



ALBERTA SOCCER ASSOCIATION

The Governing Body of Soccer in Alberta

“RETURN TO SOCCER” PLAN

Phase 1 - RETURN TO TRAIN

June 2020



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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 provided are recommendations and protocols only and should not be construed as legal advice on any subject matter

STRUCTURE OF SOCCER IN ALBERTA

The Structure of Soccer in Alberta determines the flow of information as well as the authority for decision-making for all sanctioned soccer activity in our province.

Alberta Soccer governs the activities of our District Association who then oversee the activities of all Local Club/Community Association in their jurisdictions. District Association internal structures are unique across our province.

In as much as we have attempted to provide clarity throughout this document for how a soccer team in Alberta may begin to train together, it is important to consider the flow of information and authority for decision-making based on the internal structure of the District Association you belong to.

If you have any questions about this *Return to Soccer Plan*, please contact your local District.

If you are a District, please contact Shaun Lowther, Executive Director of Alberta Soccer, slowther@albertasoccer.com



INTRODUCTION

Alberta Soccer, like all of our members are looking for the day when we can return to the sport we love. **However, we must first receive confirmation from our provincial government, Alberta Health Services, Canada Soccer, and our insurers on when a Return to Soccer is permitted, and under what conditions.**

On May 13, 2020 Canada Soccer released a News Article which outlined their Return to Soccer Guidelines as part of their Safe Sport Roster. ([News Article](#)) Alberta Soccer has been working with Alberta Health Services to ensure we understand at what stage in Alberta's Relaunch Strategy, our sport can return to play and under what health guidelines.

In meeting the requirements within Canada Soccer's *Return to Soccer Guidelines* and in consideration of Alberta Health guidelines, Alberta Soccer has developed these *Return to Soccer Guidelines*. These Guidelines are meant to help support affiliated clubs/teams, administrators, coaches and anyone organizing soccer related activity under the Governance of Alberta Soccer in their decision-making surrounding *Return to Soccer*. The Alberta Soccer "Return to Soccer Plan" will be a 3-Phase approach:

- Phase 1 – Return to Train (modified training),
- Phase 2 – Return to Modified Games (modified games & modified training),
- Phase 3 – Return to Soccer (regular competition, games and training).

Each district, club, community, team must carefully consider when they are prepared to begin offering modified soccer training as per the *Return to Soccer* requirements provided. Alberta Soccer also advises all our members and affiliated clubs to work with their local city/municipality as each municipality may have **different restrictions and limitations** for on-field bookings and activity. Due to the nature of Covid-19 in Alberta, soccer restrictions will need to be addressed at a regional level through the local district.

Finally, while we understand and appreciate the eagerness to prepare for when *Return to Soccer* happens, we ask that organizations do not develop protocols that are independent of Alberta Soccer, Alberta Health Services and Canada Soccer guidance. **Organizations, teams, and/or coaches that offer soccer activity and do not comply with these recommendations and guidelines may be subject to sanctioning.**

In closing, Alberta Soccer would like to thank all the members, affiliated clubs, and individuals across Alberta for your patience and understanding during these challenging times. Thank you to the individuals who participated in Alberta Soccer's "Return to Play Survey" as your feedback assisted in the development of these recommendations and guidelines.

We ask organizations at all levels of membership to actively communicate **our official information updates to the members of their soccer community by posting this information on their website, sharing it via email and using social media.**

OVERVIEW

REGIONAL LIFTING OF SUSPENSIONS

Alberta Soccer will follow the lead of Alberta Health Services and lift the suspension of on-field soccer activity by individual club/community, through the local district as the conditions for the *Return to Soccer* are met.

