



RETURN TO SOCCER PLAN

VERSION 14 – UPDATED JANUARY 15, 2021



CONTENTS

| | |
|---|----------|
| Disclaimer | 4 |
| IMPORTANT RESTRICTIONS EFFECTIVE NOVEMBER 27, 2020 | 5 |
| Canada Soccer Return to Soccer Guidelines | 6 |
| Foreword & Overview of The SSA Return to Soccer Plan (RTSP) | 7 |
| Responding to Changing Conditions..... | 8 |
| Process of Returning to Soccer | 9 |
| Phases of Resuming Soccer..... | 10 |
| Timelines For Return To Soccer | 12 |
| Important Considerations | 13 |
| Age and Stage Considerations – RTSP Phase 1 – Return to Train | 13 |
| Considerations – RTSP Phase 2 – Return to Train – Outdoor/Indoor | 14 |
| Considerations – RTSP Phase 3 – Return to Play- Outdoor/Indoor | 15 |
| Considerations – RTSP Phase 4 – Return to Play – Outdoor/indoor | 18 |
| General Considerations | 19 |
| Organizational Considerations | 19 |
| General..... | 19 |
| Contact Tracing..... | 20 |
| Pre-activity Screening | 20 |
| When Moving Through RTSP Phases | 21 |
| Facilities & Scheduling | 21 |
| Coaching Considerations | 22 |
| General Considerations..... | 22 |
| Activity Considerations | 22 |
| Referee Considerations | 23 |
| General Considerations..... | 23 |
| Laws of the Game – Modifications..... | 23 |
| Referee Education/Mentorship Considerations | 23 |
| Parent & Spectator Considerations | 24 |
| General Considerations..... | 24 |

Return to Soccer Plan



| | |
|---|----|
| Spectator Considerations | 24 |
| Player Considerations | 24 |
| General Considerations | 24 |
| Facility Operator Considerations | 25 |
| Indoor Activity Considerations | 25 |
| Participant Exhibits Symptoms of COVID 19 Or is a Close Contact of a Person with COVID 19 | 27 |
| Positive COVID Test | 28 |
| Travel | 29 |
| Canada Soccer Assessment Tool | 29 |
| Registration and Insurance | 30 |
| Business Response Team | 31 |
| Saskatchewan Soccer COVID Contacts | 31 |
| Resources | 32 |
| Saskatchewan Soccer Association | 32 |
| Government Resources | 32 |
| Canada Soccer Resources | 32 |
| COVID-19 Health Resources | 32 |
| Signage resources | 32 |
| Organization Resources | 33 |
| Technical resources | 33 |
| Waivers and Insurance | 33 |
| Facility and Outdoor Spaces Resources | 33 |



DISCLAIMER

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, Saskatchewan Soccer makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

Saskatchewan Soccer does not represent, warrant or endorse the completeness or timeliness of any of the information, content, views, opinions, or recommendations contained in the information provided. This information is accepted on the condition that errors or omissions shall not be made the basis for any claim, demand or cause for action. It is the responsibility of the reader to perform proper due diligence before acting upon any of the information provided. Prior to using this information, obtain proper legal advice from a person authorized to give it. In no event, will Saskatchewan Soccer be liable for any direct, indirect, incidental, punitive or consequential damages of any kind whatsoever with respect to these materials.

RESTRICTIONS EFFECTIVE NOVEMBER 27, 2020

As per the public health order (November 27, 2020):

“Sports or activities where one or more individuals compete against one or more other individuals (“team sports”, such as hockey, football, soccer, and basketball) are not permitted. This includes competitions and games for all amateur and recreational leagues. Group training for individual athletic events (such as dance, figure skating, diving, and speed skating) is not permitted. This includes competitions, and rehearsals. The owner or operator of a business or facility must not use the business or facility for this purpose, and must not rent, reserve or allow -5- the business or facility to be used for this purpose. Notwithstanding the foregoing, **individuals 18 years of age or under may continue conditioning and skills training in groups not exceeding 8 individuals so long as 3 meter distancing between all individuals is maintained”.**

Conditioning, Training and Individual Competition:

- Athletes and performers **18 years of age and under** may continue conditioning and skills training in groups of eight or fewer, abiding by the required mask use and at least three metres of physical distancing between participants at all times.
- Individual groups of eight may not share a training/rehearsal surface or space at the same time.
 - Everyone is being asked to limit the number of contacts they have, and therefore, it is recommended to keep groups the same, but not required as social distancing must be maintained and masks are required at all times.
- Coaches/trainers are not included in the training group numbers as long as they are masked and maintain a minimum physical distance of three metres.
- **Mandatory Masking Expanded** - Mandatory, non-medical mask use will be required during **all** soccer activity.
- **UPDATED 1/15/21** – Adults (19 +) are allowed to train individually (1 player with 1 coach). 3 metres of social distancing must be maintained between the coach and player, and masks must be worn at all times.

Training Spaces

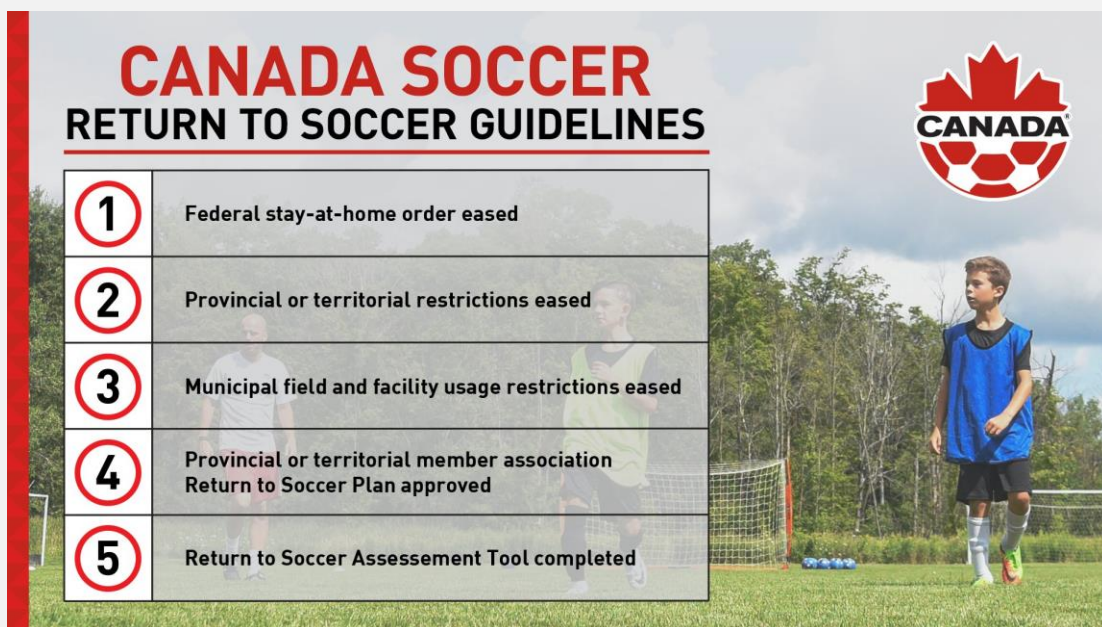
- A training space must have enough space for all participants plus coaches to socially distance by 3 metres at all times
- In indoor facilities where a field is divided into sub fields (ex. quarter fields), each sub field is considered a separate training surface **only** if separated by a physical barrier (ex. curtains).
 - Surfaces need to be separated by a physical barrier that you cannot go through. Tape, pylons, etc. do not suffice.
 - Sask Health has recommended physical barriers such as poly or plexiglass.
 - BRT confirmed that the floor to ceiling curtains found in most soccer centres are acceptable barriers.
- The above is for reference only. As each facility is unique, each Member Organizations must also consult with their facility operator regarding facility capacity restraints and facility specific guidelines.



