



ALBERTA SOCCER ASSOCIATION

The Governing Body of Soccer in Alberta

“RETURN TO SOCCER” PLAN

Phase 2 - RETURN TO MODIFIED GAMES

September 2020 v2



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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 herein 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 Tammy McNutt, Interim Executive Director of Alberta Soccer, tmcnutt@albertasoccer.com



RESPONSIBLE RETURN TO SOCCER

Like you, Alberta Soccer is excited to return to soccer activity and the game we love. However, each of us must begin our return to play thoughtfully. While Alberta is opening back up and restrictions are easing, it does not mean that we can become complacent. **The soccer community has the responsibility to protect ourselves and our participants from Covid-19 by promoting the practice of good hygiene, physical distancing and monitoring for symptoms throughout our programming and activities.**



INTRODUCTION

The *Alberta Soccer Return to Soccer Plan* is a group of documents developed in alignment with Alberta Health guidelines to support the safe return of soccer activities as permitted through the Stages of Alberta's Relaunch Strategy. This document is meant to assist Alberta Soccer members in understanding their role and responsibilities in providing a reasonable standard of care while facilitating soccer programming to their registrants, coaches, volunteers and staff. This *Phase 2 – Return to Modified Games*, is the second document in our Plan, and as of June 19, 2020 will supersede the Phase 1 requirements.

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. Alberta Soccer's phases to *Return to Play* are subject to and aligned with [Alberta's Relaunch Strategy](#).



ALBERTA SOCCER PHASE 2 – PERMITTED SOCCER ACTIVITIES

Alberta Soccer is pleased to advance to “Phase 2 - Return to Modified Games” of the Alberta Return to Soccer Plan. While the Association has developed this plan to assist soccer organizations in Alberta it must be noted that Alberta Districts and Clubs have all been working diligently to develop protocols and procedures to assist players to get back on the field. In this phase, soccer organizations will be given the opportunity to train and play soccer games with the ability for organizations to allow physical contact within a “cohort” sporting group. Off the pitch, players and officials will still be required to maintain physical distancing. This interim stage until we can play the “beautiful game” against multiple opponents will be a welcome relief to all participants as it will allow that competitive edge of sport to be experienced once again.

Although everyone is eager to get back to normal Organizations must be aware of what activities are permitted or prohibited during Stage 2 – Return to Modified Games.

Stage 2 – Return to Modified Games

PERMITTED ACTIVITIES	PROHIBITED ACTIVITIES
Within the confines of Sport Cohort Guidelines	
Training, Scrimmages, and/or Games	Tournaments
Mini-Leagues	Games/Scrimmages outside of cohort
Exhibition Games	Use of “COVID -19 non-trained” Referees
Goalkeeper Training	
No age restrictions player programs	
Limited in-province travel within a mini-league only*	

**subject to pre-approval by Alberta Soccer*

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 required.

OVERVIEW

REGIONAL LIFTING OF SUSPENSIONS

Alberta Soccer will lift the suspension of on-field soccer activity by individual club/community/team, through the local district as the conditions for *Return to Soccer* are met. We understand that every program is unique and in varying health environments within our province, therefore each soccer organization should only apply to Return to Soccer as they are prepared to implement all *Conditions for Return to Soccer*.

CONDITIONS FOR RETURN TO SOCCER: Phase 2 - Return to Modified Games

Before *Phase 2 – Return to Modified Games* may occur in Alberta, **ALL** the following conditions must be met **AND maintained**;

External Conditions

1. The Federal & Provincial Governments ease lockdown restrictions in Alberta.
2. The Alberta Government in co-ordination with Alberta Health Services *Relaunch Strategy*, indicates 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 Soccer Plan* is 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 their members, agree to adhere to the "Return to Modified Games" Guidelines as presented in this document.
6. Member clubs/zones complete the Risk Management Tool developed by Canada Soccer, receive feedback on identified risks, and then receive 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 the Return to Train Webinar scheduled by Alberta Soccer.
 - a. If your organization missed the Webinar, a video recording can be access and reviewed by the Administrative & Technical Lead.
 - b. 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.