CONDITIONS FOR RETURN TO SOCCER: Phase 1 - Return to Train

Before organized, on-field soccer activities can resume in Alberta, **ALL** of the following conditions must be met;

External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Alberta Government in co-ordination with Alberta Health Services implements their *Relaunch Strategy*, indicating at which stage organized sport is permitted and under what conditions.
3. Municipal Governments allow organized sport to access fields (Municipal owned or Private).
4. Alberta Soccer's *Return to Train Plan* is presented to and approved or deemed compliant to Provincial Health Regulations as determined by:
 - ➔ The Alberta Government and/or Alberta Health Services
 - ➔ Canada Soccer
 - ➔ Alberta Soccer's Insurance Provider

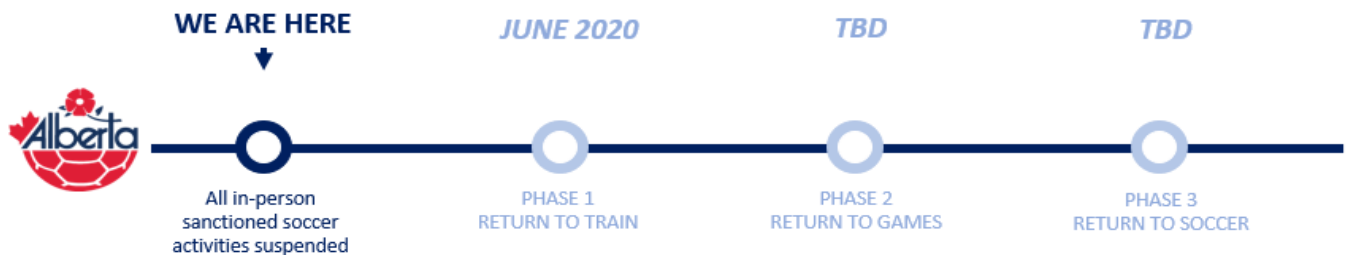
Internal Conditions

5. Districts in conjunction with Individual Member Clubs agree to adhere to the "Return to Training" Guidelines as presented in this document.
6. Member clubs/zones will complete the Risk Management Tool developed by Canada Soccer, receive feedback on identified risks, and approval from Alberta Soccer and their home District to proceed.
7. Member clubs/zones and districts must have at a minimum 2 individuals (Administrative Lead & Technical Lead) attend a Return to Train Webinar scheduled by Alberta Soccer. In addition, it is mandatory for all clubs/zones and districts to require all coaches & volunteers to access the video recording of the Return to Train Webinar (for educational purposes), prior to commencing their "Return to Play" programming.

TIMELINES FOR RETURN TO SOCCER

The timelines related to the 3-Phases for *Return to Soccer* are subject to all **Conditions for Return to Soccer** being met and that they continue to remain in place.

Phase 1	Return to Train	Return to Modified Train (No Contact)
Date:		On or After June 12, 2020
Conditions:		Phase 1 – Conditions for Return to Soccer fully met
Restrictions:		Intra-Club Only; No league, exhibition games or scrimmages allowed
Phase 2	Return to Modified Games	Return to Modified Training & Games
Date:		TBA
Conditions:		Alberta Health Services lifts restrictions to allow modified games Phase 2 – Conditions for Return to Modified Games fully met
Restrictions:		Inter-Squad or Intra-Club Only; No league or exhibition games permitted
Phase 3	Return to Soccer	Return to Regular Training, Games & Competitions
Date:		TBA
Conditions:		Alberta Health Services lifts restrictions to allow regular league play
Restrictions:		None



RESPONDING TO CHANGING CONDITIONS

Due to the nature of the Covid-19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our individual organizations. If health situations change, we may be required to return to a previous phase of Return to Soccer or cease soccer activity all together. As Alberta Health Services monitors the provincial progression through Alberta’s Relaunch Strategy, we expect that they will continue to advise sport organizations on how they can lead their sport through the stages of relaunch. Alberta Soccer will provide the applicable health and safety guidelines that must be implemented in order to safely move from one phase of the Return to Soccer plan to the next.

IF public health restrictions should be reinstated and soccer activity is **NO LONGER** permissible **OR** we must return to a previous phase, Alberta Soccer will communicate this change directly with District Associations. District Associations will distribute this messaging to their impacted Club/Community Associations, players, parents, coaches, and volunteers. Changes will also be posted on the Alberta Soccer website and social media accounts. Immediate compliance is expected.



STEPS TO RETURN TO TRAIN FOR CLUBS / TEAMS

For individual teams / clubs / communities / districts to receive the approval for Phase 1 - Returning to Train, they must complete the following steps:



Alberta Soccer distributes *Return to Soccer Guidelines – Phase 1* & Link to Canada Soccer’s *Risk Assessment Tool* to Districts to provide to individual Clubs / Communities in their jurisdiction.