CANADA SOCCER RETURN TO SOCCER GUIDELINES

Guided by leadership from Canada Soccer's Sports Medicine Committee and in consultation with federal, provincial, territorial and local public health authorities, Canada Soccer created the below Return to Soccer Guidelines to provide member organizations with a five-step process, including a checklist of weighted questions known as the Return to Soccer Assessment Tool, all for the purpose of determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities.

As part of the below guidelines, Saskatchewan Soccer Association (SSA) created this document, the SSA Return to Soccer Plan (RTSP), to act as a guide to assist Member Organizations to get back on the pitch.



The graphic features a red vertical bar on the left. The title 'CANADA SOCCER RETURN TO SOCCER GUIDELINES' is displayed in red and black text. The Canada Soccer logo is in the top right. A table with five rows lists the guidelines, and a background image shows a soccer field with a player in a blue jersey.

| CANADA SOCCER RETURN TO SOCCER GUIDELINES | |
|--|--|
| 1 | Federal stay-at-home order eased |
| 2 | Provincial or territorial restrictions eased |
| 3 | Municipal field and facility usage restrictions eased |
| 4 | Provincial or territorial member association Return to Soccer Plan approved |
| 5 | Return to Soccer Assessment Tool completed |



FOREWORD & OVERVIEW OF THE SSA RETURN TO SOCCER PLAN (RTSP)

With support from Canada Soccer, Sask Sport, and other provincial soccer associations, SSA has developed the Return to Soccer Plan (RTSP) to serve as a guide to assist SSA Member Organizations in the safe reintroduction of soccer. The plan uses a multi-phase approach for a thoughtful and cautious return to the pitch.

This document will be dynamic and will be updated as new information becomes available. This document is not exhaustive, and Member Organization's must also ensure they do their due diligence to ensure they are prepared to return to soccer.

Ultimately, when all guidelines are followed and restrictions are eased, it will be the Member Organization's decision if they are ready to offer opportunities to return to play and the participant's decision to determine if they are ready to play, coach, referee, or volunteer, considering the associated risks.

It is also essential that all Government of Saskatchewan guidelines are followed in conjunction with this plan. Soccer is in Phase 4 of the re-open Saskatchewan Plan.

Re-Open Saskatchewan
A methodical 5 phased approach to slowly lift restrictions and re-open businesses and services.

| | |
|----------------|---|
| Phase 1 | Re-Open Medical Services, Angling & Boat Launch (May 4th), Golf Courses (May 15th), and Parks & Campgrounds. (June 1st) |
| Phase 2 | Re-Opening Retail and Personal Care Services. (May 19th) |
| Phase 3 | Re-Open Food Services, Gyms & Fitness Facilities, Licensed Establishments and Child Care Facilities. Increase public & private gatherings to 15 people. (TBD) |
| Phase 4 | Re-Open Indoor & Outdoor Recreation and Entertainment Facilities. Increase public & private gatherings to 30 people. (TBD) |
| Phase 5 | Consider lifting some long-term restrictions, such as limits on the size of public gatherings. (TBD) |

IMPORTANT: In the remainder of this plan, it is important to note, that 'Phases or RTSP Phases' are referring to the Return to Soccer Plan phases (rather than the provincial government phases), unless otherwise noted.

June 8th

Outdoor Recreation – June 22, 2020
Indoor Recreation – July 6, 2020

Restrictions related to the highest risk areas like travel, large gatherings and long term care facilities, will stay in place for the foreseeable future.

saskatchewan.ca/COVID19 #COVID19SK Saskatchewan



RESPONDING TO CHANGING CONDITIONS

Due to the nature of the COVID 19 pandemic, we must be prepared to respond to changing conditions provincially, regionally and within our individual organizations. **If situations change, we may be required to return to a previous phase of Return to Soccer or cease soccer activity all together.** As Saskatchewan Health Authority monitors the provincial progression through Saskatchewan Re-open Plan, we will continue to provide information to Member organizations on how they can lead their programming through the stages of relaunch. Members are asked to watch for updates on the applicable health and safety guidelines that must be implemented in order to safely move from one phase of the Return to Soccer plan to the next.

If public health restrictions are reinstated and soccer activity is no longer permissible, or we must return to a previous phase, SSA will communicate this change directly with Member Organizations. Member Organizations will distribute this messaging to their impacted Club/Community Associations, teams, players, parents, coaches, referees, and volunteers. Immediate compliance would then be required.



PROCESS OF RETURNING TO SOCCER

The table below should help provide clarity on the steps needed in order to resume organized soccer programming. The outlined steps follow the assumption that soccer is an included sport which has been given the go ahead to resume operations from the Provincial Government and other key stakeholders such as Municipalities and Facility Operators.

| Steps | What is involved in each step? |
|--------|---|
| Step 1 | Saskatchewan Soccer Association (SSA) submits Return to Soccer Plan (RTSP) to Canada Soccer to review - COMPLETE |
| Step 2 | Canada Soccer reviews the RTSP and provides commentary. If changes are necessary -> return to step 1 and resubmit once adjustments are made - COMPLETE |
| Step 3 | RTSP (this document) provided to SSA Member Organizations (MOs) which outlines steps and phases for resuming soccer and provides information for developing their own RTSP - COMPLETE |
| Step 4 | MOs must adhere to the phase of resuming soccer. MOs develop their own plan based on the considerations in this document and then complete the Canada Soccer Return to Soccer Assessment Tool – IN PROGRESS |
| Step 5 | Canada Soccer and SSA will engage with MOs to provide feedback on any areas of improvement in the Return to Soccer Assessment Tool which will help the MO determine whether they are ready to return to play or not → if MO needs to re-submit, go back to Step 4 until Assessment Tool confirms readiness – IN PROGRESS |
| Step 6 | Member Organizations are able to deliver soccer and must adhere to Phase of resumption – IN PROGRESS |



PHASES OF RESUMING SOCCER

SSA will determine timelines for each RTSP Phase in alignment with the Saskatchewan provincial health authorities involving government orders, restrictions and guidelines.