STEPS TO RETURN TO MODIFIED GAMES FOR CLUBS / TEAMS

For individual teams / clubs / communities / districts to receive the approval for *Phase 2 - Return to Modified Games*, they must complete the following steps:



- 1** Individual Club / Team implement the required minimum standards for soccer programming as per the *Return to Soccer – Phase 2 Guidelines*
Individual Club / Team complete the self-assessment tool and submit to Canada Soccer
- 2** Individual Club / Team / Districts confirm 2 individuals from their program has reviewed the *Return to Train Webinar* provided 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.

Teams / Clubs are NOT sanctioned to return to soccer activities until they have completed the above steps and received direct approval from their local District.

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 health and safety guidelines are required for a phased-in Return to Soccer.

PHASE 2 - GENERAL ACTIVITY REQUIREMENTS

PHASE 2 - ORGANIZATIONAL GUIDELINES

PHASE 2 - 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 September 3, 2020. The *Return to Sport, Physical Activity and Recreation – Stage 2* guideline is the main reference document for return to play protocols. Other applicable guidelines and resources are provided in Appendix 1. As the situation related to Covid-19 is ever changing, Alberta Soccer will update our *Return to Soccer* guidelines as new public health information is made available. These changes/updates will be communicated through local district associations. It is expected that organizations



approved through the *Return to Soccer* process, will follow changes/updates **as they are released from Alberta Soccer.**

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 and maintain 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>

PHASE 2 - GENERAL ACTIVITY REQUIREMENTS

All Phase 2 soccer activities must comply by these basic safety requirements.

Requirement	Description / Application
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. This individual should be knowledgeable of how Covid-19 is transmitted and the guidelines <i>for Return to Modified Games</i>.</p> <p>Individuals exhibiting symptoms of Covid-19 must be sent home immediately as per CMOH Order 05-2020</p>
Physical Distancing	<p>The activity must comply with current Physical 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, cohort family, or sport cohort when on the field of play.</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>
Gatherings	<p>The activity must comply with current gathering restrictions issued by Alberta Health Services.</p> <p>A maximum of 200 spectators is permitted for outdoor seated/audience events/settings. A maximum of 100 spectators is permitted for indoor events/settings. 2 metres of distance to be maintained between members of different households or cohorts</p>
Sport Cohorts & Mini-Leagues	<p>The activity must be limited to an identified sport cohort/mini-league of a maximum of 50 unique participants.</p> <p>A Sport Cohort is defined as a closed, small group of no more than 50 of the same individuals who participate in the same sport or activity who do not always keep 2 metres apart, and remain together for the duration of Stage 2, or until a 14-day 'cohort break' has been observed.</p> <p>A mini-league can be comprised of multiple teams, but to a maximum of 50 individuals.</p> <p>Individuals should limit the number of sport cohorts/ mini-leagues they belong to.</p>
Spectators & Parents	<p>Spectators are permitted within the limits of gathering size and social distancing requirements.</p> <p>Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces. It is strongly recommended that spectators wear masks. Cheering & yelling is strongly discouraged due to high risk of spreading droplets. Facility guidelines must be followed.</p>
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. No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.</p>
First Aid & Rapid Response	<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> <p>A Rapid Response plan must be in place to manage symptomatic participants, spectators, and staff.</p>
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PHASE 2 - ORGANIZATIONAL GUIDELINES

In addition to General Activity Requirements, organizations providing modified games must abide by these guidelines for organizing and implementing any soccer activity.