1 **Individual Club / Team** implement the required minimum standards in training programs and verifies compliance in Canada Soccer Risk Assessment

Individual Club / Team complete the self-assessment tool and submit to Canada Soccer

2 **Individual Club / Team / Districts** attend Return to Train Webinar scheduled by Alberta Soccer

Canada Soccer provides feedback on completed self-assessment

3 **Districts** with Alberta Soccer review Canada Soccer feedback and verify with Club / Team their approval to offer organized training.

OPERATIONAL GUIDELINES FOR RETURN TO SOCCER

Alberta Soccer, in consultation with Canada Soccer and Alberta Health Services, continues to monitor the most recent developments surrounding the Coronavirus (COVID-19) pandemic. To support our game moving forward and taking into consideration the most up to date* information and recommendations, the following guidelines are required for a phased-in Return to Soccer.

GENERAL ACTIVITY REQUIREMENTS

ORGANIZATIONAL GUIDELINES

SOCCER TRAINING HEALTH & SAFETY GUIDELINES

PHYSICAL DISTANCING GUIDELINES

SESSION GUIDELINES

EQUIPMENT GUIDELINES

CONTACT TRACING GUIDELINES

PRIVATE FACILITY AND OFFICE SPACE GUIDELINES

*It is important to note that these guidelines were published using the information available from Alberta Health Services (AHS) as of May 20, 2020. Alberta Health Services is expected to publish guidance specifically for sport and physical activity. Upon publication, if there are any discrepancies between these Guidelines and the Guidance for Sport Physical Activity, the latter will apply. All guidelines must adhere to the most recent public health orders as posted on the [COVID-19 Orders and Legislation](#) webpage.

Should any member organization and/or affiliated club wish to add stricter guidelines, measures and/or precautions they are able to do so for the soccer activity they oversee within their specific organization.

A club/community/district MUST meet the minimum standards provided in these guidelines prior to offering any on-field sanctioned soccer activity in Alberta.

REFEREE AND COACH TRAINING COMPONENTS

If any organization is looking to operate referee or coach specific training, these guidelines must be adhered to.

OTHER

Alberta Health Services encourages all Albertans to voluntarily download the *ABTraceTogether* mobile app to help identify and isolate positive COVID-19 cases.

For more information about the *ABTraceTogether* app, please visit <https://www.alberta.ca/ab-trace-together.aspx>

GENERAL ACTIVITY REQUIREMENTS

All soccer activities must comply by these basic safety requirements.

Requirement	Description / Application	Link to Resource
Oversight	<p>The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.</p> <p>Individuals exhibiting symptoms of Covid-19 must be sent home immediately as per CMOH Order 05-2020</p>	CMOH Order 05-2020
Social Distancing	<p>The activity must comply with current Social Distancing restrictions issued by Alberta Health Services</p> <p>Individuals MUST maintain physical distancing of at least 2 meters from others, unless they are from the same household or cohort family.</p> <p>Drop off and pick up protocol should be clearly mapped out with protocols for ingress and egress communicated and marked to ensure social distancing requirements are maintained. No loitering before and after training is permitted.</p>	Practice Physical Distancing Guidance For Organized Outdoor Sport
Gatherings	<p>The activity must comply with current gathering restrictions issued by Alberta Health Services.</p> <p>Groups must be limited to 50 people or fewer.</p> <p><i>Soccer Application:</i> Unless otherwise stated by the municipality/city, this is a maximum of 25 people per ½ of a FIFA regular 11 v 11 full-size soccer field.</p>	Restrictions on Gatherings
Groups	<p>The activity must be limited to Small Groups</p> <p>Groups must physically distance from other groups.</p> <p><i>Soccer Application:</i> The recommendation is solely to in-Club activity and MUST keep to within District Geographical boundaries.</p> <p>The accompanying sample sessions provide for up to 25 people per ½ of a FIFA regular 11 v 11 full-size soccer field.</p>	Guidance For Organized Outdoor Sport
Hygiene	<p>Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants.</p> <p>Activity organizers must ensure participant compliance with all hygiene measures.</p> <p>No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.</p>	Infection Prevention and Control
First Aid	<p>Activity organizers must ensure personal protective equipment is immediately available IF first aid treatment is required.</p> <p>Recommendation that a family member attend to injured player, if available. If not possible, attending person must wear medical gloves and mask when 2 metre distance cannot be maintained.</p>	Guidance for Wearing Non-Medical Face Mask

ORGANIZATIONAL GUIDELINES

Organizations providing soccer training must abide by these guidelines when organizing an activity.

