> must be completed prior to every session as per COVID-19 Symptoms Checklist. Parents are asked to review the Health Checks prior to coming to the field. <u>Adult volunteers</u>, <u>Youth players</u>.</p> <p>Volunteers will take attendance each session (used for contact tracing only) and confirm 'NO' was responded for all health check questions.</p> <p>Individuals exhibiting <u>COVID-19 symptoms</u> may not participate in sessions.</p> <p>Rapid Response plans have been developed to ensure the safe isolation of and swift departure from the field of a Participant who becomes sick (symptomatic) while participating in a group session.</p> <p>Player and Safety Coordinator to apply hand sanitizer. Safe isolation (+2M) and swift departure from cohort field areas. Safety Coordinator to call players emergency contact. Safety Volunteer, parent, player masked, physical distance (2M). Sanitize any equipment player came in contact with.</p> <p>Team Manager will notify <u>soccer@wscr.ca</u>. 811 will be contacted for instructions.</p> <p>Provided that all health guidance is being followed, there is no need to cancel the current activity.</p>
Snacks & Water Bottles	<p>All water bottles must have a players name on them. No sharing of food or drinks. No snacks allowed.</p>



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<p>Equipment</p>	<p>All equipment must be cleaned and sanitized before and after each group training session by the Equipment Manager (or other delegated volunteer) using disinfectant spray provided.</p> <p>Touchable equipment cannot be shared between players nor between players and coaches. IF/WHEN restrictions change, allowing games, equipment sharing, then good hand hygiene is still expected (e.g. limiting touching with hands, regular hand / equipment sanitizing). Balls are not considered equipment and may be used for passing drills using feet only.</p> <p>Each child will be given their own soccer ball to use. U4-U8 parents are given a ball to keep and should write their child's name on it. U10 parents are given a ball to borrow during the season. It is recommended using a piece of durable tape on the ball for the player's name.</p> <p>Goalkeeper gloves cannot be shared during the session (wash after each use). Gloves to be visibly clean.</p>
<p>Scheduling</p>	<p>All sessions must be scheduled and approved by WSCRCA.</p> <ul style="list-style-type: none"> • All session schedules and attendance lists must be shared with WSCRCA for contact tracing purposes. <p>A cohort group is defined as:</p> <ul style="list-style-type: none"> • One coach (minimum) • One other supervising adult or volunteer • Eight youth players (maximum) • No more than a total of ten individuals in a group session <p>! Players may not be scheduled for multiple group sessions in a single calendar day.</p> <p>! Coaches must remain with the group for the entire session; coaches may not move between sessions/cohorts.</p> <p><u>Sessions are scheduled</u> to allow sufficient time between activities to allow for:</p> <ul style="list-style-type: none"> • the sanitization of all shared equipment, • the coach to wash or sanitize hands if participating in subsequent training sessions, • physical distancing of 2 metres to be maintained during entry & exit of training/facility/field. <p>More than one training group may be scheduled at a single field, so long as:</p> <ul style="list-style-type: none"> • 3 metres distance is maintained <u>between groups</u> and groups do not intermingle. • Scheduling minimizes the number of participants arriving/leaving at the same time.



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Coaches	<p>Coaches are expected to provide active instruction and correction. Passive supervision of a physical activity is not considered to be training and is not permitted.</p> <p>At minimum, one coach must be 18+ years. All coaches MUST have a valid PIC including Vulnerable Sector Check (VSC) on file.</p> <p>For the safe training of players under the age of 18 years, the following safety requirements must be met:</p> <ul style="list-style-type: none"> • Rule of Two maintained at all sessions (two volunteers, one with PIC/VSC). • Trying to have one coach who is of the same gender as the players. Note: This may be impacted by the parents who volunteer to coach. • Coaches (or other volunteers) are never to be alone or out of sight with a player without another screened coach or adult present. Training environment is open to observation. <p>Coaches must always wear masks and sanitize hands before and after each session.</p>
Players	<p>No loitering before or after training sessions.</p> <p>No interacting with players or coaches not in group while at the field.</p> <p>Arrive no more than 5-10 minutes before the session, dressed and ready to participate. Hand hygiene must occur immediately before and after each session, either through hand washing or use of hand sanitizer containing at least 60% alcohol.</p>
Spectators	<p>Spectators are limited to one parent/guardian per child, if allowed by health authority restrictions if allowed by the Outdoor Social Gatherings restrictions.</p> <p>If allowed by health authorities, designated spectator areas will be shared with Team Managers to share with their cohorts. Parents/guardians may also choose to remain in the area and be available by phone in the event of an emergency.</p> <p>A parent/guardian must not be involved as trainers and must be distanced at least 3 metres away from the training group and 2 meters from others.</p>
Gatherings	<p>Social gatherings by teams are permitted within the boundaries of current health restrictions on outdoor social gathering, including physical distancing and any household cohort commingling restrictions.</p>