Requirement	Description / Application
Registration	<p>All participants must be registered for “Indoor Season” 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 activities to avoid any overlap of players on the field and/or congestion during pick-up / drop-off.</p> <p>Ingress and Egress should be clearly identified to encourage social distancing.</p> <p>Participants must arrive dressed for play & immediately depart at the end of the activity.</p> <p>Designated areas for spectators and parents/guardians must be clearly identified in compliance with physical distancing requirements and gather size limits. No loitering before and after activity.</p> <p>When mini leagues are established, we recommend the use of ‘Game Day Managers / Parent Reps’ to assist with ensuring health and safety guidelines are followed at each event; subject to facility protocols.</p>
Parents / Guardians & Carpooling	<p>Parents/Guardians must drop off & pick-up their child at the established entrances and exits to the field area.</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 physical distancing guidelines.</p> <p>Participants should only carpool with individuals from their household or cohort family.</p>
Spectators	<p>Spectators are permitted in designated areas so long as gathering limits and physical distancing restrictions are maintained</p> <p>Spectators are not permitted on the field of play or in participant areas. This does not include parents / guardians when required access to support the health and safety of their child.</p> <p>Spectators should be discouraged from cheering and yelling as this is considered a high-risk activity for spreading droplets.</p>
Sport Cohorts & Mini-Leagues	<p>A Sport Cohort/Mini-League must be limited to a maximum 50 unique individuals who remain together for the duration of Alberta’s Stage 2 of Relaunch, or until a 14-day ‘cohort break’ has been observed.</p>

	<p>The 50-person maximum includes players plus any referees, coaches, trainers, and/or managers who routinely engage with participants at a distance of less than 2 metres.</p> <p>Sport cohorts do not need to keep 2 metres apart however, physical distancing should be practiced when not participating on field (i.e. on sidelines, before & after activities, etc.)</p> <p>Organizations must keep records of the individuals assigned to each sport cohort and ensure that sufficient oversight is provided to ensure compliance with health guidelines.</p>
Coaches	<p>Only persons 18 or over may be responsible for overseeing soccer activity.</p> <p>Ensure enough team officials are assigned to a team to ensure adherence to the THE RULE OF TWO.</p> <p>Coaches are subject to sport cohort restrictions UNLESS they maintain 2 metres physical distance from all members of the cohort. These individuals must wear a mask & perform proper hand hygiene IF it becomes necessary to <u>temporarily</u> interact with cohorting participants at a distance less than 2 metres.</p> <p>Goalkeeper training is permitted however keepers must avoid touching their face with their gloves and/or spitting on their gloves.</p> <p>Coaches must enforce strict attendance rules ensuring sport cohort guidelines are followed.</p>
Referees	<p>Referees 14 years and older, who have completed an Entry Level course, may be used but they MUST be working with a referee 18 years or older. Referees younger than 18 years old may NOT be assigned to games where they are the only official. (As per ‘Oversight’ requirements, page 9).</p> <p>Referees used in mini leagues are subject to cohort restrictions; they must be included in the maximum 50 participant count, unless physical distancing can be maintained.</p> <p>A referee cannot be a part of more than one sport cohort if physical distancing is not possible.</p> <p>A referee must clean and sanitize equipment (whistle, card wallet, pen/pencil) before and after each game. Uniform should be washed between games.</p>
Equipment	<p>If possible, equipment should be assigned to a single team and not shared between teams.</p> <p>Any equipment that is shared and/or handled by hand, head, or chest should be clean and sanitized both before and after every session.</p> <p>Recommend that sanitization stations be made available at ingress and egress to ensure individuals sanitize personal equipment (balls, shoes, gloves) before and after sessions.</p> <p>A single individual should be assigned responsibility for the management and cleaning of all provided equipment.</p> <p>Participants who bring their own equipment should be instructed to disinfect their items prior to and after sessions; equipment such as goalkeeper gloves should be visibly clean prior to play.</p>
Use of Equipment in Training & Play	<p>Use cones and signage to identify physical barriers for entry and exit, session activities, and for player drop-off & pick-up to ensure 2 metre physical distancing maintained.</p> <p><i>Set-Up:</i> Coaches must take charge of set up and collection of their equipment.</p> <p><i>Use of:</i> Exercise caution with any and all equipment that is being used. Reduce the frequency that players touch equipment with their hands, head, or chest.</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), unless the individuals are from the same household.</p> <p><i>Sanitize:</i> Clean and disinfect equipment prior to and after every session. Game balls must be cleaned prior to and after every game.</p>