Requirement	Description / Application
Registration	<p>All participants must be registered for “Outdoor Soccer” as per the established process with their Club/Community, District and Alberta Soccer.</p> <p>Recommend online registration only (no cash transactions)</p>
Waivers & Declarations	<p>All Participants (or parents/guardians if under 18 years of age) must sign the <i>Informed Consent – Assumption of Risk Waiver</i> plus provide a <i>Declaration of Compliance</i> prior to participating in any sanctioned soccer 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 Alberta Soccer activities with a foreknowledge of the risks.</p>
Scheduling & Event Management	<p>Activities must be scheduled to allow sufficient time between sessions to avoid any overlap of players on the field and/or congestion during pick-up / drop-off.</p> <p>Participants must arrive dressed for training & immediately depart at the end of training.</p>
Participation	<p>Participation must be limited to players that are born in 2011 or earlier. Participants must be able to understand and adhere to the distancing measures and recommendations issued by Alberta Health Services.</p> <p>Vulnerable persons, such as older adults, individuals with underlying medical conditions, and/or are at risk due a compromised immune system must NOT participate.</p>
Parents / Guardians & Carpooling	<p>Parents/Guardians must drop off & pick-up their child at the established entrances and exits.</p> <p>For safety reasons, parents may be asked to remain nearby in vehicles and/or designated areas. Designated areas must adhere to group size and social distancing guidelines.</p> <p>Contact Tracing information must be maintained for attending parent/guardians as well as participants.</p> <p>Participants should only carpool with individuals from their household or cohort family.</p>
Spectators	<p>Spectators are NOT allowed.</p>
Equipment	<p>Any equipment used during training sessions must be clean and sanitized both before and after every session.</p> <p>Recommend that ball washing stations be made available at ingress and egress to ensure individuals sanitize personal equipment before and after training.</p> <p>A single individual should be assigned responsibility for the management and cleaning of all equipment.</p>



Food & Water	<p>No sharing of water bottles or communal water coolers; Individual participants must bring their own water.</p> <p>Snacks should be discouraged, however if allowed, participants may only consume food brought from their own household.</p>
Personal Protective Equipment	<p>Provide your staff/coaches with any protective items required by the health authorities and ensure that each member of your staff washes and/or sanitizes their hands regularly.</p>
Hygiene	<p>Provide the ability for participants to wash or sanitize hands before, during, after training. If you do not provide, request that participants bring their own hand sanitizer containing at least 60% alcohol to training.</p> <p>All participants should follow proper respiratory etiquette.</p> <p>Recommend that participant shoes are sanitized before and after training.</p>
Health Check	<p>Include the daily requirement for any and all staff/coaches and participants to provide verbal confirmation as per a “COVID-19 symptoms checklist” to ensure they are not experiencing any symptoms related to COVID-19</p> <p>If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately.</p> <p>If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate.</p> <p>As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.</p>
Contact Tracing	<p>Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every training activity and be available to be accessed quickly to ensure efficient contact tracing.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 6 weeks</p>
Response Plan	<p>Activity organizers must develop Communication Protocols for rapid response when issues are identified through screening, self-reporting of symptomatic participants. Canada Soccer is currently developing a “Response Plan Template” which will be distributed upon receipt.</p>

SOCCER TRAINING COVID-19 HEALTH & SAFETY GUIDELINES

The following provide the health and safety precautions that must be followed to ensure the reduction of exposure and/or spread of Covid-19 during soccer training.