| Phase 1 – Return to Train (No contact) | Phase 2 – Return to Train (Minimal Contact) | Phase 3 – Return to Play (Increased Contact) | Phase 4 – Return to Play (Full Contact) |
|--|---|---|--|
| <p>Individual Training</p> <p>Social Distancing measures are in place</p> <p>Technical Based Activities</p> <p>*Opposition may be created utilizing individuals from within same household or family bubble.</p> | <p>Designated “Team/Group” Based Training</p> <p>Social Distancing measures are being relaxed</p> <p>Small Group Activities</p> <p>*Activities should be created where contact is avoidable as much as possible.</p> <p>*Consider using individuals from within same household or extended family bubble in the same group/team(ideal).</p> | <p>Club based Play</p> <p>Social Distancing measures are relaxed further</p> <p>Intro of Small Game Formats (3v3 to 7v7)</p> <p>Mini Leagues of 50 can be formed.</p> | <p>Open Play</p> <p>Social Distancing measures are removed</p> <p>All Game Formats (1v1 – 11v11)</p> |

Return to Soccer Plan



Social Distancing (Phase 1): Contact is considered anything less than the 2 metres between participants; no contact is allowed in this phase.

Technical Based Activity: Activities that do not require opposition within 2 metre proximity, therefore, allowing players and coaches to maintain social distancing. Examples could be individual ball mastery, passing and receiving on the ground between partners, relays and other competitions/challenges that maintain social distancing.

Small Group Activities: Include activities with opposition. Numbers for the activities should be between 1v1 to 3v3. Try to keep players in groups together so that they work with similar players rather than constantly mixing players together (can increase number of players interacting with an asymptomatic COVID-19 carrier)

Small Game Formats: Game formats of 3v3 to 7v7. Recommendation within RTSP Phase 3 would be to keep this in-house versus playing against different clubs. Recommendation against festival type formats where one team plays against many teams on a given day (reduce number of individuals that may encounter potentially an asymptomatic COVID-19 carrier).

All Game Formats: Introduction of all game formats.

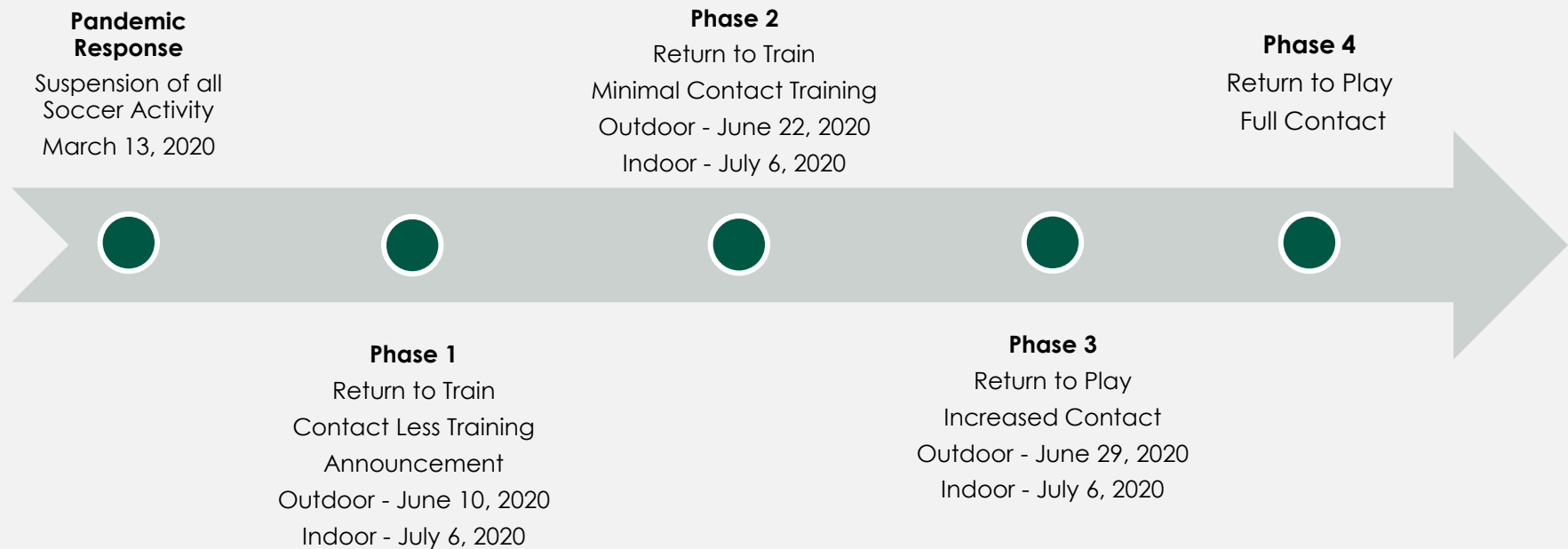
The Saskatchewan Government is to provide guidelines around what will be acceptable for the resumption of sport regarding areas such as social distancing and max capacity for facilities. While there is a desire to return to normalcy during COVID-19, everyone must remain conscientious about the safety and welfare of all participants as the primary consideration. As such, there is an increased importance around the due diligence required to keep all participants safe and prevent community transmission by organizations that make the choice to deliver soccer programming.



TIMELINES FOR RETURN TO SOCCER

The timelines related to the 4 Phases for Return to Soccer are subject to all the Steps in the Process of Returning to Soccer (see page 8) being met and that they continue to remain in place. Every program is unique and in varying health environments within our province, therefore each MO should only Return to Soccer as they are prepared.

EFFECTIVE NOVEMBER 27, 2020 – SPORT IS PAUSED UNTIL FURTHER NOTICE. See pg. 8.





IMPORTANT CONSIDERATIONS

AGE AND STAGE CONSIDERATIONS – RTSP PHASE 1 – RETURN TO TRAIN

EFFECTIVE NOVEMBER 27, 2020 – training is only allowed for 18 and younger – see pg. 8 for restrictions.

| Active Start U5 | FUNdamentals U7 & U9 | Learn 2 Train U11 & U13 | Soccer 4 Life U15, U17 & Adult |
|---|---|--|---|
| <p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age may struggle to maintain social distancing and complete technical based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained. Social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p> | <p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age often need interaction with someone to remain engaged and complete technical based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience as social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p> | <p>Athletes at the L2T stage should be engaged in the progression of activities within training session during RTSP Phase 1.</p> <p>Athletes at this age need monitoring but may be ready to maintain social distancing as directed. Level of support is based on the maturity of the athletes.</p> <p>Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice environment</p> <p>Be conservative when spacing out areas to maintain social distancing.</p> | <p>Athletes at the S4L stage should be engaged in the progression of activities within training session during RTSP Phase 1.</p> <p>Players should understand what social distancing is and be able to respect the social distancing requirements in place within your province while at soccer.</p> <p>Engaging athletes on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused.</p> <p>Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice.</p> <p>Be conservative when spacing out areas to maintain social distancing.</p> |