Food, Water & Personal Items	<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> <p>Personal items should not be shared, including goalkeeper gloves.</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> <p>Players must not wear masks during soccer activity but may do so before or after play.</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 (sneezing/coughing into crook of elbow; no spitting, no clearing of nasal passages; cough or sneeze into tissue)</p> <p>Participants should refrain from touching eyes, nose, mouth, or face with hands or gloves.</p> <p>Recommend that participant shoes and gloves are sanitized before and after soccer.</p>
Health Check	<p>Verbal health checks for symptoms must be completed prior to every session, including coaches, officials, trainers, managers, and players 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 (of fever, cough, shortness of breath, runny nose or sore throat), they must be sent home immediately as per the Response Plan.</p>
Contact Tracing	<p>Contact tracing logs for all participants and parents/guardians dropping off players must be completed for every soccer activity and be available to be accessed quickly to ensure efficient contact tracing should AHS request the information.</p> <p>If an attendee tests positive, AHS will only request information about the attendee’s participation IF it is deemed that a potential exposure is likely to have occurred. AHS public investigators will determine if there are close contacts that should be made aware/notified. Districts/Teams/coaches are to abide by the directives provided by the AHS investigator.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for a minimum of 2 weeks.</p> <p>Reasonable security arrangements must be in place to protect personal information collected for contact tracing purposes, including safe disposal.</p>
Response Plan	<p>Activity organizers must develop a Rapid Response plan to manage symptomatic individuals at their activity.</p> <p>Plans should include (1) how individuals will be safely isolated, (2) how they will travel home, (3) cleaning & disinfecting of equipment (4) hygiene for remaining participants, and (5) recording of the names of all participants in which the sick individual has been in contact with. (6) Provided that the guidance in this document is being followed, there is no need to cancel the activity or postpone the undertaking of the cohort group / mini-league, in the event that an individual becomes sick.</p> <p>See Planning for Rapid Response to Sick Attendees on Pg. 4 & 5 of the guidelines</p>

Please see Appendix 8 for a checklist of the above requirements.

FACILITY AND OFFICE GUIDELINES

Alberta Soccer members and affiliated clubs who own facilities and/or operate office space **must familiarize themselves with and abide by Alberta's [General Workplace Relaunch Guidance](#), [CMOH Order 18-2020](#) and [Guidance for Sport, Physical Activity and Recreation](#)** as related to operating a facility and/or office space. The chart below provides a very basic summary of applicable guidelines and is NOT exhaustive. 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 physical 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> <p>Educate staff and volunteers on how Covid-19 is transmitted, how to reduce transmission, and the basic safety requirements outlined in this document.</p>
Prevention	<p>Do not allow individuals exhibiting Covid-19 symptoms to enter the facility.</p> <p>Ask participants to complete the Covid-19 self-screening prior to entering your facility.</p> <p>Soap or hand sanitizer must be made available to all people in various locations throughout your facility.</p> <p>Promote physical distancing by limiting capacity in areas throughout facility and/or making public gathering areas inaccessible.</p> <p>Limit time spent at the field by asking participants to arrive no more than 5-10 minutes before activity, leave immediately after activity; no loitering.</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. and document the time and which specific areas were cleaned.</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

GOVERNMENT OF ALBERTA RESOURCES

COVID-19 Orders and Legislation

<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>

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>

Guidance on Return to Sport, Physical Activity and Recreation – Stage 2

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

Guidance for Cohorts

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

General Workplace Relaunch Guidance

<https://www.alberta.ca/assets/documents/covid-19-general-relaunch-guidance.pdf>

Isolation Requirements

<https://www.alberta.ca/isolation.aspx>

Help Prevent the Spread

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

ABTraceTogether

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

CANADA SOCCER 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>

Canada Soccer Response Action Plan - Guide & Template

https://albertasoccer.com/wp-content/uploads/2020/06/Return-to-Soccer-Response-Action-Plan_EN.pdf