Requirement	Description / Application
Physical Distancing in Soccer Training	<p>Remind and enforce physical distancing requirements between coaches, players, and parents/guardians; Do not allow spectators</p> <p>Recommend that only one parent/guardian drop-off and pick-up their child/player</p>
Coaching Training Sessions	<p>Only persons over 18 may be responsible for overseeing soccer activity.</p> <p>Preference should be given to a select group of coaches (Academy staff, Technical Directors, etc.) to lead training sessions.</p> <p>Limit the number of team staff (coaches, managers, etc.) that are on-field, noting the requirement to have a specific number of coaches to lead the session and all while adhering to the 'Rule of Two'.</p> <p>Position players in designated and well spaced-out stations/areas on the field.</p> <p>Session activities must ensure players do not touch the ball with their hands, chest, or head.</p> <p>No goalkeeper training is allowed as the use of hands to touch the ball with or without gloves is prohibited.</p>
Use of Equipment in Training	<p>Use cones and signage to identify physical barriers for player entry and exit, session activities, and for player drop-off & pick-up to ensure 2 metre social distancing maintained</p> <p><i>Set-Up:</i> Coaches must take charge of set up and collection of equipment.</p> <p><i>Use of:</i> Exercise caution with any and all equipment that is being used and players must avoid touching equipment with their hands, head, or chest.</p> <p><i>Sharing:</i> Try to restrict soccer ball use; one ball per player as much as possible.</p> <p>Players are encouraged to bring their own, sanitized ball to training sessions.</p> <p>Activities must not include the sharing of common equipment (except for soccer balls during foot-to-foot exercises), unless the individuals are from the same household.</p> <p>If the ball is shared for activities, the following must be implemented:</p> <ul style="list-style-type: none"> • Players cannot use their hands, chest, or head to touch the ball. • Participants soccer shoes must be disinfected prior to removal. <p><i>Sanitize:</i> Clean and disinfect equipment prior to and after every session.</p>
Contact Tracing	<p>Contact training logs listing all the participants must be completed for every training session and kept on file for a minimum of 6 weeks.</p>
Health Check	<p>Verbal health checks for symptoms must be completed prior to every training session.</p>

FACILITY AND OFFICE GUIDELINES

Alberta Soccer recognizes that while most soccer occurs on municipality/city fields there are members and affiliated clubs who own facilities and/or operate office space. **These organizations must familiarize themselves with and abide by Alberta’s [Workplace Guidance for Business Owners](#) and [CMOH Order 18-2020](#) which indicates when recreation facilities may reopen.** The chart below provides a very basic summary of applicable guidelines. Soccer organizations who operate facilities or maintain office spaces should conduct a hazard assessment to identify existing and potential hazards related to Covid-19.

Requirement	Description / Application
Communication	<p>Notify workers, volunteers and patrons of the steps being taken to prevent the risk of transmission of infection, and the importance of their roles in these measures.</p> <p>Post appropriate signs throughout the space, where possible, noting expectations around social distancing, hand hygiene, cough/sneeze etiquette, sanitizing practices, no loitering, etc.</p>
Workers and Volunteers	<p>Implement daily screening of staff and volunteers for symptoms of fever, sore throat, cough, runny nose or difficulty breathing.</p> <p>Maintain contact tracing records for all staff and volunteers.</p> <p>Provide personal protective equipment to workers and volunteers and provide training on how to use properly.</p>
Prevention	<p>Limit all occasions for gatherings by making all communal or public areas in your facility inaccessible.</p> <p>All chairs and tables in communal areas must be inaccessible or removed to avoid all gatherings.</p> <p>Delimit closed areas or the ones where a maximum number of people is required.</p> <p>Use markings on the ground to indicate proper distancing from staff.</p> <p>Frequently clean and disinfectant all surfaces, including counters, door handles, benches, etc.</p> <p>All doors accessible to the public must remain open to avoid contact with door handles.</p> <p>Soap or hand sanitizer must be made available to all people in various locations throughout your facility.</p> <p>Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.</p> <p>Do not use any locker/change rooms and request all participants to change at home prior to and after sessions.</p> <p>Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.</p>



APPENDIX 1: RESOURCES

Canada Soccer 'Return to Soccer Guidelines'

- ➔ <https://www.canadasoccer.com/canada-soccer-outlines-return-to-soccer-guidelines-as-part-of-safe-sport-roster-p162638>

Alberta's Relaunch Strategy

- ➔ <https://www.alberta.ca/alberta-relaunch-strategy.aspx#stages>

COVID-19 Info for Albertans

- ➔ <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Workplace Guidance for Business Owners

