



## RETURN TO RESTRICTIONS REQUIREMENTS & BEST PRACTICES GUIDELINES

Effective "October 6, 2021"

	Description / Application
<b>Permitted Activities</b> <b>(REQUIREMENTS)</b>	<ul style="list-style-type: none"><li>- Under 18 years of age INDOOR and OUTDOOR contact activities are permitted for games, scrimmages and contact play without on field restrictions.</li><li>- Under 18 years of age INDOOR ACTIVITIES - Restrictions Exemption Program MAY be implemented by ASA Members, requiring individuals <b>18 years and older</b> (team personnel, bench person, and referees) to provide government-issued proof of immunization (complete with government issued ID) single dose accepted between September 20 and October 25 if received 2 weeks before time of event; double doses required after October 25; or a negative privately paid COVID-19 test from within the previous 72 hours in order to access a variety of participating social, recreational and discretionary events and businesses throughout the province.</li><li>- <b>18 years and older INDOOR ACTIVITIES to occur - Restrictions Exemption Program MUST be implemented by ASA Members</b>, requiring all individuals (<b>18 years and older</b>) to provide government-issued proof of immunization (complete with government issued ID) - single dose accepted between September 20 and October 25 if received 2 weeks before time of event; double doses required after October 25; or a negative privately paid COVID-19 test from within the previous 72 hours in order to access a variety of participating social, recreational and discretionary events and businesses throughout the province.</li></ul> <p><b>Players and Officials under the age of 18 years who are participating in a program with 18-year-olds or older (mixed age groups), will need to provide proof of immunization or privately paid COVID-19 test from within the previous 72 hours.</b></p> <p><b>For example, a U17 and U19 mixed league that have players aged 18 and older, then ALL participants in that mixed-age league must provide proof of immunization.</b></p> <ul style="list-style-type: none"><li>- <b>18 years and older OUTDOOR ACTIVITIES</b> can continue without restrictions.</li><li>- <b>All personnel and players on the field or on the bench must adhere to these requirements.</b></li></ul> <p><b>IF Restrictions Exemption Program</b> is implemented by ASA Members, ALL activities and ALL Ages can continue without restrictions except MASK wearing is required off the field of play and the 2M distancing at all times with officials as per below.</p>
<b>Registration</b> <b>(REQUIREMENTS)</b>	<ul style="list-style-type: none"><li>- 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.</li><li>- All Participants must sign the <a href="#">Informed Consent – Assumption of Risk Waiver (age of majority)</a> or for youth their parents / guardians must sign the <a href="#">Informed Consent – Assumption of Risk Waiver(youth)</a></li></ul>