CONSIDERATIONS – RTSP PHASE 2 – RETURN TO TRAIN – OUTDOOR/INDOOR

- **EFFECTIVE NOVEMBER 27, 2020** – PHASE 2 is not allowed.
- Recommendations from Phase 1 are still in effect when possible.
- It is strongly recommended your organization begins your return to soccer in Phase 1 of the plan and only progresses as you are ready
- Physical distancing is still required when possible, and as young athletes (U9 and younger) cannot be expected to physical distance, parent and player programs are still recommended.
- Phase 2 is Designated TEAM/GROUP Based training.
- A Designated Team is a **consistent** group of players, team personnel, coaches and anyone engaged on field activity that does not exceed the maximum provincial guideline (As of June 22, 30 people)
- Consider using individuals from within same household or extended family bubble in the same Team/Group(ideal).
- Players may scrimmage/participate in training activities within their own designated Team/Group only, and the scrimmage should be set up to avoid contact as much as possible.
- Players may not be on more than one team.
- All contact should be minimized as much as possible, recognizing this may occur from time to time in scrimmage/training activities, however, the team should avoid drills where contact is unavoidable.
- The maximum number of people for an outdoor gathering is 30. Member Organizations must ensure not to exceed this number of people on a soccer field. Member Organizations must abide by any municipal and facility guidelines.
- Online Registration is required, and all participants MUST agree to the waivers and the COVID 19 declaration of compliance form for all Member Organization activities.
- As there are no competitions, Referees should NOT be officiating games at this phase.
- Coach and Referee training may occur ONLINE in this phase
- All Member Organizations must abide by the Provincial Government Guidelines for Sport available in the [Re-Open Saskatchewan Plan](#).



CONSIDERATIONS – RTSP PHASE 3 – RETURN TO PLAY- OUTDOOR/INDOOR

- **EFFECTIVE NOVEMBER 27, 2020 – PHASE 3 is not allowed.**
- Member Organizations may enter Phase 3 on or after June 29, 2020
- This stage is 'Club based' and players will only play within their own club or Member Organization.
- Mini Leagues are now allowed and can be comprised of multiple teams, but no more than 50 individuals. Mini Leagues allow teams to return to a safe level of play and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, referees and volunteers who cannot maintain two metres of distancing from others at all times.
- When roster sizes do not allow for competition to occur within a mini-league of 50, only under these circumstances, a mini-league size may be increased from 50 to 80 people (including players, and those referees/coaches part of the mini-league). For soccer this applies only to leagues in which the game format is 9 v. 9 or 11 v. 11. This change allows these leagues to operate with 4 teams within an 80 person mini-league bubble.
- It is recommended that athletes not belong to multiple sports mini-leagues (whether community or school based). They should select one sport mini-league for the duration of each season.
- ONLY under the following circumstances only may a coach participate in more than one mini-league:
 - The coach maintains 2 metres social distancing at all times and wears a non-medical mask, OR;
 - If the coach cannot maintain social distancing at all time, they must wear medical (surgical or procedural) mask.
- ONLY a coach, referee or volunteer that maintains 2 metres social distancing at all times, wears a non-medical mask, and avoids contact with the players, balls and equipment is **not** considered to be part of the 50 person mini-league. It is important to note:
 - **Coaches** - it is difficult to ensure a coach can maintain social distancing at all times and therefore we recommend there is at least one coach on each mini and youth team that is within the mini-league numbers. Regardless if a coach is in a mini-league or outside of the numbers, it is strongly recommended that all coaches wear masks.
 - **Referees** – a member organization cannot expect a referee to wear a mask and have the same performance level as they would without a mask. Therefore, it is strongly recommended to have referees participate in only one mini league

Return to Soccer Plan



when possible, without a mask, allowing them to be highly active (like the players).

- **Equipment** – coaches, referees, volunteers not part of the mini-league can still follow sanitization procedures in regard to cleaning the equipment before and after practices. They shouldn't however be engaging with the equipment while the players are active, during games or practices.
 - Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
 - Mini Leagues should remain together until restrictions are further relaxed.
 - SSA has confirmed with BRT that Outdoor Soccer, Indoor Soccer and Futsal are separate sports which are played on separate surfaces with different rules, different seasons, and participants. As such, considering the provincial guidelines do not restrict players from playing multiple sports, SSA has been advised that Member Organizations can develop new mini leagues separate from outdoor leagues for the indoor soccer and futsal categories.
 - Although they are considered separate sports, it is recommended that groups take a minimum of a 14-day break between Outdoor and Indoor/Futsal.
 - No single group on the field shall exceed the gathering limits in the public health order (as of June 24, 30 people). Teams need to be separated while on the sidelines and players cannot exceed gathering limits during games, practices or training.
 - At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during half time).
 - Tournaments and inter-provincial travel for games are not permitted at this time.
 - Intra-provincial travel for sport is only allowed under two conditions:
 - In-sufficient numbers do not allow mini leagues to be formed locally, and,
 - Distance between communities is reasonable.
 - If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not actively participating in the activity (i.e. coaches, volunteers, etc.)
 - Referees are now allowed in this phase.
 - ONLY under the following circumstances, may a referee participate in more than one mini league:
 - The referee maintains 2 M social distancing at all times and wears a non-medical mask, OR;
 - If the referee cannot maintain social distancing at all time, they must wear medical (surgical or procedural mask).
-

Return to Soccer Plan



- It is highly recommended that referees participate in only one mini league. Soccer referees are considered highly active as they run at the same pace as the players and therefore will have difficulty wearing masks.
 - If a Member Organization chooses to have referees in multiple mini leagues, they should be aware that the referees' abilities will be limited by the above requirements. The member organization will also need to determine an alternative to a referee blowing the whistle (i.e. electronic whistles).
 - All referees need to continue best practices of not touching equipment with hands, maintain social distancing during pre-game routines (no coin toss unless social distancing is achieved), and post-game routines (no handshakes), etc.
- Organizations are responsible for the management of their spectators. We encourage ongoing education. Only 30 spectators are allowed at an event. They must not enter the activity area, and they must practice following social distancing. See Parent/Spectator Guidelines.
 - This information may change at any time and further information will be released as available. **This information is not exhaustive**, and Member Organization must also **refer to the Government of Saskatchewan Re-open Saskatchewan Plan for Sport Guidelines**.