- ➔ <https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

Restricted and Non-Restricted Services

- ➔ <https://www.alberta.ca/restricted-and-non-restricted-services.aspx>

Help Prevent the Spread

- ➔ <https://www.alberta.ca/prevent-the-spread.aspx>

Guidance for Organized Sport, Physical Activity and Recreation

- ➔ <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf>

Guidance on Outdoor Activities

- ➔ <https://www.alberta.ca/guidance-on-outdoor-activities.aspx>

ABTraceTogether

- ➔ <https://www.alberta.ca/ab-trace-together.aspx>

APPENDIX 3: COVID-19 SYMPTOMS CHECKLIST

Covid-19 Symptoms Checklist for Staff / Coaches / Participants

1.	Do you have any of the below symptoms?		
	• Fever (greater than 38.0C)	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore Throat	YES	NO
	• Runny Nose	YES	NO
2.	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3.	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4.	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?	YES	NO
5.	Are you currently being investigated as a suspect case of Covid-19?	YES	NO
6.	Have you tested positive for Covid-19 within the last 10 days?	YES	NO

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.



APPENDIX 4: PLAYER CHECKLIST

Use this checklist to help your player prepare for the pitch safely.

Before you Leave Home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before you come – no food or drink on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Enter through established entrances.
- Respect social distancing guidelines.
- Register temperature/active symptom screening.
- Wash at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs to your location.

After activity is Complete

- NO LOITERING.
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball).



APPENDIX 5: STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for the pitch safely.

Before you Leave Home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (uniforms, socks, shin pads, soccer balls).
- Use the washroom.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up social distancing 'grids' for participants
- Respect social distancing.
- Wash at provided handwashing stations.
- Complete the register temperature/active symptom screening for each participant.
- DO NOT share water bottles.
- Sanitize all shared equipment between sessions (balls, cones etc).
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.

After activity is Complete

- Sanitize all shared equipment (balls, cones etc). between group arrivals if applicable and at end of day.
- Take down established entrances & exits.
- Take down traffic flow signs out of your location.
- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect social distancing guidelines.
- Thoroughly wash water bottle with soap and warm water.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball) each day.





APPENDIX 6: PARENT/GUARDIAN CHECKLIST

Use this checklist to help prepare for a safe environment for your son/daughter.

Before you Leave Home

- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Check for fields closures.
- Eat before you come – no food or drink on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Drop player off at facility entrance.
- Respect social distancing guidelines.
- Consider wearing PPE (masks, gloves).
- Consider bringing personal hand sanitizer.

After activity is Complete

- NO LOITERING.
- Respect social distancing guidelines.
- Pick player up at facility exit.
- Leave facility parking lot.

APPENDIX 7: TEAM / CLUB CHECKLIST

Use this checklist to help determine whether you have met the minimum standards required for suspensions to be lifted by Alberta Soccer.

Government Requirements

- Federal / Provincial restrictions have been lifted to allow for soccer training activity to occur

Municipal / Regional Requirements

- Municipal restrictions have been lifted to allow for soccer training activity to occur in my area

Canada Soccer Requirements

- Submitted Canada Soccer Risk Assessment Tool
- Received feedback from Canada Soccer and implemented recommendations, if applicable

Local District Requirements

- My local district is supporting a modified season in my area
- Planning adheres to all District requirements over and above the Return to Train Guidelines, if applicable.

Return to Train Requirements

Webinar Requirement

- Minimum 2 individuals (Administrative Lead & Technical Lead) attended the Return to Train Webinar scheduled by Alberta Soccer.

All coaches & volunteers have accessed the video recording of the *Return to Train Webinar* prior to supporting “Return to Play” programming.

