



1-on-1 TRAINING GUIDELINES

Effective February 8, 2021

Guidelines as per Government of Alberta [Indoor Fitness](#) guidance published on January 31, 2021 and in alignment with *Step 1* of the Government's *Path Forward*. Subject to regional / municipal restrictions.

Requirement	Description / Application
1-on-1 Training	<p>Must include 1 Certified/Trained Coach plus 1 Player or Players from a single household.</p> <p>Training must be by appointment only, and coach must be providing active instruction during session.</p>
Registration	<p>All Participants must be registered for the current season as per the established process with their Club/Community, District and Alberta Soccer. Participant is defined as player, coach, trainer, and/or referee.</p> <p>All Participants (or parents/guardians if under 18 years of age) must sign the Youth or Adult Informed Consent – Assumption of Risk Waiver plus provide a Declaration of Compliance 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>
Hygiene	<p>Activity organizers must communicate appropriate hygiene measures for the activity in advance to all participants.</p> <p>No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, etc.</p>
Masks	<p>Masks are mandatory in all indoor public places.</p> <ul style="list-style-type: none">○ Coaches must wear masks at all times during training session.○ Players may remove masks during active training but are expected to wear masks when entering / exiting the facility.
Physical Distancing	<p>Physical distancing of 3 metres must be maintained between coach and player, between each training pair and from all non-training areas during session.</p> <p>2-metres distancing requirement applies to all entrances, lobbies, and hallways where training and exercise are not occurring.</p>
Symptom Checks & Contact Tracing	<p>Verbal health checks must be completed prior to every session as per COVID-19 Symptoms Checklist</p> <p>Contact Tracing Logs must be kept for all training sessions for a minimum of 4-weeks with reasonable security measures in place to protect the personal information collected (Name & Contact Information). This includes parent/guardian if they are part of the Rule of Two.</p> <p>Individuals exhibiting COVID-19 symptoms may not participate in 1-on-1 training.</p>



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Equipment	<p>Equipment such as balls and bibs, must be sanitized before and after each individual training sessions.</p> <p>With the exception of soccer balls, touchable equipment cannot be shared between the coach and player.</p> <p>Goalkeeper gloves cannot be shared and must be visibly clean prior to session.</p>
Coaches	<p>Coaches must 18+ years and must be Certified (Internationally, Nationally, or Provincially) or Trained (appropriate NCCP level) and have a valid CPIC including Vulnerable Sector Search on file with their club.</p> <p>Must wear a mask for the duration of training sessions and wash/sanitize hands before and after each session.</p>
Scheduling	<p>Training sessions must be scheduled and approved by a Club, and/or District.</p> <ul style="list-style-type: none">All training schedules and attendance lists must be shared with Club and/or District for contact tracing purposes. <p>A training session must include one certified coach plus one player only unless players reside in the same household.</p> <p>! A single coach cannot train multiple players at a single session who do not live in the same household.</p> <p>! No circuit training permitted and no back-to-back training sessions for players.</p> <p>Each coach can only interact with their assigned player, and each player can only interact with their assigned coach.</p> <p>Sessions must be scheduled to allow sufficient time between activities to allow for:</p> <ul style="list-style-type: none">the sanitization of all shared equipment,the coach to wash or sanitize hands if participating in subsequent individual training sessions,physical distancing of 3 metres to be maintained during entry & exit of training. <p>More than one training session pair (one coach + one player) may be scheduled at a single facility, so long as:</p> <ul style="list-style-type: none">Each coach and player pair stay 3 metres away from all other coaches and players at all timesEach coach only interacts with their assigned player and each player only interacts with their assigned coach.
Youth Players	<p>For the safe training of players under the age of 18 years, the following safety requirements must be met:</p> <ul style="list-style-type: none">Rule of Two maintained at all training sessions:<ul style="list-style-type: none">1-on-1 Training scheduled to allow for the session to be within earshot and eyesight of another adult (other certified coach or parent/guardian)Preferably, the coach scheduled for a 1-on-1 training session would be the same gender identity of the youth player.



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Spectators	No spectators are permitted. Parents/guardians are permitted to be in a facility for the purposes of assuring that their player is safe.
Players	No loitering before or after training session. No interacting with other players or coaches while at the facility. Arrive no more than 5-10 minutes before session, dressed and ready to participate.
Facility	All training sessions must also adhere to safety protocols developed by the facility. All facility rules must be followed, include capacity limits, to meet Government of Alberta Standards.

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