



PHASE 2 - RETURN TO MODIFIED GAMES- FAQ

As of November 6, 2020

This FAQ was developed in support of Alberta Soccer's Phase 2 – Return to Modified Games (RTMG) which are the minimum standards required for a return to any sanctioned soccer activity in Alberta.

The RTMG and this supporting FAQ will be updated, subject to changes made by federal, provincial, local health authorities and/or Canada Soccer.

As per the RTMG plan, 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.

1 COHORTS/COHORT PARTICIPANTS

1.1 CAN INDIVIDUALS PARTICIPATE IN MORE THAN 1 SPORT COHORT?

Yes, but current AHS guidelines state that individuals should limit the number of cohorts they participate in.

Note: On October 26, AHS announced additional voluntary measures for the Edmonton Zone and City of Calgary which included limiting cohorts to no more than 3: your core household, your school and ONE other sport or social cohort.

Individuals should make themselves aware of the responsible management of cohort participation by familiarizing themselves with [AHS Guidance for Cohorts](#).

Alberta Soccer strongly recommends that organizations have a response plan prepared for how they would manage a possible change in AHS guidelines that would require individuals to only participate in one sport cohort.

1.2 CAN MEMBER ORGANIZATIONS CHOOSE TO LIMIT THE NUMBER OF COHORTS THEIR MEMBERS PARTICIPATE IN?

Yes. Member organization and/or affiliated club may add stricter guidelines, measures, and/or precautions for the soccer activity they oversee within their specific organization.

1.3 CAN A TEAM BE INVOLVED IN MORE THAN ONE COHORT / MINI-LEAGUE AT THE SAME TIME?

No, unless a 14-day cohort/mini-league break is observed as teams that belong to other mini-leagues should not play each other.

1.4 CAN EXHIBITION GAMES BE SCHEDULED BETWEEN TEAMS FROM DIFFERENT COHORTS / MINI-LEAGUES?

No, see response in 1.2

1.5 DO COHORTS HAVE TO STAY TOGETHER FOR THE DURATION OF PHASE 2?

Cohorts / mini-leagues may be changed during Phase 2 **IF** a two-week cohort break is observed **AND** the new cohort / mini-league being formed is not for a short-period (i.e. weekend).

1.6 CAN 2 TEAMS OF 18 PLAYERS TRAIN TOGETHER AND BE CONSIDERED ONE COHORT?

Yes, two teams of 18 can each train together and be considered one cohort. The maximum number of participants in a cohort is 50. Sport cohort teams cannot participate in more than one cohort / mini league.

1.7 ARE WE ABLE TO BRING OUTSIDE GROUPS IN TO WORK WITH OUR COHORT?

Yes, if the individual(s) from the outside group maintain physical distancing of 2 metres at all times. They should be required to have a mask and practice hand hygiene in the event that they need to temporarily interact with the cohort group at a distance of less than 2 metres.

1.8 IS A COACH REQUIRED TO BE INCLUDED IN THE CALCULATION OF THE COHORT / MINI-LEAGUE COUNT (50 PERSONS MAXIMUM)?

Yes, if the coaches consistently and routinely engage with participants at a distance of **less than** 2 metres.

No, if the coach primarily interacts with individuals/team at a distance of 2 metres or greater. Note, these individuals are required to wear a mask and perform proper hand hygiene if it becomes necessary to temporarily interact with cohorting participants at a distance of less than 2 metres.

2 GAME DAY

2.1 IF THE COACH IS NOT PART OF THE COHORT, CAN THEY BE ON THE BENCH WITH THE PLAYERS DURING A GAME?

Yes, **IF** the coach consistently and routinely engages with participants at a distance of greater than 2 metres during all other activities, the coach may be on the bench with the team **IF** the coach (1) wears a mask, (2) practices hand hygiene, and (3) is separated from the players in the bench area as much as possible.

For example, within an indoor boarded facility, the coach should stand at the opposite end of the bench (box referee side) while the players remain at the other side.

2.2 IF A PLAYER IS INJURED DURING PLAY, CAN THE COACH OR OTHER IDENTIFIED ADULT ON THE ROSTER GO ONTO THE FIELD OF PLAY?

Yes, if the coach or identified adult on the roster is part of the sport cohort AND the referee has signaled them onto the field.

Yes, if the coach or identified adult who is NOT part of the sport cohort **wears a mask and practices proper hand hygiene** AND the referee has signaled them onto the field.

3 CALLUPS/TRIALISTS

3.1 ARE CALLUPS/TRIALISTS PERMITTED IN SPORT COHORTS TEAMS / MINI-LEAGUES?

No, call-ups and trialists for Stage 2 would defeat the purpose of the cohort concept, in that the participants would need to self-isolate for 14 days before being allowed to change cohorts.

