



CALGARY BLIZZARD SOCCER CLUB

Return to Play – Phase 2

June 19, 2020



OBJECTIVE: TO CREATE A PHASED RETURN TO PLAY PLAN FOR CALGARY BLIZZARD SOCCER CLUB FOLLOWING CMSA, ALBERTA SOCCER, CANADA SOCCER AND CANADIAN GOVERNMENT & HEALTH AUTHORITIES GUIDELINES.

THIS DOCUMENT OUTLINES THE CONDITIONS THAT MUST BE MET TO PERMIT TRAINING TO OCCUR DURING THIS RELAUNCH OF ALBERTA'S PHASE 2; WE REMAIN COMMITTED TO LIMITING THE SPREAD OF THE COVID-19, AND WE RESERVE THE RIGHT TO MODIFY THESE PROTOCOLS BASED ON LOCAL CONDITIONS

PRIOR TO TRAINING

BACK TO PLAY WHAT SHOULD I EXPECT?



DROP OFF & PICKUP

Arrive at the field no more than 10 minutes before your session start time.

All players must be dropped off in the Parking lot at Inland Athletic Park.

There will be a marked 'Drop Off Zone'.

There will be a small marked parent zone for parents of younger players to pick up at the end of the session. Please remember to social distance at all time.

PLAYER CHECK-IN



Only players, staff and coaches will be allowed onto playing fields.

Players will proceed directly from the parking lot to their assigned practice field.

Each field will have an entry table where players will sanitize and complete symptoms checklist in accordance with AHS and ASA regulations.

Players will sanitize hands at the end of each session



SPECTATORS

At this time, no spectators will be allowed on the field.

Parents can watch training sessions from their cars.

Please no loitering or gathering before or after sessions.

Players are expected to return directly to their parents/vehicles after practice.

SAFETY GUIDELINES

Do not leave home if you are feeling unwell. or showing signs of Covid-19

Players are to avoid touching equipment with hands, chest or head.

No sharing water bottles.

No spitting, high fives, or handshakes during practice sessions



PRIOR TO TRAINING

YOU MUST **NOT** ATTEND TRAINING IF IN THE PAST 14 DAYS YOU:

- HAVE BEEN UNWELL OR HAD ANY FLU-LIKE SYMPTOMS
- HAVE BEEN IN CONTACT WITH A KNOWN OR SUSPECTED CASE OF COVID-19
- HAVE HAD ANY RESPIRATORY SYMPTOMS, EVEN IF MILD
- ARE AT A HIGH RISK FROM A HEALTH PERSPECTIVE, THOSE WITH PRE-EXISTING MEDICAL CONDITIONS
- THOSE INDIVIDUALS WITH EVEN MILD SYMPTOMS ARE ENCOURAGED TO GET TESTED

TRAINING PROTOCOLS

WHEN CONDUCTING TRAINING, THE FOLLOWING CONDITIONS WILL BE IMPLEMENTED:

- ENTRY MUST BE REFUSED TO ANY PERSON WHO ATTENDS TRAINING WHO IS KNOWN IN THE LAST 14 DAYS TO HAVE (OR HAD) SYMPTOMS, CONTACT WITH A KNOWN/SUSPECTED CASE, OR BE AT HIGH RISK
- STAGGERED TRAINING START TIMES TO MINIMIZE RISK OF CONGREGATION
- A GAP OF NO LESS THAN 15 MINUTES IN BETWEEN SCHEDULED TRAINING SESSIONS TO AVOID CONGREGATION
- AN ACCURATE RECORD OF ALL ATTENDEES (INCLUDING PARENTS/ CARETAKERS) FOR THE PURPOSES OF CONTACT TRACING MUST BE KEPT, INCLUDING FULL NAME, EMAIL ADDRESS, PHONE NUMBER, DATE AND TIME OF ATTENDANCE
- IF ANY PLAYER PRESENTS TO TRAINING WITH COVID-LIKE SYMPTOMS, THEY MUST BE IMMEDIATELY ISOLATED AND SENT HOME AS SOON AS POSSIBLE
- PLAYER GROUPS (INCLUDING COACHES / SUPPORT STAFF) ALIGNED WITH PROVINCIAL HEALTH AUTHORITY'S RECOMMENDATIONS
- PARENTS OR OTHER PEOPLE ARE RESTRICTED FROM THE FIELD AND REQUIRED TO KEEP A REASONABLE DISTANCE

TRAINING PROTOCOLS

CONTINUED

- HANDLING OF EQUIPMENT MUST BE MINIMIZED (E.G. NO THROW-INS)
- NO USE OF SHARED EQUIPMENT THAT TOUCHES THE HEAD OR FACE, OR CANNOT BE EFFECTIVELY CLEANED (I.E. SOFT MATERIALS OR CLOTHING)
- STRICT ADHERENCE TO THE HYGIENE PROTOCOLS OUTLINED IN THIS AND OTHER RELEVANT DOCUMENTS
- REGULAR BREAKS ARE PROVIDED FOR THE PURPOSE OF REHYDRATING AND HAND SANITIZING
- PLAYERS MUST LEAVE PROMPTLY IN A STAGED MANNER
- ALL EQUIPMENT, AND ITS STORAGE, IS THE RESPONSIBILITY OF CLUB STAFF (INCLUDING SANITIZATION)
- ALL NORMAL SAFETY PROTOCOLS APPLY - RULE OF TWO, ETC..