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	<ul style="list-style-type: none"> <li>- 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.</li> <li>- INDOOR and OUTDOOR guidance correlates to the season the team is registered in.</li> </ul>
<b>Hygiene</b> <b>(REQUIREMENTS)</b>	<ul style="list-style-type: none"> <li>- Activity organizers must communicate appropriate <a href="#">hygiene measures</a> for the activity in advance to all participants.</li> <li>- No spitting, clearing of nasal passages, handshakes, high fives, chest bumps, etc. permitted.</li> <li>- Pre-game and post-game handshakes should be replaced by a walk by, socially distanced, between the teams.</li> </ul>
<b>Masks</b>	<ul style="list-style-type: none"> <li>• <b>INDOORS:</b> Masks are <b>mandatory</b> when not on the Indoor field of play. Players may remove masks during active training/play but are required to wear masks until they enter the field of play (which includes the bench area) as well as when entering /exiting the field/facility.</li> <li>• Coaches may remove masks while actively coaching if maintaining the 2 metres physical distancing from players but must wear a mask if entering physical distancing space for brief interactions.</li> <li>• Mask must be worn at all times except on the field of play.</li> <li>- <b>OUTDOORS:</b> Programming can proceed without restrictions; ASA Members are to be respectful of personal choice and comfort levels.</li> </ul>
<b>Physical Distancing</b> <b>(REQUIREMENT if not implementing the Restriction Exemption Program)</b>	<p><b>INDOOR:</b> Physical distancing of <b>2 metres</b> must be maintained at all times between all participants when not actively on the field of play which includes the bench area.</p> <p>Coaches/trainers may enter physical distancing space for <a href="#">brief interactions</a> with participants to correct form or technique and provide guidance during games/training sessions but must wear a mask during the interaction.</p> <p><b>OUTDOOR:</b> Training can continue without restrictions.</p>
<b>Contact Tracing</b> <b>(REQUIREMENT if not implementing the Restriction Exemption Program)</b>	<ul style="list-style-type: none"> <li>- <b>INDOOR Contact Tracing Logs</b> must be kept for all games or training sessions for a minimum of 4-weeks with reasonable security measures in place to protect the personal information collected (Name &amp; Contact Information).</li> <li>- <b>OUTDOOR:</b> Training can continue without restrictions</li> </ul>
<b>Screening &amp; Response Plan</b> <b>(REQUIREMENT if not implementing the Restriction Exemption Program)</b>	<ul style="list-style-type: none"> <li>- <b>INDOOR</b> activities must complete Virtual or paper <a href="#">health checks</a> must be completed prior to every session as per COVID-19 Symptoms Checklist.</li> <li>- Individuals exhibiting <a href="#">COVID-19 symptoms</a> may not participate in games or training.</li> <li>- <a href="#">Rapid Response plans</a> 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.</li> <li>- <b>OUTDOOR:</b> Training can continue without restrictions</li> </ul>

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<b>Equipment</b> <b>(BEST PRACTICES)</b>	<p>All shared equipment should be cleaned and sanitized before and after each group training session or game.</p> <ul style="list-style-type: none"> <li>- Equipment cleaning is the responsibility of the home team when participating in games. Games balls should be sanitized before they are provided to the referee and sanitized during stoppages in play, if possible, including halftime.</li> <li>- Equipment including, but not limited to, balls, cones, pinnies (bibs), pop up goals and corner flags.</li> <li>- Recommend that one individual be assigned responsibility for management of equipment.</li> <li>- Goalkeeper gloves cannot be shared</li> </ul>
<b>Scheduling</b> <b>(BEST PRACTICES)</b>	<ul style="list-style-type: none"> <li>- Training sessions should be scheduled and approved by a Club, and/or District.</li> <li>- All <b>INDOOR</b> training schedules and attendance lists should be shared with Club and/or District for contact tracing purposes.</li> <li>- A training group must have: <ul style="list-style-type: none"> <li>• Two coaches (minimum) for all youth sessions and/or sessions where youth are present - both registered and meeting <b>minimum standards</b> outlined in the section “Coaches with players 18 Years and under”</li> </ul> </li> <li>- Games/Training must be scheduled to allow sufficient time between activities to allow for: <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 2 meters to be maintained during entry &amp; exit of training/facility.</li> </ul> </li> </ul>
<b>Travel &amp; Tournaments</b> <b>(REQUIREMENT)</b>	<ul style="list-style-type: none"> <li>- Travel within the province for games against registered opponents is allowed.</li> <li>- Travel out of the Province is subject to restrictions in both provinces and should be reviewed.</li> <li>- <b>INDOOR</b> Tournaments are allowed aged 18 and under.</li> <li>- <b>INDOOR</b> Tournaments are allowed for 18 and older if applying the <b>Restriction Exemption Program</b>.</li> <li>- <b>OUTDOOR</b> Tournaments are allowed at all age groups.</li> <li>- Facility requirements <b>MUST</b> be adhered to as per below.</li> </ul>
<b>Referees</b> <b>(REQUIREMENT)</b>	<ul style="list-style-type: none"> <li>- <b>ALL</b> Interaction with referees should be limited and kept to 2 meters distancing at all times with the following exceptions when masks will be worn.</li> <li>- Pre-game exchange of game sheets – both referee and coach / manager wear mask</li> <li>- In-game situations like wall management, free kick management, drop ball management or other management decisions as determined by the Referee – the referee will wear a mask for <b>INDOOR</b></li> <li>- This does not include players moving past the Referee in the run of play to challenge for the ball, mark a player or other natural movements during open play.</li> <li>- Any participant who intentionally breach the 2 meters distance during the game to interact with the referee will be subject to the appropriate discipline action including warnings, Yellow Cards and Red Cards or <a href="#">ASA Discipline</a> as applicable.</li> </ul>
<b>Coaches with players 18 years and under</b> <b>(REQUIREMENT)</b>	<ul style="list-style-type: none"> <li>- A minimum of two coaches <b>18 yrs+</b> must be present and participating in the group. All coaches <b>MUST</b> have a <b>valid CPIC</b> including Vulnerable Sector Search on file with their district / club.</li> <li>- It is recommended that at least one coach per group be trained, at minimum, at the appropriate NCCP Coaching level.</li> </ul> <p>For the safe training of players under the age of 18 years, the following safety requirements <b>must</b> be met:</p>