APPENDIX 3: COVID-19 SYMPTOMS CHECKLIST

Covid-19 Symptoms Checklist for Staff / Coaches / Referees / Participants

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answer 'YES' to any of the questions, they must not be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

1. Do you/your child have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
	YES	NO
• Fever	YES	NO
• Cough	YES	NO
• Shortness of Breath / Difficulty Breathing	YES	NO
• Sore throat	YES	NO
• Chills	YES	NO
• Painful swallowing	YES	NO
• Runny Nose / Nasal Congestion	YES	NO
• Feeling unwell / Fatigued	YES	NO
• Nausea / Vomiting / Diarrhea	YES	NO
• Unexplained loss of appetite	YES	NO
• Loss of sense of taste or smell	YES	NO
• Muscle/ Joint aches	YES	NO
• Headache	YES	NO
• Conjunctivitis (commonly known as pink eye)	YES	NO
2. Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3. Have you/your child had close <u>unprotected*</u> contact (face-to-face contact (within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	YES	NO
4. Have you/your child attending the program or activity had close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5. Have you/your child or anyone in your household been in close <u>unprotected*</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

* unprotected means close contact without appropriate personal protective equipment (PPE)

** ill means someone with COVID-19 symptoms on the list above

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 UNLESS a negative Covid-19 test result is received after answering 'Yes' to the above.

Note: individuals who are close contacts of confirmed Covid-19 cases or have travelled outside of Canada in the last 14 days are legally required to isolate. They cannot provide a negative test result to reduce this isolation period.

Essential workers who travelled outside of Canada for work-related purposes are exempt to travel restrictions and may be permitted to participate.



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 – food is discouraged on the 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 physical distancing guidelines.
- Register temperature/active symptom screening.
- Wash at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs to your location.

During activity at Field/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Practice physical distancing when not actively playing on field
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly

After activity is Complete

- NO LOITERING.
- Exit through established exits.
- Wash at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical 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 as food is discouraged on the premises.
- 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.
- Respect physical 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). Game balls to be wiped with sanitizing wipes at field with referee oversight and re-sanitized where needed.
- Consider wearing PPE (masks, gloves) at all times, must wear PPE if dealing with an injured player
- Consider bringing personal hand sanitizer.
- Assist referee with games sheet and card check prior to kick off and at end of game (Procedure in Appendix 13)

During activity at Field/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Practice physical distancing from participants if not part of the Sport Cohort
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly

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 physical 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 as food is discouraged on the 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 field entrance.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves).
- Consider bringing personal hand sanitizer.

During activity at Field/Facility

- Stay in designated spectator area and/or vehicle
- Maintain physical distancing of 2 metres from others
- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Refrain from group celebrations, shaking hands, fist bumps, or high fives
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly
- Refrain from yelling or cheering to prevent spread of vapor droplets

After activity is Complete

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



APPENDIX 7: REFEREE 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). You MUST contact your referee assignor with as much notice as possible in this case.
- Check for fields closures.
- Eat before you come as food is discouraged on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Clean and sanitize your referee equipment. (whistle, card wallet, pen/pencil)
- Use the washroom.
- Register your attendance for contact tracing. (This takes place when you accept your assignment).
- Ensure that you have attended the Referee COVID webinar and have reviewed ALL related instructions.
- Ensure that you have submitted your signed waiver and declaration form to doneill@albertasoccer.com

Arrival at Field/Facility

- Respect physical distancing guidelines, including ‘cohort’ players, prior to game.
- Consider bringing personal hand sanitizer.
- Perform standard field/net check, maintaining/requesting physical distancing as needed. Check in particular for any items that may endanger health (e.g. discarded medical gloves, masks etc.)
- Assist coaches with checking of game sheet and player cards (Procedure in appendix 13)
- Oversee sanitizing of game ball and 2 spares. Then check and adjust ball pressure BEFORE it has been touched by any other person. Avoid touching the ball with your hands unnecessarily after this step.

