



# Return to Play—Phase 1

## Player Handbook



# Table of Contents

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Return to Play Phases / EYSC Phase 1	3
Emergency Response Plan	4
Covid-19 Reporting	5
Immediate Attention!	6
How to sign waiver on Powerupsports (registration system)	7
At Home Preparation	8
Online Health Check Reporting	9
Upon Arrival	10
Covid-19 Symptoms Checklist (to be asked upon arrival)	11
Masks	12
How to properly put on and remove a mask	13
During Practice	14
Training Session Planning	15
End of Practice / Pick up Area	16
At Home	17
Recommendations and Guidelines for Players	18
General Hygiene Protocol	19
How to Handrub (Sanitizer)? / How to Hand Wash?	20
Recommendations and Guidelines for Parents	21
Recommendations and Guidelines for Coaches	22
Equipment Safety and Cleaning	23

**Competitive Program:**  
**Schedules and Field Maps will be sent to you and posted via TeamSnap.**



# Return to Play Phases

## RETURN TO PLAY PHASES

If you are not comfortable with returning to play, DON'T.

### PHASE 1



#### RETURN TO TRAINING

- No contact
- Remain 2M (6ft) apart
- Individual training, no group drills
- No league/exhibition/festival/tournament games

### PHASE 2



#### RETURN TO TRAINING & MODIFIED GAMES

- Enhanced training & modified games
- Inter-squad & intra-squad modified games permitted (only *within* the Club/Academy)
- Physical contact minimized
- Social distancing measures are relaxed further

### PHASE 3



#### RETURN TO SOCCER

- Social distancing restrictions have been lifted
- Regular competition, games and training



[www.ontariosoccer.net](http://www.ontariosoccer.net)



Pitch in **Play ON!**

Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.



**HEALTH REPORTING**  
Every player is required to update current health status online by 5pm prior to each practice



**DROP OFF / PICK UP**  
Designated drop off and pick up points will be marked on field maps



**SANITIZATION**  
Players/Coaches must bring and sanitize hands before and after practice



**GROUPS OF 9**  
Each team will be divided into groups of 9 or less. The group will remain together every practice to reduce cross contamination



**SOCIAL DISTANCE**  
Players and Coaches to remain 6ft apart at all times



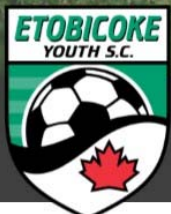
**EQUIPMENT**  
Players to arrive dressed and ready to go  
Players are responsible for bringing soccer ball and water bottle  
Ball is to be wiped down before and after training



**PPE**  
Everyone will be required to wear a mask when physical distancing is not possible



**SCHEDULE**  
To limit the overlap of players arriving and exiting the field, there will be a 15 min gap between practice times

