



VICTORIA SOCCER CLUB

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RETURN TO PLAY PLAN

PHASE 1 – RETURN TO TRAIN

Victoria's Return to Play Plan - Phase 1 will align to critical public health guidelines encompassed by the Government of Alberta [Guidance for Organized Outdoor Sport. Physical Activity and Recreation](#) and Alberta Soccer Association Return to Play Protocol – Phase 1.

Administrative Off-Field Preparation:

1. All members/players are required to review the:
 - a. Government of Alberta [Guidance for Organized Outdoor Sport. Physical Activity and Recreation](#) (attached)
 - b. Alberta Soccer Association Return to Play Protocol - Phase 1. **(Note: need to add link)**
 - c. VSC Return to Play Plan - Phase 1 (this document)
2. When you register with us, parents/players must review and sign the VSC waiver **(Note: need to link to our website)**. It will require all parents/players to abide by all requirements of the VSC Return to Play Plan - Phase 1 (this document).
3. All coaches and team officials require a valid EIYSA card and must review and sign the VSC Adult Waiver **(Note: need to link to our website)**
4. All players must indicate their intention to participate in a session the day before the session and complete the [VSC Health Self-Assessment Questionnaire](#) **(Note: need to link to our website)** These will be registered on-line. A list of completed self-assessment questionnaires will be provided to the field check-in volunteers for each session. No questionnaire means no participation. We must have lists of players available in case Alberta Health Services requires information to support contact tracing. We must also include a list of adults who drop their children off at the field. See Attached.

5. All Head Coaches and check-in volunteers will complete the [VSC Health Self-Assessment Questionnaire](#) (Note: need to link to our website) for each day of training. They will also be provided with a Staff Coach Volunteer Checklist. (See attached)
6. In addition, we will provide a Player Checklist to help players prepare for the field. See Attached.
7. Parents/Guardians will also be provided with a Parent/Guardian Checklist to prepare for the field. See attached.
8. Please see our physical field entry and exit plans (Appendix 1) of the field structure to allow members to view our entry and exit pathways. (Note: Need Google Maps with arrows)
9. All coaches and managers must have viewed the ASA Webinar which is to be available after June 11, 2020.
10. We have employed certified First Aid Attendants. These First Aid Attendants will supervise all health and safety measures on the field including assessment of ability to participate in sessions, supervision of hand washing at entry, all movement to and from the technical areas, and support to the Head Coaches. Our First Aid Attendants are provided with full PPE needed to treat any player requiring first aid treatment. **Parents are not allowed on the field.**
11. We are developing a Communications Protocol to respond to any issues identified through screening, self-reporting, or symptomatic participants.

Technical Off-Field Preparation:

1. Players and parents should review physical field entry and exit plans (Appendix 1) to understand the general patterns. Players will be supported throughout the field sessions to align to the field entry and exit pathways.
2. Parents are asked to please remain in their vehicle until registration starts and leave the registration area immediately after their child is registered. We ask that only one parent/guardian drop off their child(ren) so that we can minimize the number of people involved in any event as this will aid any tracing that Alberta Health may need to carry out.
3. Each player will be assigned a training area before they arrive. Check-in volunteers will also be able to support players if they forget their training area assignment.
4. Each player will be allocated a personal equipment space to place their bag.
5. Each player will need to bring their own equipment which should include:
 - a. their own ball, which has been disinfected (see #8, below) and with their name clearly marked
 - b. their own water bottle with their name clearly marked
 - c. any personal clothing needed - please dress appropriately and have protective clothing available as players cannot return to their cars for additional clothing.
 - d. their own backpack or duffle bag which can contain their ball, their water bottle, and personal clothing.
 - e. Players **do not** need shin pads!
6. Players should sanitize their equipment before they arrive at the field. This includes cleats/shoes and balls. (Note: need You Tube video link)
7. Players must come dressed for their session. Please put your cleats on in your cars and remove them after your session in your car. Please dress appropriately for the weather.
8. In the event of inclement weather or field conditions such that training is not possible, a notice will be placed on our website. (Note: attach link to website where this will be). We will reschedule any training that was cancelled.

Technical On-Field Protocol:

1. Please arrive 15 minutes ahead of your scheduled start time to allow check in.
2. Players will line up at their allocated check-in desk (8 players maximum to one desk at one time), physically distanced by 2 metres to check in.
3. Check-in volunteers will check off that the player has completed a [VSC Health Self-Assessment questionnaire](#) (Note: need to change to link to our website) for that day. Volunteers will be provided with disposable face masks and gloves.
4. All players are encouraged to please bring their own hand sanitizer to use before, during, and after the session. Should a player forget, there will be hand sanitizer available for use at the entry desk.
5. Players will be asked to move to their assigned training space using designated entry pathways with the help of a second check-in volunteer. They must maintain a 2-metre physical distancing with other players as they move to their assigned training spaces.
6. Players will take only necessary personal equipment to their training space and leave it within a designated area. It is expected that players will bring a bag to contain personal equipment and ensure that the training space is tidy and physically safe. Players may be asked to put their own ball back in their bag when we start training drills that require shared balls. In this case, the Head Coaches will use club balls that have been sanitized for each session. We want to avoid a situation where players have to search for their balls after the session, potentially resulting in a reduction of physical distancing.
7. Players must remain within their assigned training space unless instructed by the Head Coaches as part of the training session.
8. Following the training session, players will be asked to exit the training area with instruction by the Head Coaches and with the help of the check-in volunteers. We ask for immediate and expedient departure so as to avoid congestion between sessions.
9. All parents will be asked to stay within their vehicles so that the size of gatherings does not exceed the maximum of 50 persons currently allowed, this includes players, coaches, check-in volunteers, First Aid Attendant, and club supervisor(s).
10. Unfortunately, our inside washrooms are closed. We know that this is an inconvenience however we are providing a porta-toilet that can be cleaned as per required guidelines for players/coaches/volunteers only
11. Players are asked to not spit, shake hands, high fives, fist bumping, clearing of nasal passages, chest bumps or do group celebrations.
12. Treatment for any injury will be handled by the First Aid Attendants. Players can indicate their injury to the Head Coaches who will call the First Aid Attendant over who will assess the injury and provide appropriate treatment within their medical capacity and legal abilities. They will wear PPE to ensure the safety of the player. They will escort the player to their parent/car as needed with recommendations for further treatment as appropriate.