During activity at Field/Facility

- Practice respiratory etiquette (sneeze/cough into arm, no spitting, no clearing nasal passages)
- Where possible, do NOT blow your whistle within 12 feet of any player.
- Refrain from shaking hands, fist bumps, or high fives.
- Refrain from touching face, eyes, nose, mouth with hands; wash/sanitize hands regularly
- Maintain 2 meters feet distance when speaking to a player or showing a yellow or red card.
- Maintain 2 meters feet distance from any physical altercation.

- Maintain 2 meters distance when managing a defensive wall.
- Ensure that any team official attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions MAY be made if the injury is 'life threatening'.
- Stop, suspend or terminate the match for any breach of COVID related guidelines. This must be reported to facility staff and Alberta Soccer.
- Refer to Appendix 13 for further advice relating to refereeing under COVID 19 conditions.
- It is recommended that a parent or guardian attend to an injured player. Ensure that any team official attending to an injured player is wearing gloves and a mask and that all other players maintain physical distance during the treatment. Exceptions MAY be made if the injury is 'life threatening'.

After activity is Complete

- NO LOITERING.
- Follow the 'Post Game Procedure' for completing the game sheet.
- Respect physical distancing guidelines.
- Use hand sanitizer if available.
- Leave facility parking lot.
- Thoroughly wash your hands with soap and warm water at earliest opportunity.
- Clean and sanitize your referee equipment and uniform at the earliest opportunity.
- Complete 'feedback form' and submit to Alberta Soccer at the following link - <https://forms.gle/8sWxKef5UxK6oDjc9>

APPENDIX 8: 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 activity to occur
- Have developed a Rapid Response Plan in case of a COVID-19 outbreak
 - The Canada Soccer Response Action Plan Guide & Template: [Response Action Plan](#)

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 and I have received their approval to begin.
- Planning adheres to all District requirements over and above the Return to Modified Games Guidelines, if applicable.

Return to Modified Games Requirements

Webinar Requirement

- Minimum 2 individuals (Administrative Lead & Technical Lead) attended the Return to Train Webinar scheduled by Alberta Soccer or accessed the video recording of the Return to Train Webinar if the organization was not in a position to attend the Webinar.
 - 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
- Sport Cohorts of a maximum of 50 individuals per cohort identified; includes players and referees, and any coaches, managers, and/or trainers who cannot physically distance.
- Physical distancing measures of a minimum 2 metres between individuals not in the same household or sport cohort implemented.
- Scheduling and planning in place to ensure gathering limits not exceeded; inclusive of drop off/pick up, coaches, managers, players, referees, and spectators at any given time before, after, and/or during the activity. (Please note that the spectator limit is 100 people, please ensure that there is separation between cohorts and spectators, if necessary)
- 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
- Rapid Response plans are in place and communicated

Operational Activity Requirements

- Training or Modified Games are only available to registered participants for the 2020-21 Indoor Season
- Signed Waivers and Disclosure Statements collected for ALL registered participants
- Designated spectator area with physical distancing measures in place; safe drop-off / pick-up procedures implemented
- Safe use of equipment measures in place, including
 - Equipment assigned to each team (no sharing of equipment between teams with the exception of balls during modified games & training)
 - Cleaning & sanitization of equipment before & after every session
 - Limitations to shared equipment in place
 - 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 activity

Session / Game Requirements

- Only coaches / volunteers who have been trained on the Return to Soccer guidelines are permitted to oversee soccer activity
- Rule of Two is maintained for all soccer activity
- All activities are in alignment with cohort rules, physical distancing and equipment sharing requirements
- Participants are informed of physical 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 9: 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 10: 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 11: 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 12: RULES OF PLAY, PUBLISHED ADJUSTMENTS FOR COVID-19, ADDITIONAL ADVICE TO REFEREES, GAME SHEET PROCEDURES, AND FEEDBACK FORMS

Games will be played under the Alberta Soccer COVID-19 'Return to Modified Games' plan and the applicable Rules of Play. The game will only begin or continue if the requirements of the plan are being followed by all participants and spectators. The game may be – stopped, suspended or terminated by the referee for any breach of the requirements of the plan by participants or spectators.