Guest players who are duly registered (including waiver) for Phase 1 programs (physically distanced training) would be permitted as physical distancing is being maintained in these programs.

Trialist / Call-up players who are members of the same sport cohort (one of the 50 individuals assigned to a sport cohort/mini league) may be used.

3.2 ARE CALLUPS / TRIALISTS PERMITTED TO BE INVITED TO TRAINING?

No, call-ups and trialists for Stage 2 would defeat the purpose of the cohort concept, in that the participants would need to self-isolate for 14 days before being allowed to change cohorts.

Yes, if the trialist / call-up player is a member of the same sport cohort (one of the 50 individuals assigned to a sport cohort/mini league) may be used.

Yes, if the training session is physically distanced as per Phase 1 programs.

4 TRAINING

4.1 MY TEAM IS ONLY TRAINING THIS WINTER WITHIN MY CLUB ENVIRONMENT. CAN WE ARRANGE SCRIMMAGES AGAINST OTHER TEAMS IN OUR CLUB THIS WINTER?

Yes, if your club forms an internal sport cohort within your club. Cohort / mini-league rules will apply such as, a maximum of 50 individuals per sport cohort and a two-week cohort break required if any changes to the cohort are made.



5 WAIVERS

5.1 SHOULD WAIVERS BE SIGNED BEFORE PARTICIPATION IN A PHASE 2 PROGRAM?

Yes, waivers **MUST** be signed prior to participating. A generic waiver has been provided to all Districts.

6 CONTACT TRACING / HEALTH SCREENING

Note: On November 5, AHS announced changes to Contact Tracing that includes new responsibilities for Individuals and Event Organizers. Individuals who have tested positive for COVID-19 are asked to notify their own close contacts; as soccer is considered an event, individuals are asked to contact their Event Organizer who will contact their close-contacts on their behalf. Event Organizers will be asked to contact any close-contact of a positive COVID-19 case who attended their event.

6.1 CAN AN APP BE USED FOR CONTACT TRACING AND/OR HEALTH SCREENING?

Yes, so long as the records are traceable. Organization must be able to access a record that indicates the Daily Screening was done prior to attending the activity in the event that this information is required by AHS investigators during contact tracing.

6.2 DO PARENTS HAVE TO BE IN ATTENDANCE WHEN COMPLETING THE HEALTH CHECKLIST FOR YOUNGER KIDS?

Yes, children and youth will need a parent to assist them when completing the screening tool.

6.3 THE FACILITY MY TEAM PLAYS IN CONDUCTS HEALTH SCREENING AND / OR CONTACT TRACING, DO WE AS A TEAM HAVE TO DO OUR OWN CONTACT TRACING AND / OR HEALTH SCREENING?

Yes, contact tracing and health screening records cannot be delegated to a facility. In the event of an AHS investigation, the mini-league coordinator must be able to provide these records upon request. AHS investigators will not call a facility when completing an investigation at a team/mini-league level

6.4 I THOUGHT ONLY AHS CAN DETERMINE WHO IS A CLOSE CONTACT AND MUST ISOLATE, WHY ARE SOCCER ORGANIZATIONS NOW ASKED TO DO THIS.

On November 5, Alberta Health Services announced that changes were being introduced to contact tracing due to a severe backlog within AHS. AHS provided a definition of a close contact, including the time period in which someone would be deemed infectious. AHS also asked all individual Albertans to self-report their positive test result to the event organizers that they attended while infectious. Event organizers were then asked to assist individuals in notifying the close contacts at the event. As such,

Alberta Soccer has provided guidance to our members on how to assist with contact tracing during this time.

[AHS Guidance for Contact Tracing Notification Process >>>>](#)

[AHS Information for Close Contacts of a COVID-19 Case >>>>](#)

7 SYMPTOMS, RESPONSES, POSITIVE TESTS

7.1 ARE PLAYERS WITH PRE-EXISTING CONDITIONS I.E. ASTHMA, ALLERGIES ALLOWED TO PARTICIPATE? IF THEY GET SYMPTOMS (RUNNY NOSE, COUGH) SHOULD THEY THEN BE TOLD TO STAY AWAY UNTIL 14 DAYS AFTER SYMPTOMS ARE GONE?

Pre-existing conditions will not eliminate them from participation, rather atypical/unusual symptoms would. A family decision should be made regarding asthma or other similar pre-existing conditions. If the condition is under control it should not preclude players from participation.

7.2 IF ONE OF MY PLAYERS HAD COVID A COUPLE OF MONTHS AGO BUT HAS SINCE QUARANTINED AND HAS NO MORE SYMPTOMS, CAN THEY PRACTICE?