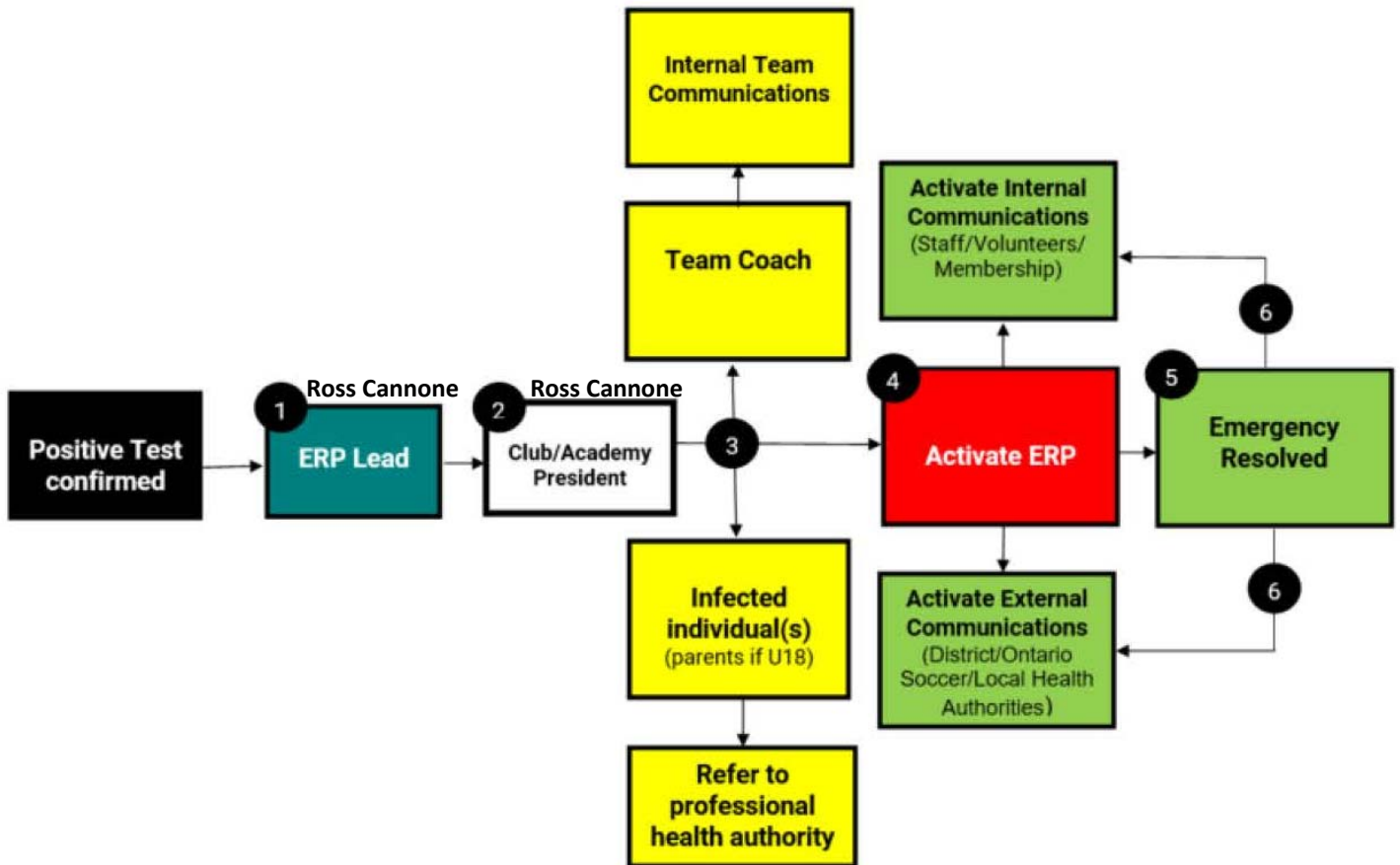


# Return to Play: Phase 1



# Covid-19 Emergency Response Plan (ERP)

## COVID-19 EMERGENCY RESPONSE PLAN (ERP) Communications Flow Chart





# Covid-19 Reporting

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**Attention if your child or anyone else in your household:**

has symptoms of COVID-19, or  
tests positive for COVID-19, or  
was exposed to someone with COVID-19 within the last 14 days

**Please inform EYSC's Emergency Response Plan Lead immediately.**

We expect the same from our coaching staff.  
Your identity will be kept **confidential**.

**Ross Canonne, EYSC President**

president@etobicokeyouthsoccer.com

416.622.8726

**The Emergency Response Plan will be activated.**

The Club will report to Public Health and Contact Tracing will begin.

**Toronto Public Health**

416.338.7600



# Immediate Attention

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## What is required before heading back to the pitch:

1. Submitting waivers (see page 7)
  - Assumption of Risk Agreement, and
  - Declaration of Compliance
2. Reviewing this handbook with your child(ren) and with people in your bubble who will be dropping your child(ren) off and picking them up
3. Ensure your PowerUpSports account is up to date and your child is registered for the Summer 2020 season as per Ontario Soccer protocol. (This is for odd player who has not yet registered and wishes to participate now)
4. Rowan's Law (concussion) review and waiver submission via email (page 25).