CONSIDERATIONS – RTSP PHASE 4 – RETURN TO PLAY – OUTDOOR/INDOOR

- Date is to be determined



GENERAL CONSIDERATIONS

- Consider grouping in non-traditional ways. This could include stage of participation, geography (from same street), bubble families, boys and girls together
- Consider allowing parents to sign up for a specific time slot on a given day. This may alleviate parents driving to the field multiple times in a week as they can sign their children up for one or two time slots during the week. May potentially reduce traffic congestion at the facility.
- Consider grouping players that are part of their extended bubble families or same household together (even if that means siblings are in the same group). This may assist families in carpooling and reducing traffic congestion at facility and number of spectators.
- In the short-term the notion of 'team' may change to allow for program that reduces impact on families and tries to maintain a safe environment for participation.
- Keep groups together (i.e. 24 participants in one time slot on a field, split into smaller groups of 8). If a child becomes a COVID-19 carrier then their interactions with others may be limited to a small group.
- When games resume, consider playing games within your organization for a duration of time (mixing age groups and genders if need be) to reduce risk of interacting with other communities/organizations which may help prevention of interacting with a larger number of individuals from other communities
- **Be cautious and conscientious and send a consistent message that gives parents and participants confidence that their safety has been the highest priority. Do not rush to restart if you do not have everything in place.**

ORGANIZATIONAL CONSIDERATIONS

General

- Ensure you have read and reviewed the [Canada Soccer Response Action Plan Guide](#) and in the absence of a Provincial Government, Provincial Health Agency or Municipal Government outline for such a plan. Utilize the guide(s) to create one specific for your organization.
- Safety education is essential for anyone engaging in on-field activities (parents, coaches, players, refs, volunteers etc.)
 - All Coaches and Volunteer supporters must complete pre-activity safety orientation on all safety protocols as per provincial guidelines aligned to Phase 4 of the Re-open Saskatchewan Plan (once available) – hand washing, cough suppression, body fluid emissions strictly controlled (for example: spitting, mucus, vomit or other bodily fluids may not be expelled in public areas, immediate clean up required)
- Signage is required, to reinforce key risk related messages, control flow of people, improve efficiency, etc. Check with your facility provider on what signage is already posted. Signage should include, but is not limited to, the following reminders:
 - Individuals who are sick must stay home.
 - A physical distance of two metres must be maintained between people not from the same household or extended household.

Return to Soccer Plan



- Individuals must wash/sanitize their hands
- Avoid overcrowding. Individual groups must not exceed the restrictions on public gatherings.
- Work with coaches to ensure Safe Sport Roster & Rule of Two are maintained and one coach is of the same gender as the athletes.
- Organizations should provide direction on how First Aid should be administered to any athletes requiring First Aid aligned to provincial guidelines for Phase 4 of the Re-open Saskatchewan Plan (ie. Is there a designated individual to administer First Aid? Are parents expected to administer First Aid to their child? Who provides the First Aid supplies?).
- Hand washing/sanitizer station(s) onsite. Provide coaches with necessary sanitization equipment.
- Develop a Communications/Response Action Plan and Symptom Reporting Process for working with Public Health groups and members to notify in case of positive test (respecting privacy concerns) and the actions that need to happen if a person within the Organizations contracts COVID. This would include being prepared to shut down operations quickly and efficiently. Additionally, this may include a return to enhanced restrictions by Provincial Health depending on COVID-19 situation in Saskatchewan.
- Consider what a Second Wave of COVID transmission may mean, monitor health authority communications and anticipate that this may occur. Be prepared!

Contact Tracing

- If there is a positive COVID case within Organizations, the impacted Organization will be required to assist in contact tracing to support local authorities. This is where steps taken to keep consistent groups together will assist greatly.
- Organizers must keep a record of attendees. All players, spectators, staff and volunteers must sign in on arrival with name and phone number and/or email to facilitate contact tracing, if necessary, and keep attendance records for a minimum of one month. Where possible, do not use a common pen. Providing this information is voluntary for attendees and can only be used for the purposes of COVID-19 contact tracing.

Pre-activity Screening

- All participants must be aware of their responsibilities to keep others in their soccer community safe – this includes not attending soccer activities when unwell
- In addition to the declaration of compliance that is signed at registration, many organizations are also conducting pre-activity screening
- The Government of Saskatchewan's Self-Assessment Tool (Online) may be used for this purpose
- Your organization may also want to ask additional questions than those available in the Government of Saskatchewan tool. Additional questions that can be asked include, but are not limited to the following:
 - Whether the participant has been to a specific area in which an outbreak has recently occurred
 - Whether a household member is experiencing cold or flu like symptoms
 - Location of travel - if the participant has been out of the country in the last 14 days



- For the safety of the volunteers checking in participants, it is encouraged that pre-activity screening is done prior to a participant arriving at soccer (i.e. online at home), rather than at the field/facility.

When Moving Through RTSP Phases

- Proceed with an overabundance of caution. Do not rush to restart or between RTSP phases, safety and readiness must come first.
- Recommend 4 weeks between RTSP Phases to monitor any possible COVID transmission within practice group. Contact health authorities if an athlete, coach, referee has contracted COVID and support them in contact tracing.
- To accommodate Return to play games for older youth athletes, practices start approx. 2-4 weeks before games start to allow the athletes body to adapt – this may be more of a concern for older athletes if there is a jump to RTPS Phase 3.
- RTSP Phase 3 - Consider shortening the length of matches and reducing the number of players assigned to teams (max roster sizes)
- Game sheets should be done online so there is no transfer of paper.
- Set up policies/procedures to pay officials online versus cash payments.

Facilities & Scheduling

- Reduce overlap of practices and games by adding in buffer time allocation of 15-20 minutes between practices. Develop protocols if needed around how locker-rooms and washroom facilities managed, cleaned and max capacity is determined. Otherwise adhere to stated facility restrictions.
- Information provided to all coaches and parents about each facility, entrance/exits, reducing bottlenecks as well as screening and cleaning protocols and pick-up/drop-off/spectator protocols.
- Develop protocols for lightning. When thunder roars, go indoors – this procedure may no longer be possible. By going indoor you may break existing social distancing and max capacity restrictions in place. Cancel ALL practices where the forecast calls for thunder/lightning. In the event where a weather system moves in quickly, utilizing parent/participant vehicles can be another outlet for participants to take shelter. Consideration needs to be given on how players are released from practice to their parent's vehicle, so players are not searching in open space for their parent if their parent is not readily available.



COACHING CONSIDERATIONS

General Considerations

- Canada Soccer has determined that there will be no in-person training for coaches in 2020.
- Coaches are responsible to ensure a safe environment for the athletes and on field support staff and volunteers
- All Coaches and Volunteer supporters must complete pre-activity safety orientation on all safety protocols – examples: hand washing, cough suppression, body fluid emissions strictly controlled (for example: spitting, mucus, vomit or other bodily fluids may not be expelled in public areas, immediate clean up required)
- Wear face masks.
- Only trained designated people (coaches/staff) should handle equipment.
- Coaches or trained designates must wipe equipment down using disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into coach's home environment).
- Recommendation is for athletes to bring light and dark shirts for practice
- Highly recommend against using bibs for RTSP Phase 1 & 2; Bibs if used should not be shared between players during a session and if used, washed after each session

Activity Considerations

- Structure activities to maximize physical distancing – RTSP Phase 1
- Age Appropriate considerations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow for coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same family). Support volunteers must receive safety orientation and be registered.
- Design activities so athletes may stay within their existing small groups within RTSP Phase 2 to reduce amount of contact with different people.
- Ball should stay below the waist to prevent contact with head, hands, chest, mouth in RTSP Phases 1-3.
- Regular sanitization breaks combined with water breaks.



