



## Group of 10 - ADULT TRAINING GUIDELINES – OUTDOOR ONLY

Effective May 3, 2021

Guidelines as per Government of Alberta [Guidance for Sport, Physical Activity and Recreation – Path Forward Step 1](#) published on February 18, 2021. [Subject to regional / municipal restrictions.](#)

Requirement	Description / Application
<b>Group Size</b>	<b>Group size is limited to 10 Participants (Players &amp; Coaches)</b>  All participants must be a minimum of 19 years old OR additional guidelines for youth participation in adult groups must be followed as per the guidelines below
<b>Training Activities</b>	<b>Group of 10 Training is limited to physical distancing training within a group setting outdoors.</b>  No games, scrimmages, or contact play is permitted. Only skills and/or conditioning that allow for physical distance requirements to be maintained at all times are permitted. No circuit style training is permitted.
<b>Registration</b>	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.  All Participants must sign the <a href="#">Informed Consent – Assumption of Risk Waiver</a> plus provide a <a href="#">Declaration of Compliance</a> prior to participating in any sanctioned soccer activity.  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.
<b>Hygiene</b>	Activity organizers must communicate appropriate <a href="#">hygiene measures</a> in alignment with <a href="#">General Infection Prevention Measures</a> for the activity in advance to all participants.  No spitting, clearing of nasal passages, handshakes, high fives, fist bumps, chest bumps, etc.
<b>Masks</b>	Masks are <b>mandatory</b> for coaches during sessions. <ul style="list-style-type: none"><li>• Coaches must wear masks at all times during outdoor training sessions.</li><li>• Players must follow current health guidelines for mask wearing until they enter the field of play</li></ul>
<b>Physical Distancing</b>	<b>Outdoor:</b> Physical distancing of <b>2 metres</b> must be maintained at all times between all participants AND <b>3 metres</b> between training groups during sessions AND from non-training areas. <ul style="list-style-type: none"><li>• Coaches/trainers may enter physical distancing space for <u>brief interactions</u> with participants to correct form or technique.</li></ul> <b>2 metres</b> distancing requirement applies to all entrances, lobbies, hallways, and ingress/egress outdoor fields where training and exercise are not occurring.
<b>Contact Tracing</b>	<b>Contact Tracing Logs</b> 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).
<b>Screening &amp; Response Plan</b>	<a href="#">Health checks</a> must be completed prior to every session as per COVID-19 Symptoms Checklist.  Individuals exhibiting <a href="#">COVID-19 symptoms</a> may not participate in training.



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	<p>Rapid Response plans are required to ensure the safe isolation of and swift departure from the facility of a Participant who becomes sick (symptomatic) while participating in a group session.</p>
<b>Equipment</b>	<p>All equipment must be cleaned and sanitized before and after each group training session. Recommend that one individual be assigned responsibility for management of equipment.</p> <p>With the exception of soccer balls, touchable equipment <b>cannot</b> be shared between players nor between players and coaches. Where balls must be shared, hand hygiene must occur before and after session.</p> <p>Goalkeeper gloves cannot be shared and must be visibly clean prior to session.</p>
<b>Scheduling</b>	<p>Training sessions must be scheduled and approved by a Club, and/or District.</p> <ul style="list-style-type: none"> <li>All training sessions must have a designated Team (Group) Lead and/or Coach identified and responsible for following the published guidelines.</li> <li>All training schedules and attendance lists must be shared with Club and/or District for contact tracing purposes.</li> </ul> <p>A training group is defined as:</p> <ul style="list-style-type: none"> <li>Ten (10) participants maximum total</li> <li>Participants may be coaches and/or players</li> </ul> <p><b>! Players may not be scheduled for multiple group sessions in a single calendar day.</b></p> <p><b>! Coaches must remain with the group for the entire session; coaches may not move between sessions.</b></p> <p>Sessions must be scheduled to allow sufficient time between activities to allow for:</p> <ul style="list-style-type: none"> <li>the sanitization of all shared equipment,</li> <li>the coach to wash or sanitize hands if participating in subsequent training sessions,</li> <li>physical distancing of <b>2 metres</b> to be maintained during entry &amp; exit of training/facility/field.</li> </ul> <p><b>Surface Allocation:</b> More than one training group may be scheduled at a single field, so long as:</p> <ul style="list-style-type: none"> <li><b>3 metres</b> distance is maintained <u>between groups</u> and groups do not intermingle.</li> <li>Scheduling minimizes the number of participants arriving/leaving at the same time.</li> </ul>
<b>Youth Participation &amp; Coaches</b>	<p>If a youth player is participating in an adult training group the following guidelines will apply in addition to the standard guidelines for training</p> <p>Coaches are expected to provide active instruction and correction. Passive supervision of a physical activity is not considered to be training and is not permitted.</p> <p>A minimum of two coaches 18 yrs+ must be present and participating in the group.-All coaches <b>MUST</b> have a valid CPIC including Vulnerable Sector Search on file with their district / club.</p> <p>It is <b>STRONGLY RECOMMENDED</b> that at least one coach per group be trained, at minimum, at the Soccer for Life NCCP Coaching level.</p> <p>For the safe training of players under the age of 18 years, the following safety requirements <b>must</b> be met:</p> <ul style="list-style-type: none"> <li><a href="#">Rule of Two</a> maintained at all training sessions</li> <li>Including at least one coach who is of the same gender as the players</li> </ul> <p><b>Outdoor: Coaches must wear a mask <u>at all times</u> and wash/sanitize hands before and after each session.</b></p>



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<b>Players</b>	No loitering before or after training session.  No interacting with players or coaches not in group while at the facility/field.  Arrive no more than 5-10 minutes before session, dressed and ready to participate.  Hand hygiene must occur <b>immediately</b> before and after each session, either through hand washing or use of hand sanitizer containing at least 60% alcohol.
<b>Spectators</b>	Outdoor spectators are limited to <a href="#">outdoor social gathering</a> restrictions.  A parent/guardian may be present at the facility for youth safety purposes but must not be involved as trainers and must be distanced at least <b>3 metres</b> away from the training group. This number must be kept as low as possible.
<b>Gatherings</b>	<b>Outdoor:</b> Social gatherings by teams are permitted within the boundaries of current health restrictions on <a href="#">outdoor social gatherings</a> . Limit of 10 individuals who maintain 2 metres distance at all times.
<b>Facility</b>	All training sessions must also adhere to safety protocols developed by the facility.  All facility rules must be followed, including 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.