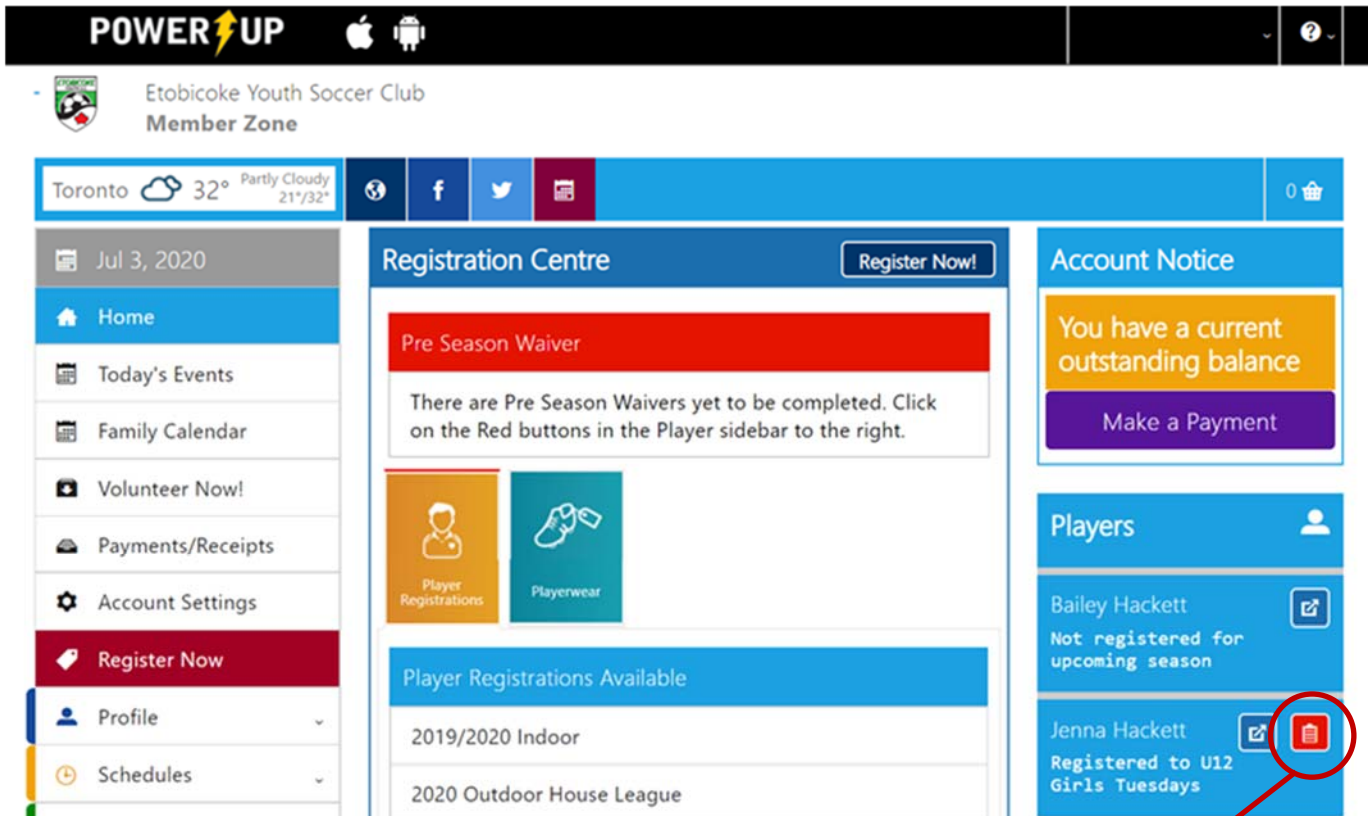
Players, coaches and parents/guardians are expected to follow their guidelines and responsibilities, as well as the hygiene protocols.

**Schedules and Field Maps will be sent to you via TeamSnap Email once ready.**



# How to Submit Waivers

1. Visit <https://eysc.powerupsports.com>
2. Log into your account
3. Once you are logged in, you will see...



4. Your current registrations and child(ren)'s names will be listed here, click on the red box next to their name(s).
5. The waiver will appear, please click on the box to confirm your agreement.

If you are having trouble viewing this on your profile, please email  
[technicalstaff@etobicokeyouthsoccer.com](mailto:technicalstaff@etobicokeyouthsoccer.com)



# At Home Preparation

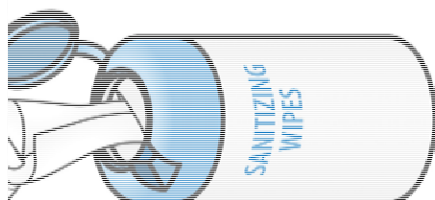
**NOTE:** If rain/thunderstorms are predicted in the forecast, practice will be cancelled in advance. Please check teamsnap before leaving the house.

