**COVID 19 PRACTICE SESSION SAFETY GUIDELINES**

**DURING PHASE 1**

**OF ONTARIO SOCCER RETURN TO PLAY**

**PLAYERS, PARENTS, COACHES, VOLUNTEERS AND STAFF**

Any soccer activity must comply with the health and safety protocols as outlined by the Ottawa Internationals Soccer Club along with any new protocols issued by the Province of Ontario health authorities.

**PRE-PRACTICE SESSION**

* Prior to your arrival at your practice session ensure you have read and understood the [Ontario Soccer Guidelines](https://cdn4.sportngin.com/attachments/document/3abe-2181075/Ontario_Soccer_Return_to_Play_Guide_updated_July_2-2020new.pdf#_ga=2.95899867.613285650.1594209938-1345229202.1584994546) (pages 6-16) for the current Phase of Return to Play.

**Health Declaration of Compliance Document**

* Ensure you have completed the online Health Declaration of Compliance Document in the registration system. There will be a limited number of physical copies on hand at your session.
* You will NOT be able to participate without completing the declaration a copy of which can be found on-line.
* For each following session you will need to verbally attest to the Health Declaration of Compliance to the check in person.

**Player Equipment**

* All player equipment such as water bottles must be marked with the first and last name of each player.
* Do not bring your own soccer ball during Phase 1 or Phase 2. Use only OISC provided balls and cones.
* Cleaning of equipment and physical distancing will be practiced by OISC and conform to recommendations from the Province of Ontario health authorities.

**Clothing**

* Wear appropriate clothing for the weather.
* Wear proper footwear (cleats recommended) and ensure you wear shin guards which are covered by your socks.

**Medication**

* Put all medication in a zip-loc baggie clearly labelled with your full name.
* Keep all emergency medications (including EpiPen and Asthma Puffer) in your designated area with your water bottle.
* Ensure your coach, manager and volunteers all know you where you have your medication stored and that it is accessible at all times.

**ARRIVAL and FIELD ENTRY**

* Arrive no more than 15 minutes and no later than 7 minutes prior to your session.
* Proceed to the designated entrance for your practice and line up appropriately.
* Maintain Social distancing at all times as required during the current Ontario Soccer Phase. Use the Social Distancing markings.
* **Coaches and volunteers go straight to the gate.**
* The designated Field Safety representative will check you in and take your attestation with respect to the Health Declaration of Compliance.
* Sanitize your hands upon entry.
* Follow directions and proceed to designated area of field maintaining social distancing and listening to all instructions from coaches AND volunteers.
* There will be a designated spot for placement of your equipment distanced from the equipment of others
* Do not touch gates, fences, benches, etc.

**DURING PRACTICE**

* Maintain Social distancing at all times as required during the current Ontario Soccer Phase.
* In Phase 1 – 2m distance, no heading or handling of the ball with hands.
* Listen to your coach and all volunteers at all times.
* Stay within the designated area of your practice at all times.
* NO intermingling of any other practice session is permitted.

**AFTER PRACTICE**

* Pick up all personal equipment and move toward the designated exit for your session.
* CHECK OUT with your designated Field Safety Representative or Field Marshall.
* Sanitize your hands.
* Leave the facility including parking lot immediately.
* All equipment will be disinfected after soccer activities before storing.

**ADDITIONAL INSTRUCTIONS**

**COACHES**

* Do not share pens, cards, clipboards etc.
* There will be no use of pinnies during PHASE 1.
* The use of two different shirts is recommended.
* Ensure your Phase 1 practice has been submitted to your Staff Coach and Approved 1 week prior to your session if using a non-prescribed (pre-approved) session.

**MASK USE**

* Mask use is not compulsory where social distancing is maintained.
* If you are considering wearing a mask or a face shield when attending activities use this [reference](https://www.cnet.com/health/how-to-safely-exercise-with-a-face-mask-on-during-the-coronavirus-pandemic/) to help with your decision.
* Avoid touching the mask while using it and clean your hands if you do.
* Before putting on a mask, clean your hands with soap and water or alcohol- based hand sanitizer.
* Remove it from behind, discard immediately into a closed bin and then clean your

hands with soap and water or alcohol-based hand sanitizer.

* Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.