Yes, the isolation period for an individual who tested positive for COVID-19 is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

See: [AHS Guidelines for Isolation Requirements](#)

7.3 IF SOMEONE WITHIN A COHORT SHOWS SYMPTOMS, DOES THE REST OF THE COHORT NEED TO STOP PARTICIPATION?

Provided that the AHS Guidance is followed, there is no need to cancel an activity, or postpone the undertaking of a cohort, in the event that an individual becomes sick. It is important that all cohorts keep daily program attendance to share with AHS if tracing is required.

7.4 WHAT SHOULD BE DONE IF A SOCCER COHORT PARTICIPANT VOLUNTARILY DISCLOSES A POSITIVE COVID-19 TEST RESULT? DOES THE COHORT NEED TO OBSERVE A 14-DAY COHORT BREAK?

As of November 5, AHS has provided a definition of Close Contact to include all members of the sport team of the confirmed COVID-19 test and any teams that played that team during the infectious period.

The team(s) identified as close contacts of the confirmed COVID-19 test will be asked to observe a 14-day cohort break.



Referees who officiated who were not included in affected cohorts could be notified of the situation as a courtesy by the Event Organizer but it is not a requirement.

When notifying cohorts in these situations, Members must ensure they maintain the privacy of the self-identified individual and should encourage the individuals who are experiencing a 14-day cohort break to monitor themselves for symptoms. **AHS Scripts should be used when doing so.**

See: [AHS COVID-19 Self Assessment Tool](#)

See: [AHS COVID Testing/Online Booking](#)

Alberta Soccer will be following the script provided by AHS for Close Contact Notification which includes the statement that individuals must self-isolate and should go for testing.

7.5 A SOCCER COHORT PARTICIPANT VOLUNTARILY DISCLOSES THAT AHS/SCHOOL HAS DEEMED THEM A CLOSE CONTACT OF A CONFIRMED COVID-19 CASE. THEY ARE EXPERIENCING NO SYMPTOMS OF COVID-19 AND HAVE NOT HAD A POSITIVE COVID-19 TEST RESULT. WHAT SHOULD THIS INDIVIDUAL AND REST OF THE COHORT DO?

While this individual is legally required to self-isolate, the team and/or cohort they belong to does NOT need to experience a 14-day cohort break.

An individual must be in contact with a confirmed COVID-19 positive case to be considered a close contact.

7.6 HOW DO I KNOW IF AHS IS INVESTIGATING MY COHORT / MINI-LEAGUE?

As of October 26, 2020, if a positive case attended an event while infected, AHS will notify the organizer and provide them with written notification that can be directly emailed to all event attendees. These emails are expected to be distributed within 24 hours of AHS contact.

AHS may also contact the coach, the league organizer, the club, the zone, the district or the facility.

It is important that all cohorts keep daily program attendance to assist with contact tracing efforts.

7.7 HOW DO I KNOW IF I AM A CLOSE-CONTACT AND LEGALLY REQUIRED TO ISOLATE?

On November 5, AHS updated the definition of Close Contact to include;

Close contacts are defined as anyone that was within two metres of a positive case of COVID-19 for more than 15 minutes, even if a mask was worn during that contact.

A close contact is ALSO someone who has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on), or who provided direct care for a person who has COVID-19.

For sports that involve close, sustained or intermittent and repeated contact, all members of the teams playing each other are considered close contacts when there is a case on a team.

Anyone who falls into any of the above categories is considered a close contact of a confirmed case of COVID-19.

If someone on your soccer team tests positive for COVID-19, you are considered a close contact and must isolate for 14 days from the time you were exposed. It is recommended that you get tested for COVID-19.

If you competed against another soccer team that has a confirmed case of COVID-19, you will be contacted by the Event Organizer if your teams competed during the infectious period.

See: [AHS Information for Close Contacts of a COVID-19 Case](#)

7.8 I RECEIVED A POSITIVE COVID-19 TEST RESULT AND I PARTICIPATE IN SOCCER, WHAT SHOULD I DO?

As of November 5, AHS has asked that individual Albertans voluntarily report their positive COVID-19 test result to anyone who they have been in close contact with. In soccer, because it is considered an Organized Event, you should contact the Event Organizer to share with them the result of your COVID-19 test. They will then, confidentially, inform individuals who would be considered close contacts during your infectious period. They will need to know, the date of your COVID-19 swab (if no symptoms) or your first day of symptoms. They will also need to verify your attendance two days prior to that date.

As an individual you may choose to inform your coach or team manager, club, league, or district association.

For more information on Contact Tracing for Individuals, please visit [AHS Contact Tracing Notification Process](#).

8 FACILITIES

Establishing a single protocol that captures the variances of indoor facilities across the province is not feasible.

Individuals / teams must follow the individual safety protocols in place at the facilities they access. Due to the varied sizes and layouts of facilities, they may have different guidelines for areas such as but not limited to; arrival times, loitering restrictions, spectator management, concessions, etc.

9 REFEREES

9.1 SEE THE [INDOOR REFEREE GUIDELINES](#)