Ottawa Internationals Soccer Club

Hygiene and Checklists

Proper hygiene can help reduce the risk of infection or spreading infection to others.

General Hygiene Protocols

* Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap and water are not available.
* When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards.
* Avoid touching your eyes, nose, or mouth with unwashed hands.

Other Hygiene Protocols

* Wash hands immediately before leaving home and after soccer activities and use hand sanitizer during scheduled breaks.
* Do not spit at any time.
* Clearly label your own water bottle. Do not share bottles.
* Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
* Carry hand sanitizer in order to enable good personal hygiene.
* Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
* Avoid touching eyes, nose or mouth.
* Shower at home before and after training.

**Players**

* It is recommended that all players utilize the “Self-Check” on  [Ontario COVID-19 Self-Assessment App](https://covid-19.ontario.ca/self-assessment/)
* If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
* Do not carpool unless with immediate family members.
* Always follow the instructions from coaches and respect physical distancing.
* Arrive no more than 15 minutes but no later than 7 minutes prior to activity commencing.
* Do not congregate at the facility entry point. Space is available for social distancing during check in.
* Arrive prepared to train – changing rooms will not be in use.
* Bring your own water bottles clearly labelled with your name.
* Do not share water bottles.
* Follow hygiene protocols. (Next slide)
* Physical distancing of two (2) metres (6 feet) must be maintained.
* No more than 1 person per 4m².
* All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
* Only use your own equipment.

**Parents**

* Follow hygiene protocols.
* Avoid congregating at facility entry points.
* Remind players to arrive to training dressed and ready, as change rooms will not be available.
* Only one parent/guardian attending soccer activities.
* Parents/guardians to keep a reasonable distance from the field. (Outside Turf, spacing will be marked)
* No more than 1 person (family unit) per 4m².
* Ensure to check-in for completion of attendance at the soccer activity.
* At home, ensure all the player’s equipment is washed separately from the other household items.
* Ensure child is healthy and has no sign of COVID-19 symptoms.
* Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
* Snacks are discouraged.