General Requirements

- Only responsible individuals over the age of 18 to oversee activities
- Social distancing measures of a minimum 2 metres between individuals not in the same household implemented.
- Group sizes for training does not exceed the maximum of 50; inclusive of drop off/pick up, coaches, managers, and players at any given time during the sessions
- Personal Hygiene measures are in place for all activities (training and administration)
 - Frequent hand washing / sanitization
 - Cough / Sneeze etiquette
 - Do not attend if feeling any Covid-19 symptoms
- Personal Protective Equipment has been provided to all staff, coaches, and/or volunteers
- Process for Contact Tracing has been implemented and secure storage/retention of information in place

Operational Activity Requirements

- Training only available to registered participants for the 2020 Outdoor Season
- Signed Waivers and Disclosure Statements collected for ALL registered participants
- Training sessions only offered to participants born in **2011 or earlier (2010, 2009, 2008,etc)**
- No spectators permitted; safe drop-off / pick-up procedures implemented
- Safe use of equipment measures in place, including
 - cleaning & sanitization of equipment before & after every session
 - No shared equipment (except foot-to-foot)
 - Only one person to set-up/tear down cones before and after session (ideally same individual cleans & sanitizes equipment)
- Health check procedures implemented for all coaches / volunteers prior to supporting training

Training Session Requirements

- Only coaches / volunteers who have been trained on the Return to Train guidelines are permitted to oversee training sessions
- Rule of Two is maintained for all training sessions
- All training session plans are in alignment with social distancing and equipment sharing requirements
- Participants are informed of social distancing and equipment sharing rules prior to every session
- Appropriate cleaning / sanitization materials have been provided to individuals responsible for managing equipment
- Contact Tracing Logs & Covid-19 Symptoms Checklist provided to individual responsible for collecting information at each session.

Facility / Office Guidelines

- Verified with provincial / municipal restrictions that facility and/or office space is permitted to open
- Implemented applicable requirements outlined in *Workplace Guidelines for Business Owners*
 - Conducted Hazard Assessment and identified risks associated with Covid-19
 - Compliant with communication requirements
 - Compliant with prevention requirements
 - Implemented controls to ensure the safety of staff, volunteers, and patrons

APPENDIX 8: YOUTH WAIVER

Alberta Soccer Association
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
(to be executed by parents/guardians of Individuals who are under the age of majority)

WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Individual's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in activities, programs, classes, services provided and events sponsored or organized by Alberta Soccer Association and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, which includes but is not limited to: games, tournaments, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Individual and Individual's Parent/Guardian (collectively the "Parties") acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent/Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Description of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Contracting COVID-19 or any other contagious disease;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - d) Exerting and stretching various muscle groups;
 - e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - f) Spinal cord injuries which may render the Individual permanently paralyzed;
 - g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
 - h) Abrasions, sprains, strains, fractures, or dislocations;
 - i) Privacy breaches, hacking, technology malfunction or damage;
 - j) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - k) Physical contact with other Individuals, spectators, equipment, and hazards;
 - l) Not wearing appropriate safety or protective equipment, such as shinpads;
 - m) Failure to act safely or within the Individual's ability or within designated areas;
 - n) Grass, turf, and other surfaces including bacterial infections and rashes;
 - o) Collisions with fences, poles, stands, and soccer equipment;



- p) Negligence of other persons, including other spectators, Individuals, or employees;
 - q) Weather conditions; and
 - r) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities
- We have read and agree to be bound by paragraphs 1 to 4**

Terms

5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:
- a) That the Individual’s mental and physical condition is appropriate to participate in the Activities;
 - b) That when the Individual practices or train in his or her own space, the Parties are responsible for the Individual’s surroundings and the location and equipment that is selected for the Individual;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - f) The risks associated with the Activities are increased when the Individual is impaired, and the Individual agrees not to participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That they are responsible for the choice of the Individual’s protective equipment and the secure fitting of the protective equipment;
 - i) That COVID-19 is contagious in nature and the Individual may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
6. In consideration of the Organization allowing the Individual to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - b) That the Organization is not responsible or liable for any damage to the Individual’s vehicle, property, or equipment that may occur as a result of the Activities.

We have read and agree to be bound by paragraphs 5 and 6

General

7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Alberta, Canada and they further agree that the substantive law of Alberta will apply without regard to conflict of law rules.
8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Individual (print)

Signature of Individual

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date



APPENDIX 9: ADULT WAIVER

ALBERTA SOCCER ASSOCIATION
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
(To be signed by Individuals of the age of majority and over)

WARNING! By signing this document, you will waive certain legal rights. Please read carefully.

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in activities, programs, classes, services provided and events sponsored or organized by Alberta Soccer Association and its affiliated districts, leagues, clubs and teams and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this agreement.