**All waivers must be signed and returned prior to a player being admitted to practice.**

**Online Health Check must be submitted between 4-5pm prior to the training session. Details on next page.**

1. Take a shower
2. Put on a clean uniform
3. Wear your shin pads and soccer shoes
4. Wear sunscreen
5. Pack your bag:
  - Hand sanitizer
  - Digital thermometer
  - Wipes (to clean ball and if you need it)
  - Water bottle with your name written on it  
(players are encouraged to keep their bottles in their bags at all times avoiding ground contact)
  - Ziploc bag or container with a snap-on lid to store any loose equipment or used tissues  
(Goal Keepers place your gloves in a bag)
  - Dark and light T-Shirt to wear a pinnies (phase 2 & 3—no pinnies from coaches)
  - Soccer Ball a must: Size 3 (U7 age group) / 4 (U8-U12 age groups) / 5 ball (U13 and older)
  - Pen to sign in (no sharing)
6. No Car Pooling
7. Person who drives the player should be the one who also picks them up
8. Arrive on site about 5-10 minutes before practice (no earlier than that please)

**9. Don't forget your Masks. Pages 12 & 13.**







# Online Health Check Reporting

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**Prior to 5pm of each training session** we ask all parents to please complete this Health Check online on behalf of each child. Coaches, Technical Staff, Managers and Field Marshalls included.

## Health Check Link

<https://forms.gle/gGpMZ5XLBUWcQMRt6>

## Purpose

- to minimize exposure at the field waiting
- To keep people moving while maintaining social distancing, and
- to evaluate if any player or member of their household is experiencing COVID-19 symptoms or have been exposed which would impact their participation at training

Check in Attendance will take place at the field as EYSC has to keep track of everyone who is onsite.

Health Check sample of questions being asked (see page 11), ordered by Ontario Soccer Protocol.





## Upon Arrival

**NOTE:** If rain/thunderstorms are predicted in the forecast, practice will be cancelled in advance. Please check teamsnap before leaving the house.

**Not feeling well? Please stay at home.**

1. Arrive no earlier than 10 minutes to your start time.
2. If another practice follows the first one, players from the first practice must leave by the designated exit point. Players from the second practice may not enter the play area until the last player from the first session is out.
3. Please drop off at the designated zone (refer to field map).
4. Keep to Social Distancing at all times, masks on please.
5. Apply hand sanitizer (refer to page 20).
6. No congregating at entrance and exit points, keep vehicles moving.
7. All participants **MUST** check in at the designated entrance and measure their temperature (refer to field map and teamsnap).

A Field Marshal will be monitoring for rule compliance.

7. At the Check in you are to provide your full name and take your temperature.
8. Parents at no time before, during or after a practice will be allowed onto the field.
9. Head to your assigned team field. Field Marshall's to assist.
10. Place your bag at the assigned area (keep your water bottle inside)
11. Clean your ball.
12. Enjoy the practice!

**Masks On. Pages 12 & 13.**

**Covid-19 Symptoms Checklist For Staff/Coaches/Participants, page 11.**

**Schedules and Field Maps will be sent to you via TeamSnap Email once ready.**





# Covid-19 Symptoms Checklist

## At Check-in

These questions will be asked to all Staff / Coaches / Participants.

Attendance will also be recorded for anyone at the field in the event contact tracing is required.

<b>Do you have any of the below symptoms?</b>			
1	a. Fever (greater than 38.0 C)?	YES	NO
	b. Cough?	YES	NO
	c. Shortness of breath / difficulty breathing?	YES	NO
	d. Sore throat?	YES	NO
	e. Runny nose?	YES	NO
2	Has anyone in your household experienced any of the above symptoms in the last 14 days?	YES	NO
3	Have you, or anyone in your household travelled outside of Canada in the last 14 days?	YES	NO
4	Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated as a suspected case of COVID-19?	YES	NO
5	Are you currently being investigated as a suspected case of COVID-19?	YES	NO
6	Have you tested positive for COVID-19 within the last 10 days?	YES	NO

If an individual answers "YES" to any of the above questions, they are not permitted to participate in any in-person soccer activity for a minimum of 14 days.