Individuals (including the referee) exhibiting symptoms of Covid-19 must be sent home immediately as per [CMOH Order 05-2020](#) and advise the Clubs/Teams to implement the [Response Action Plan](#) which will include informing the facility operator and their Alberta Soccer District of this development.

Game sheets and player cards will be managed by the team representatives and/or the referee following the procedure outlined below.

The referee will read a pre-game script to all players and coaches prior to the start of the match, highlighting the importance of following the requirements.

The Rules of Play:

1. Small sided games will be played following the 2020 8v8 Alberta Outdoor Rules, with published adjustments for COVID-19 precautions and district allowed modifications. This includes 'non-boarded' games played in an indoor facility.
2. 11 v 11 games will be played following the 2019-20 Laws of the Game, with published adjustments for COVID-19 precautions only.
3. Indoor Soccer (Boarded) games will be played following the 2020-21 Rules of Indoor Soccer, with published adjustments for COVID-19 precautions only.

Published adjustments to small sided, 11v11 and Indoor Boarded games for COVID-19 precautions

- Spitting AT any person will remain a sending off offence, as per the IFAB Laws of the Game.
- For all other types of spitting, if a player, substitute or team official is seen to be spitting or clearing nasal passages on or around the field of play, or if a goalkeeper is seen to be spitting on their gloves:
 - The first incident will result in a verbal warning to the individual.
 - The second incident by that same person will result in a Yellow Card (Caution) for Unsporting Behavior.
 - The third incident by the same person will result in a second Yellow Card (Caution) and therefore a Red Card and dismissal from the game.
- **Note – spitting on the field or spitting on gloves will be an in-game suspension only and no further sanction will be administered by competitions. The player's team will not play short as a result of the COVID spitting offence.**
- A player, substitute, substituted player or team official who yells AT another person is cautioned. This does not include yelling instructions etc., which are a normal part of soccer, but should be used when the yelling is considered a health risk under COVID-19. If the yelling AT another person is



excessive or persistent, the player should be sent off.

- If there is a physical altercation involving no more than two players, those players will receive a RED CARD and be required to leave the field.
- If there is a physical altercation involving more than two players, the game will be terminated.
- The game may be – stopped, suspended or terminated by the referee or game day manager (if no referee) for any breach of the requirements of the plan by participants or spectators. In the case of spectators, the referee will work in conjunction with the Game Day Manager of a team to resolve any such situation.

Additional Advice to Referees

- All attendees who are NOT a part of the cohort group will maintain physical distancing of at least 2 meters at all times.
- Participants who ARE a part of the cohort group will maintain physical distancing of at least 2 meters when NOT playing in game.
- The game ball and two spares will be sanitized by the home team in view of the players and the referee and will be re-sanitized at half-time or any other time that the referee deems necessary. Players may request that the ball be re-sanitized or that a spare, sanitized ball be used if the game ball has been touched frequently by players' hands (throw ins, saves etc.)
- No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, or group celebrations allowed.
- Wherever possible, referees should NOT blow their whistle within 12 feet of any player.

Game Sheet and Player Card Procedures when referees are NOT included in cohort

Prior to the match.

- Each mini league must set up a procedure where teams check each other in prior to the match

After the match.

- The referee will verbally report the score, scorers and any misconduct to the teams to be recorded on the game sheets.
- The referee should take note of any player information where a misconduct report is required (i.e. red cards)

Game Sheet and Player Card Procedures when referees ARE included in cohort

Prior to the match.

- The game sheet must be filled out by a member of the cohort and given to the referee prior to the

card check.