REFEREE CONSIDERATIONS

General Considerations

- Canada Soccer has determined that there will be no in-person training for referees in 2020.
- Focus on education for referees in RTSP Phase 1 & 2. Referees are not involved until we get to structured Games in RTSP Phase 3
- Referees come dressed to the game - no need for changing rooms.
- Reduce the number of Match Officials needed for a match (one Head Referee vs. Head Referee and 2 Assistant Referees) if social distancing measures still in place (will not be necessary once social distancing has been removed).
- Maximum facility capacity may impact number of referees.
- Referees should not share any gear (watches, flags, cards).
- Recommend online game sheets and online payment to reduce passing of paper and cash.
- Develop clarity on Lightning Policy with the Member Organization; building capacity may still be limited in RTSP Phase 3 and 4 if players are expected to head indoors.
- When assigning, consider reducing number of referees coming and going to fields; have referees do back to back games where applicable and with consideration to the health of the referee.

Laws of the Game – Modifications

- Referees and Organizations should work collaboratively to ensure that upon the start of RTSP Phase 3 or 4, Laws of the Game may need amending to adhere COVID related safety guidelines. Examples such as:
 - Yellow and red cards given to athletes from a safe distance
 - Masks reside within safe apparel, consider how a mask check would occur and what types of masks are acceptable
 - Pass/dribble where applicable to reduce contact by multiple hands on the ball within a game. No throw-ins initially.
 - Physical altercations result in an immediate dismissal from match. Referees should not physically engage with athletes, allow situation to dissolve before engaging from a safe distance.

Referee Education/Mentorship Considerations

- Assessments and mentorship can continue while respecting social distancing guidelines; mentors/assessors operate from the spectator side of the pitch
- Recommendation of video assessments – mic up the referee to overlay audio and video
- Utilize video chat for post-game debrief versus in person immediately



PARENT & SPECTATOR CONSIDERATIONS

General Considerations

- Ensure child must be healthy and show no sign of symptoms
- Any parent participating and supporting a practice should receive a pre-activity safety orientation on all safety protocols – examples include hand washing, cough suppression, body fluid emissions strictly controlled (spitting, mucus, vomit or other bodily fluids may not be expelled in public areas, immediate clean up required)
- Drop and pickup player while maintaining desired rules and regulations around pickup/drop-off
- Do not carpool unless other athletes are a part of your extended bubble family
- Make sure child has all items they need to participate

Spectator Considerations

- The organization offering the activity is responsible for managing spectators
- Spectators, participants and players, staff, coaches and volunteers should try to minimize cheering and whistling as much as possible to control the spread of COVID-19
- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game (30 people as of June 25), and must ensure physical distancing between non-household members
- Request minimal spectators attend events. Discourage gatherings.
- Spectators must maintain distancing of at least two metres from other members of the public.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (ie. the field or activity area).

PLAYER CONSIDERATIONS

General Considerations

- All athletes must receive a safety protocol orientation
- Athletes should come to the field, dressed to play and with a Large Ziploc Bag clearly labelled containing:
 - Hand Sanitizer and/or Sanitizer Wipes (if possible, otherwise a clean cloth to wipe down equipment)
 - Two (2) cotton masks – in case one gets soiled/dirty/compromised (if required for participation)
 - Labelled water bottle - where mouth spout is covered by lid and not to open air
 - Snack(s)

Return to Soccer Plan



- Tissues – to manage bodily fluids from nose & mouth and, minor scrapes and abrasions
- Personal first aid supplies – band aids, ice pack, etc.
- Participant should be made aware that they will be expected to keep and dispose of items at home
- Organizations should create a safe and social distance compatible area for players equipment and bags
- If locker rooms are shared, they must be cleaned/disinfected in between groups and must adhere to physical distancing (athletes may need to take turns) - depends on local authorities and their regulations around facility usage
- Athletes bring their own soccer balls, clubs could possibly loan balls to players if they do not have one for financial reasons
- Responsibility to bring equipment to the field in order to practice and equipment (ie. soccer balls) should be sanitized at the field
- Bring two shirts, light and dark to reduce need for pinnies (coaches should specify which shirt they'd like athlete to wear to prevent changing in public)

FACILITY OPERATOR CONSIDERATIONS

All organizations that operate their own facilities, including but not limited to outdoor fields, indoor facilities, clubhouses, must follow the Government of Saskatchewan Re-Open Plan guidelines as applicable (Recreation Facility Guidelines, Restaurant Guidelines, etc).

Indoor Activity Considerations

The following guidelines are from the Re-Open Saskatchewan Plan:

- Wherever possible, activities should be relocated to outdoor settings.
- Facility ventilation systems should be operational and appropriate for the activities being practiced in them.
- Facilities may need to consider:
 - Increasing air circulation and ventilation, while preventing turbulent air flow.
 - Providing natural ventilation by opening windows and doors, wherever possible, to increase air flow.
- Remove unnecessary common items, such as magazines, brochures, etc.
- Encourage patrons to limit their time spent in the facility, as well as maintain physical distancing when returning to their vehicles or homes.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens between uses is required.