INLAND ATHLETIC PARK PROTOCOLS

Please note:
SPECTATOR ZONES
& DROP-OFF ZONE

(Parking lot drop off only - do not drop-off along the fenced portions of Inland.)



FIELD MAP Inland Athletic Park

Hand Sanitizing stations at each zone.
Gloves and masks will be available.

TD will complete player arrival/AHS health checklist at zone entrance.

Parent waiting zone for pick-up

Field Marshall will rotate through zones to ensure compliance with AHS guidelines and complete contact forms.

Traffic control operators

Bathrooms

Spectators

INLAND ATHLETIC PARK PROTOCOLS

CONTINUED

ARRIVAL

- VEHICLES MUST DROP OFF PLAYERS IN THE DESIGNATED PARKING LOT. NO PLAYERS ARE TO BE DROPPED OFF ALONG THE PERIMETER OF THE FIELDS. TRAFFIC CONTROL OPERATORS WILL BE POSITIONED AT EAST & WEST CORNERS OF THE FACILITY. SIGNS CLEARLY MARK "PARKING LOT DROP-OFF"
- PLAYERS TO ARRIVE DRESSED & READY TO TRAIN
- PLAYERS TO WAIT IN THEIR VEHICLES UNTIL 5-10MIN PRIOR TO SESSIONS START
- ENTERING VEHICLES, PLAYERS & PARENTS ARE REQUIRED TO PRACTICE SOCIAL DISTANCING
- UPON ENTRY INTO CLEARLY MARKET INLAND ENTRANCE, PLAYERS WILL BE GREETED BY VOLUNTEER WHO CAN ASSIST WITH ZONE LOCATIONS. FIELD MAP WILL ALSO BE AVAILABLE. PARENTS WILL BE SHOWN CLEARLY MARKED "PLAYER PICK-UP ZONE" IF THEY PREFER TO WAIT. PLAYER PICK-UP ZONE WILL HAVE CLEARLY MARKED "SOCIAL DISTANCE STANDING AREAS"
- PLAYERS WILL HEAD TO THE CLEARLY MARKED ZONE "ENTRANCE" - EACH ENTRANCE WILL HAVE A TABLE WITH HAND SANITIZER, MASKS (OPTIONAL), GLOVES (OPTIONAL)
- PLAYERS MUST COMPLETE THE "HEALTH CHECKLIST" WITH ALL QUESTIONS ANSWERED "NO" AND THEN PROCEED TO SANITIZE HANDS. ALL PENS WILL BE PLACED IN A "USED" AND "SANITIZED" CONTAINER. THE PENS WILL BE SANITIZED BETWEEN SESSIONS.
- PLAYERS MUST SUCCESSFULLY COMPLETE THE HEALTH CHECKLIST IN ORDER TO BE PERMITTED TO TRAIN
- IF PLAYERS UNSUCCESSFULLY COMPLETE THE CHECKLIST, THEY WILL GO TO A DESIGNATED WAITING ZONE AND THE PARENT WILL BE CONTACTED FOR PICK-UP.

INLAND ATHLETIC PARK PROTOCOLS CONTINUED

DURING

- TRAINING WILL HAPPEN UNDER AHS/ASA GUIDELINES FOR 60MIN.
- FIELD MARSHAL WILL OBSERVE ALL OPERATIONS AND SESSIONS TO ENSURE SOCIAL DISTANCING PROTOCOLS ARE BEING FOLLOWED.

EXITING

- UPON SESSIONS COMPLETION, EACH PLAYER WILL EXIT THE ZONE IN THE SAME WAY THEY ENTERED.
- UPON EXITING, THEY WILL SANITIZE HANDS AND HEAD DIRECTLY TO THE PARENT PICK-UP ZONE.
- ALL PLAYERS AND PARENTS ARE TO PRACTICE SOCIAL DISTANCING DURING PICK-UP AND EXIT THE FIELDS WITHIN 5-10MIN OF COMPLETION. PLAYERS & PARENTS ARE TO LEAVE IMMEDIATELY & NOT LOITER.
- ZONE LEADS WILL WEAR GLOVES AND MASKS TO SPRAY DOWN ALL THE BALLS IMMEDIATELY UPON COMPLETION FOR USE DURING NEXT SESSION.

DAY END

- ALL EQUIPMENT WILL GO TO EQUIPMENT COLLECTION AND SANITIZATION WHERE A DESIGNATED VOLUNTEER WILL WEAR GLOVES AND A MASK TO SANITIZE ALL EQUIPMENT PRIOR TO STORING.

PLAYER, COACH & VOLUNTEER HEALTH CHECKLIST

This will be filled out prior to each training session



Date: _____

Field: _____

Coach/ Volunteer: _____

COVID-19 Symptoms Checklist for Staff/ Coaches/ Participants

Do you have any of the below symptoms?	Lionel Messi														
Fever (greater than 38.0C)	N														
Cough	N														
Shortness of Breath/ Difficulty Breathing	N														
Sore Throat	N														
Runny Nose	N														
Has anyone in your household experienced any of the above symptoms in the last 14 days?	N														
Have you, or anyone in your household travelled outside of Canada in the last 14 days?	N														
Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated or confirmed to be a case of Covid 19?	N														
Are you currently being investigated as a suspect case of Covid 19?	N														
Have you tested positive for Covid 19 within the last 10 days?	N														

If an individual answer 'YES' to any of the questions above, they are not to be permitted to participate in training for a minimum of 14 days.

Coach/Volunteer: _____

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