



RETURN TO PLAY PLAN

We hope that you are well and enjoying the fact that our province has slowly begun to re-open!

In June 2020, BC SOCCER announced the return to play plans, including the Covid -19 social distancing training protocols. Below you will find **BC soccer's Phase 1 Return to Play Guidelines**. We will implement all BC soccer guidelines carefully.

Faly Academy Guidance for the Phased Return to Play

Phase 1

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring hand sanitizer.
- Bring your own water bottle.
- Clean your equipment, including your water bottle.
- Do not share equipment.
- Change into your soccer apparel at home (not at the field location).
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive.
- If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

WHILE PLAYING

- Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching the ball and other equipment with your hands.
- Goalkeeper must not share gloves.

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the field as quickly as possible after you finish playing.

Do not play if you:

- Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
- If you have traveled outside of Canada, you are not permitted to participate in any training until you have self-isolated for a minimum of 14 days.
- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Players, Parents and Coaches

All players, parents or guardians and coaches must complete a Return to Play Participant Agreement before they will be permitted to participate in any Training or event.

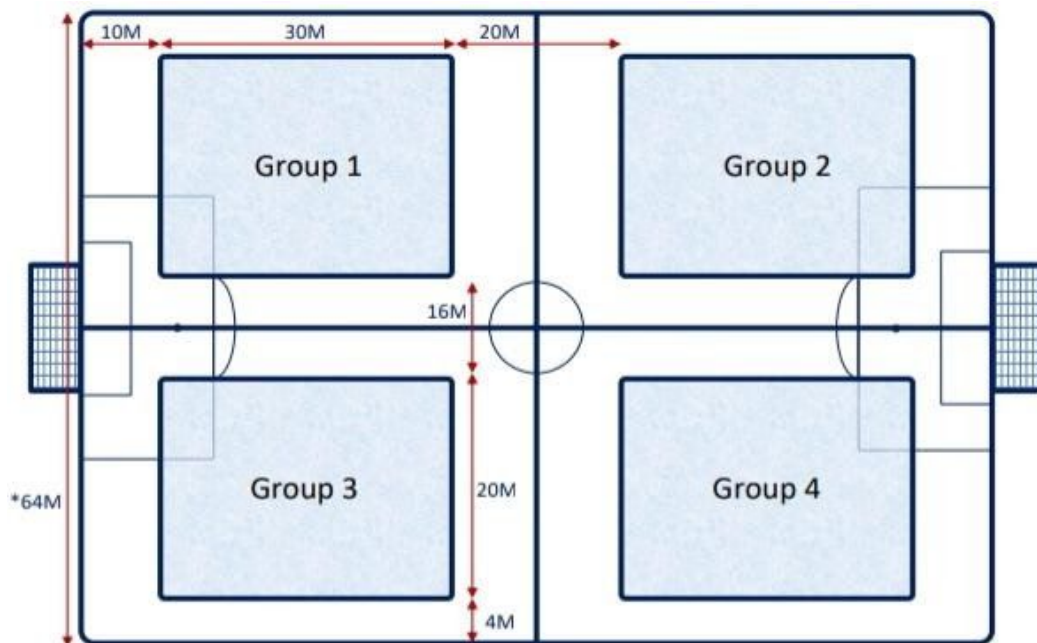
FAILURE TO FOLLOW

- **Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.**

Field Dimensions (Regular 11v11 Full-Size Soccer Field)

Set Up

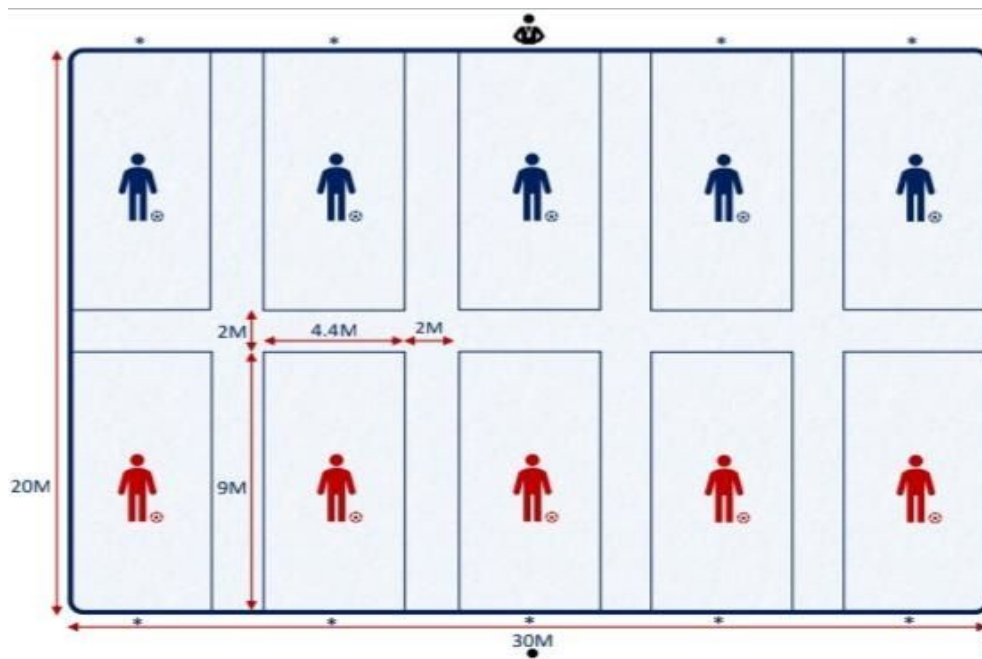
- Number of Groups = 4
- Number of Players = 40
- Number of Coaches = 8
- Total Number of People = 48 (Within the requirement of 50 people)
- Each Group has 20m x 30m for players to play within.
- Space provided in between each Group, for Coaches to move freely and for appropriate exit and entrance protocols within 2m physical distancing guideline.
- Can be modified to suit organizational and facility needs.



Group Dimensions (Quarter Field)

Set Up

- Number of Players = 10
- Number of Coaches = 2
- Player to Coach Ratio = 5:1
- 2m distancing in place between each player.
- Within a coned zone, each Player has 4.4m x 9m to play.
- Free Zone around the field for Coaches to move.
- *Designated player equipment area next to their zone.



Full information of the return to play can be found using the links below:

June 1st: ViaSport: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

June 3rd: BC Soccer: <https://bcsoccer.net/return-to-play-information>