Disclaimer

2. Alberta Soccer Association, its affiliated districts, leagues, clubs and teams, and their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, Individuals, agents, independent contractors, subcontractors, sponsors, owners/operators of the facility in which the Activities take place, their successors and assigns, and representatives (the “Organization”) are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by an Individual during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2.

Description of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase my risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
 - c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.
 - d) Contact: contact with soccer balls, other equipment, poles, stands, soccer equipment, nets, fences, or other persons, whether intentional or unintentional, is a common part of soccer programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.



- e) Advice: negligent advice regarding soccer programs
- f) Ability: Failing to act safely or within my own ability or within designated areas
- g) Sport: the game of soccer and its inherent risks
- h) Cyber: privacy breaches, hacking, technology malfunction or damage
- i) Conduct: My conduct and conduct of other persons including any physical altercation between soccer Individuals
- j) Travel: Travel to and from the Activities
- k) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of soccer programs, some of which are referred to above.

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
 - b) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of a The Organization representative immediately;
 - f) The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way;
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h) That I am responsible for my choice of protective equipment and the secure fitting of that equipment; and
 - i) That COVID-19 is contagious in nature and I may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all the foregoing risks.
- I have read and agree to be bound by paragraphs 3 -5.***

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate in the Activities, use its equipment and facilities, I agree:
- a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;
 - f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
 - g) TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities.
 - h) To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but not limited to the Organization;
 - i) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
 - j) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from

- the risks, dangers and hazards associated with the Activities; and
- k) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Alberta and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the province of Alberta, Canada and further agree that the substantive law of Alberta will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

I have read and agree to be bound by paragraphs 6 and 7

Acknowledgement

- 8. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein

Name of Individual

Date

Signature of Individual

Witness



APPENDIX 10: DECLARATION OF COMPLIANCE – COVID 19

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

Alberta Soccer Association, [*insert District*] and [*insert Club*] (collectively the "Organization") require the disclosure of exposure to illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19, **OR** if the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19, **OR** if the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, sore throat, shortness of breath, respiratory illness, vomiting or diarrhea, loss of taste or smell, or difficulty breathing).



- 6) If the individual experiences, or if anyone in the individual’s household experiences, any cold or flu-like symptoms after submitting this Declaration of Compliance, the individual will immediately isolate and not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual’s household, travelled to or had a lay-over in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual’s household travels outside Canada after submitting this Declaration of Compliance, the individual will not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the compliance standards described in this document.

Signature: _____
Individual (If 13 and over)

Date: _____

Signature: _____
Parent/Guardian (if the individual is younger than 18 years old)

Date: _____



APPENDIX 11: SAMPLE SESSIONS

The Alberta Soccer ‘Return to Train’ Technical Sample Exercises as well as Canada Soccer’s “Return to Play Phases” Documents have been designed to support Alberta Soccer Members & Affiliated Districts/Clubs that are looking to deliver some modified soccer programming within the Alberta Soccer Return to Play Recommendations and Guidance. This program has been developed with the Alberta Government Relaunch Guidelines for Recreation in mind which can be found at: <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-recreation.pdf>

Aim of this resource is to provide:

- Modified soccer experience which provides participants samples of sessions/activities that are conducted in a safe & enjoyable environment
- Sample sessions that have players working on controlling, juggling, and passing the ball either individually or with a partner, as well as ‘games’ developed to encourage teamwork in both defending and attacking situations.
- Resources which provide coaches activities & basic tips on managing players, equipment, time and space

Organizations may choose to utilize the resources included or develop their own. However, all activity delivery MUST adhere to the distancing measures (2m) and health recommendations (eg. frequent equipment cleaning), along with the gathering restrictions (max = 50 outdoor), issued by the Government of Alberta.

Please access the accompanying Alberta Soccer “Return to Train Sessions” document for further details.

*Please note that **2011 or earlier (2010, 2009, 2008,etc)** are eligible to participate in activities during Phase 1 – Return to Train.

Players **born after 2011** are not eligible to participate in activities as per Legal and Insurance Consultation*.



ALBERTA SOCCER ASSOCIATION
The Governing Body of Soccer in Alberta.

www.albertasoccer.com