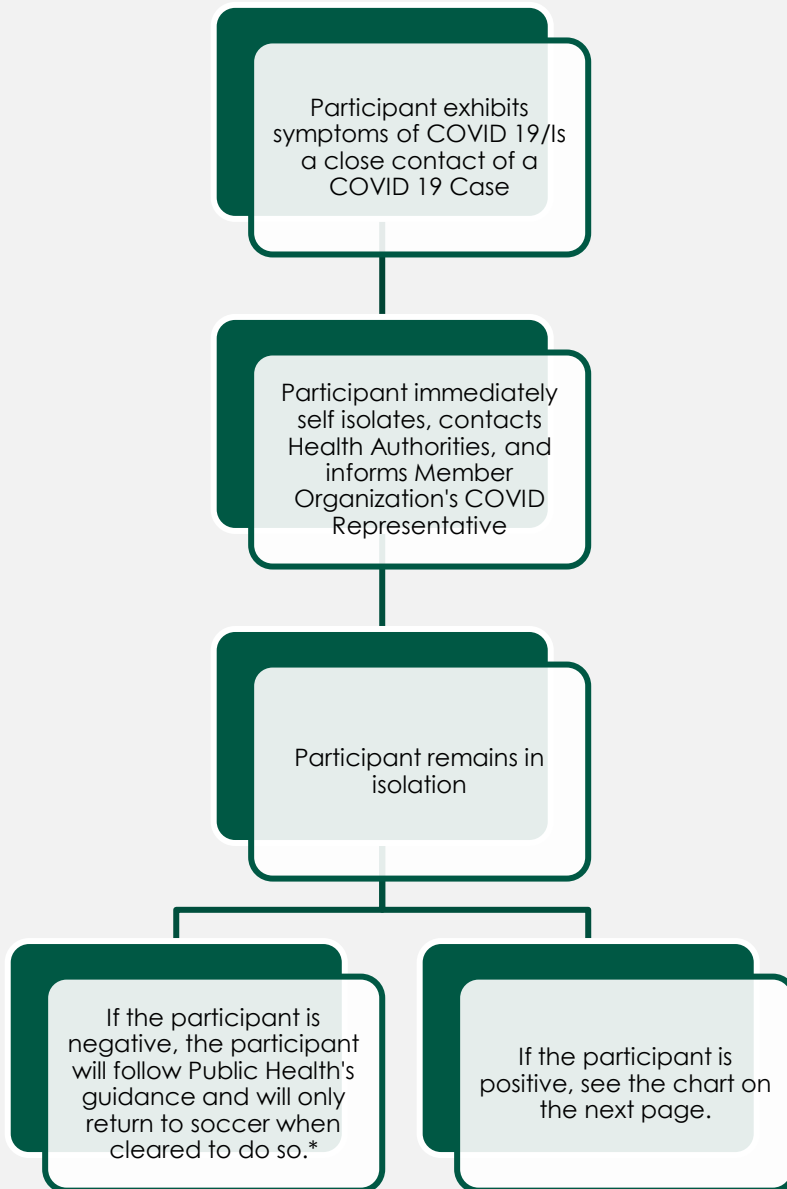
Return to Soccer Plan



- Indoor play spaces are permitted; however, increased cleaning and disinfection are required. Operators must put measures in place to ensure physical distancing of non-household members and provide access to handwashing facilities or an alcohol-based hand sanitizer approved by Health Canada (DIN or NPN number). Encourage operators to post signage.
- Food and beverage services are subject to the Restaurants and Licensed Establishments Guidelines.
- Drinking fountains must be closed. Water bottle filling stations are acceptable if appropriately and frequently sanitized.
- Wherever possible, promote physical distancing by:
 - Promoting one-way traffic flow to avoid individuals from inadvertently interacting.
 - Placing stickers or signage on the wall/floor every two metres.
 - Reducing capacity in each room or venue in the facility.
 - Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing.



PARTICIPANT EXHIBITS SYMPTOMS OF COVID 19 OR IS A CLOSE CONTACT OF A PERSON WITH COVID 19

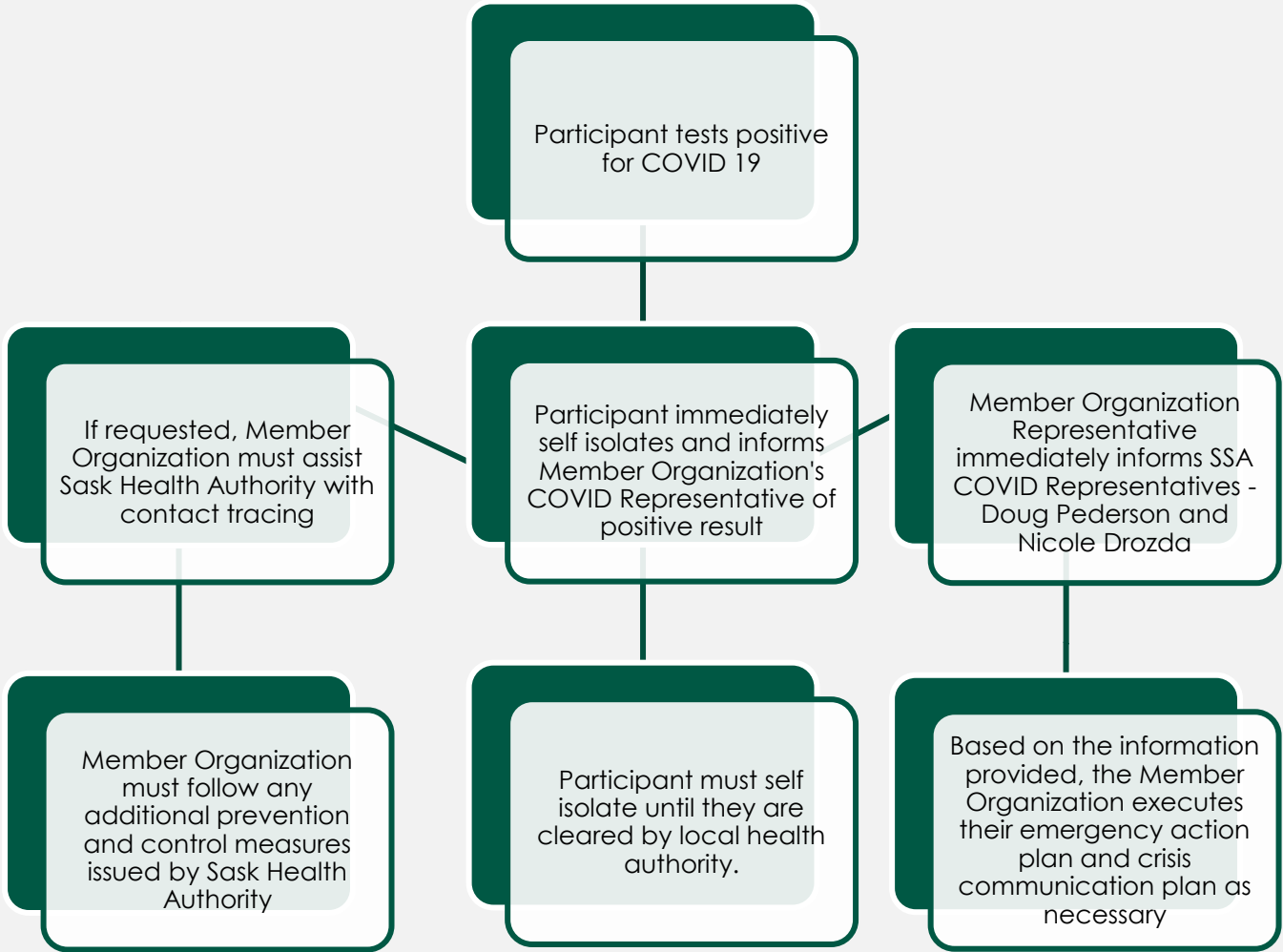


*A negative test does not always mean participation in soccer is allowed. [Read more regarding Self-Isolation on the Government of Saskatchewan's Website.](#)

A note is required from a physician or public health authority and presented to your organization's COVID Representative prior to the participant returning to soccer.



POSITIVE COVID TEST



A note is required from a physician or public health authority and presented to your team's COVID Representative prior to the participant returning to soccer.



TRAVEL

As per the Re-open Saskatchewan Plan, tournaments and inter-provincial travel for games and competitions are prohibited. Likewise, SSA will not be approving any travel permits for out of province travel until further notice.

Intra-provincial travel for sport is only allowed under two conditions:

- In-sufficient numbers do not allow mini leagues to be formed locally, and,
- Distance between communities is reasonable.