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	<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>
<b>Players and Team Staff</b>  <b>(BEST PRACTICES)</b>	<ul style="list-style-type: none"> <li>- No loitering before or after games / training sessions for <b>INDOOR</b>.</li> <li>- No interacting with players or coaches not in your group while at the field/facility.</li> <li>- Arrive no more than 10-15 minutes before access to field, dressed and ready to participate.</li> </ul>
<b>Spectators &amp; Gatherings</b>  <b>(BEST PRACTICES)</b>	<ul style="list-style-type: none"> <li>- Spectators are permitted within the limits of gathering size, physical distancing requirements and subject to any additional facility and/or program restrictions.</li> <li>- No loitering before or after games / training sessions for <b>INDOOR</b>.</li> <li>- Spectator areas must allow for 2 metres distance to be maintained from players, coaches, and referees AND allow 2 metres distance between spectators from different households.</li> <li>- The activity must comply with current <a href="#">gathering restrictions</a> issued by Alberta Health Services.</li> </ul>
<b>Facility</b>  <b>(REQUIREMENT)</b>	<ul style="list-style-type: none"> <li>- All games/ training sessions must also adhere to safety protocols and <b>Restrictions Exemption Program</b> if implemented by the facility.</li> <li>- All facility rules must be followed, including capacity limits, to meet Government of Alberta Standards.</li> <li>- <b><i>This document is supplementary and should be viewed as additional guidance to support facility and regional requirements.</i></b></li> </ul>
<b>Non- Compliance</b>  <b>(REQUIREMENT)</b>	<p>As per <a href="#">ASA Rules &amp; Regulations</a> the following sanctions may be applied for non-compliance: Appendix C:</p> <p>5.2 Breach of ASA Health &amp; Safety Protocols – including but not limited to the Covid-19 Safety Guidelines, Canada Soccer Lightning Policy, Field Safety Checklist and Air Quality Guidelines.</p> <p>a. Individuals</p> <ol style="list-style-type: none"> <li>1. 1st Offence Minimum 1 Month and up to 1 Year Suspension <ol style="list-style-type: none"> <li>1. Must include a minimum \$100 Fine, and \$500 Bond</li> </ol> </li> <li>2. 2nd Offence Lifetime Ban</li> </ol> <p>b. Clubs</p> <ol style="list-style-type: none"> <li>1. 1st Offence Warning</li> <li>2. 2nd Offence \$1,000 Fine and; <ol style="list-style-type: none"> <li>1. Discipline Hearing for consideration of sanctions against the Club, Club Leadership (President, ED, GM etc) and/or Board of Directors</li> </ol> </li> <li>3. 3rd Offence - \$2,000 Fine, Removal from Provincial Competitions for 1 season and; <ol style="list-style-type: none"> <li>1. Discipline Hearing for consideration of sanctions against the Club, Club Leadership (President, ED, GM etc) and/or Board of Directors</li> </ol> </li> </ol>

#### 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.