- Each player will show their card at arms-length to the referee, who will verify that the name and face matches the game sheet and player. Face to face exposure should be minimized.
- The referee may want to wear a face mask during this procedure.
- The referee will NOT collect the player cards, they will be retained by the players or returned to their team representative.
- The referee will ensure that any players on the game sheet who are not present at the game are clearly crossed off before the completed game sheets are submitted.

After the match.

- The referee will complete the game sheets for each team, which will then be submitted by either the referee or the teams, as per each league's normal procedures.
- The referee may want to wear a face mask during this procedure.

Team and Referee Feedback

To ensure that teams and referees are complying with all COVID-19 precautions relating to modified games, both parties are required to fill out a feedback form, to be submitted to the league within 48 hours after each game. This form will be supplied in electronic format by Alberta Soccer.

Feedback Provided by Teams – submit at - <https://forms.gle/bkcjHLBfvmaen79V7>

- a. On a scale of 1 to 5, please rate the referee in terms of their overall diligence in applying COVID-19 precautions. 1 being little or no diligence, 5 being a high degree of diligence.
- b. Please check off each of the following responsibilities that were carried out by the referee:
 - Arrived at the facility with enough time to carry out pre-game duties and kick off on time.
 - Followed the game sheet and player card checking procedure before and after the game.
 - Oversaw the sanitizing of the game ball and spares.
 - Maintained physical distancing when off the field.
 - Refereed the match in accordance with COVID Guidelines.
 - Dealt appropriately with any COVID related issues.
- c. Please provide any additional comments:

Feedback Provided by Referees – submit at - <https://forms.gle/8sWxKef5UxK6oDjc9>

1. On a scale of 1 to 5, please rate both teams individually in terms of their overall compliance with COVID-19 precautions. 1 being little or no compliance, 5 being a high degree of compliance. One rating for 'Home', one rating for 'Visitor'.

2. Please check off any or all of the following that applied in the game:
 - The game proceeded smoothly with no COVID related issues.
 - I had to STOP the game at times to deal with MINOR COVID related issues (ball re-sanitizing etc.)
 - I had to STOP OR SUSPEND the game to deal with SIGNIFICANT COVID related issues (removal of symptomatic players, minor spectator issues etc.)
 - I had to TERMINATE the game due to MAJOR COVID related issues (persistent team non-compliance, physical altercations, major spectator non-compliance etc.)
3. Please provide a detailed report for any reason that you had to TERMINATE a game due to COVID related issues.
4. Please provide any additional comments:



APPENDIX 13: REFEREE & GAME DAY MANAGER SCRIPTS

Referee Pre-Game Script for COVID-19 Precautions

To be read to all members of the Team Cohorts prior to the match

This game is being played under the Alberta Soccer COVID-19 'Return to Modified Games' plan. The game will only begin or continue if the requirements of the plan are being followed by all participants and spectators. The game may be – stopped, suspended or terminated by the referee for any breach of the requirements of the plan by participants or spectators.

- Are there any questions?
- We hope you enjoy the game within the Spirit of Fair Play and the Modified Games plan, but please be mindful that being allowed to participate in team sports at this time is a 'privilege' not a 'right'. Please follow all guidelines so that we can all have the opportunity to enjoy the 'Beautiful Game' for as long as possible.
- Thank you!

Team Game Day Manager Pre-Game Script for COVID-19 Precautions

To be read to all spectators of each team prior to the game

This game is being played under the Alberta Soccer COVID-19 'Return to Modified Games' plan. The game will only begin or continue if the requirements of the plan are being followed by all participants and spectators. The game may be – stopped, suspended or terminated by the referee for any breach of the requirements of the plan by participants or spectators.

- Are there any questions?
- We hope you enjoy the game within the Spirit of Fair Play and the Modified Games plan, but please be mindful that being allowed to participate in team sports at this time is a 'privilege' not a 'right'. Please follow all guidelines so that we can all have the opportunity to enjoy the 'Beautiful Game' for as long as possible.
- Thank you!



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