CANADA SOCCER ASSESSMENT TOOL

As included in process of Returning to Soccer, Canada Soccer has provided the Canada Soccer Assessment Tool to help guide organizations to determine whether they are ready to return to soccer. The Assessment Tool looks at the organization preparedness and ability to mitigate risk in the following areas:

- Understanding COVID-19
- Emergency Response
- Stakeholder Coordination
- Governance
- Communication
- Public Health
- Mitigation

Any Member Organizations receiving a score of Moderate to High will need to revisit the mitigation section of the planning tool to address areas where they need improvement. These organizations must then go through the Assessment Tool again prior to returning to the pitch.

SSA will not be formally approving Member Organization Return to Soccer Plans. It is important that you complete the steps for returning to soccer and based on the result from the risk assessment tool that you only return to soccer when your organization is ready, and guidelines allow.

The Canada Soccer Assessment Tool is available at: <https://returntoplay.canadasoccer.com/>



REGISTRATION AND INSURANCE

- SSA has been advised that there is no insurance coverage in place for any claim related to COVID19, this applies to Accident and Liability Claims. This is true for businesses and non-profits and is not unique to sport
- Member Organizations are accountable to ensure they have done their due diligence before they resume play. After a detailed review, the RTSP received high praise on all fronts from SSA's Insurance provider and legal counsel. Their advice is that all Members need to meet the "reasonable person test"; if each Member Organization adheres to the guidelines then Directors should be confident that they have done what they can do to limit liability exposure.
- Two new Waivers and a Declaration of Compliance form have been developed and applied to online registrations.
 - [Declaration of Compliance](#)
 - [Youth - Release of Liability, Waiver of Claims, and](#)
 - [Indemnity Adult - Release of Liability, Waiver of Claims, and Indemnity](#)
- Parents and adult participants must also accept the risk and liability associated with participating during the pandemic and must follow all standards outlined by their Member Organization. Parents and participants must sign off that they assume and understand the risk in participating in soccer in a COVID 19 environment.
- Online registration is required for all registrants prior to on field activity. This includes Players, Team Personnel, Officials, and Support Participants on the field.
- No paper forms or waivers will be accepted on field.
- Fees for the **2020-21 Indoor Season** will be as follows:
 - Mini - \$16.00 per participant
 - Youth and Adult - \$32.00 per participant
 - Team Personnel - \$10.00 per participant (team personnel that are also a player must register under both categories)
- Fees for the **2020 Outdoor Season** will be as follows:
 - Mini - \$5 per participant
 - Youth and Adult - \$10 per participant
 - Team Personnel - \$5 per participant (team personnel that are also a player must register under both categories)
- All Member Organizations must ensure all participants (players, team Personnel, organizers and volunteers/parents), that will be supporting your delivery, have properly registered before play resumes and must complete a Declaration of Compliance related to COVID19 in order to complete registration.
 - The Member Organization is obligated to deny registration for individuals that do not meet the standards in the Declaration of Compliance.
- Ultimately the decision to offer return to play lies with each Member Organization at local levels; Directors and Officers need to be fully aware of the implications of this before beginning.

Return to Soccer Plan



Once all steps outlined herein are completed, Return to Play may be approved by local Member Organizations;

- An important consideration before Returning to Play is the completion of the Canada Soccer Assessment tool. Members that score moderate or higher risk should re-consider all mitigation strategies and fine tune their local plan and then re-submit the Assessment tool until such time as they score low or very low risk.

BUSINESS RESPONSE TEAM

If there is a situation unique to your organization, you may want to reach out to the [Business Response Team](#) for more information. We would appreciate if you could share any responses you receive with us, as they may be useful to other organizations as well.

Business Response Team

Available to assist you

8:00 AM to 5:00 PM Monday to Friday

Email: supportforbusiness@gov.sk.ca

Toll Free: 1-844-800-8688

SASKATCHEWAN SOCCER COVID CONTACTS

Please contact one of the following with any questions related to this plan. Please contact **both** of the following if your Member Organization has a positive case within your organization.

Doug Pederson, Executive Director

(306) 536-7766

d.pederson@sasksoccer.com

Nicole Drozda, Coordinator of Member Services

(306) 519-1618

n.drozda@sasksoccer.com



RESOURCES

[The below resources can be found on the SSA Website.](#)

SASKATCHEWAN SOCCER ASSOCIATION

- Return to Soccer Plan
- Return to Soccer FAQ
- Return to Soccer Plan History of Revisions

GOVERNMENT RESOURCES

- Re-open Saskatchewan Plan
- Government of Saskatchewan – Phase 4 Outline
- Outdoor Recreational Guidelines
- Government of Saskatchewan COVID-19
- Health Canada

CANADA SOCCER RESOURCES

- Canada Soccer Assessment Tool
- CSA COVID-19 Updates
- Response Action Plan Guide
- Return to Train for Referees

COVID-19 HEALTH RESOURCES

- What is COVID-19?
- Self-Assessment Tool
- Self-Monitoring Tool
- Prevention and Risks
- Awareness Resources
- Mask or Face Covering Resource
- Hand Wash Video for Kids
- Social Distancing Guidelines
- Vulnerable Populations and COVID 19
- Tips for Parents – COVID-19

SIGNAGE RESOURCES

- Help Reduce the Spread of COVID-19
- About COVID-19
- Hand Washing – Reduce the Spread of COVID-19
- Physical Distancing
- Declaration of Compliance – COVID-19 SAMPLE
- COVID-19 Symptom Check list
-



ORGANIZATION RESOURCES

- Maintaining Safe Sport During COVID
- Managing Your Sport Organization Through Covid-19
- Fundraising During COVID 19 Webinar
- Safe Workplace Information
- Emergency Action Plan Resource – COVID 19
- Before During After Participation Resource
- Participant Symptom Evaluation
- Contact Tracing Document
- Crisis Communication Guide

TECHNICAL RESOURCES

- Physical Literacy During COVID 19
- First Aid Protocol Unresponsive Person
- Kids Need Gradual Return to Sports
- MSA U9-U12 Return to Participate Sessions
- MSA U13+ Return to Participate Sessions
- MSA Home Training Week 1-6
- PEI Soccer Social Distancing Drills
- PEI Soccer Coach YouTube Video

WAIVERS AND INSURANCE

- Adult Participant Waivers
- Youth Assumption of Risk Form
- Declaration of Compliance Form
- TEMPLATE – Medical Information Form

FACILITY AND OUTDOOR SPACES RESOURCES

- Re-Opening Saskatchewan's Recreation Facilities: Starting the Conversation Webinar
- Environment Cleaning and Disinfecting Guidelines (Government of Sask)
- Disinfecting Surfaces (Government of Canada)
- Risk Mitigation Tool for Outdoor Recreation Spaces and Activities Operating During the COVID-19 Pandemic
- Saskatoon Soccer Centre Indoor Procedures (Sample for other facilities)