For a list of test centers or to use the online assessment tool visit: <https://covid-19.ontario.ca/>



## How to Wear a Fabric Mask Safely (WHO)

[https://www.youtube.com/watch?time\\_continue=123&v=9Tv2BVN\\_WTk&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=123&v=9Tv2BVN_WTk&feature=emb_logo)

See next page for poster.

### **Masks:**

**Strongly recommended to wear mask upon arrival and dismissal (Parents, Players, Coaches and Staff)**

Wear a mask from the vehicle to the assigned training area and from the field back to the vehicle.  
You can select whichever mask you like to wear.

### **It is recommended:**

**Upon arrival in the vehicle:** Use hand sanitizer (refer to page 20), put on your mask.

**At your assigned training area next to your bag:** use hand sanitizer, remove the mask and place it in a Ziploc bag, Use hand sanitizer again—go practice.

**After training:** Use hand sanitizer, put on a new mask already in another Ziploc bag, walk to the drop off area.

- Ensure hands are dry before touching masks.
- Ensure you only touch the elastic ear piece of the mask, pull away from your face.
- Label the Ziploc bags as CLEAN and SOILED.



## HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

### Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

### Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**



**World Health Organization**



**Sorry no handshakes, high fives, fist or elbow bumps...**

**Note: no washrooms on site.**

### **We ask players to:**

1. Place bags and equipment at designated spot. Coaches will lay down cones to ensure bags are 2m from other players.
2. Touch the ball with their feet and legs only.  
– no heading or chesting of balls; no goalkeeping allowed in Phase 1
3. Stay within their boundaries.
4. Keep their water bottles in their bags avoiding the ground.
5. No sharing of water bottles.
6. Players must sanitize hands at every water break.
7. No snacking on the field.
8. No spitting or mouth rinsing. Goalkeepers please do not spit into your gloves. Use your water.
9. Avoid touching eyes, nose or mouth.
10. Cough and sneeze into your elbow.
11. If tissues are used, please place it in a sealed ziploc bag and use hand sanitizer (refer to page 20).



**NO SPITTING**



**NO WATER SHARING**

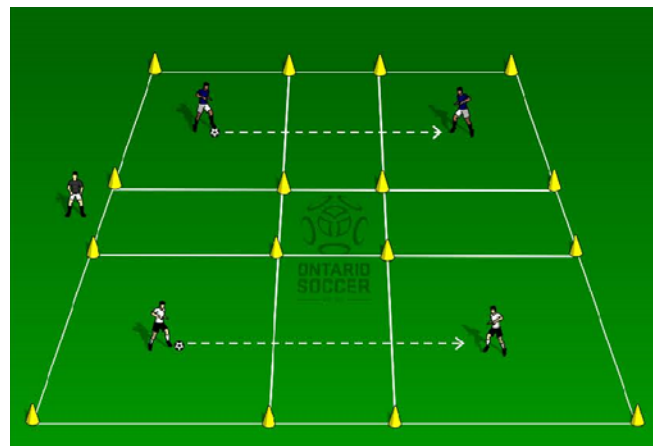
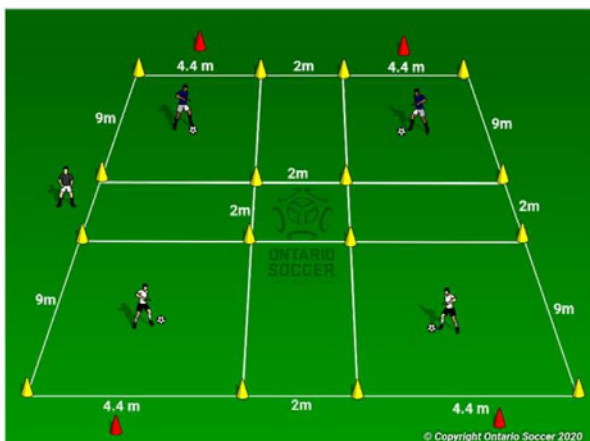


# Training Session Planning

Coaching staff will be wearing masks and maintaining social distancing.

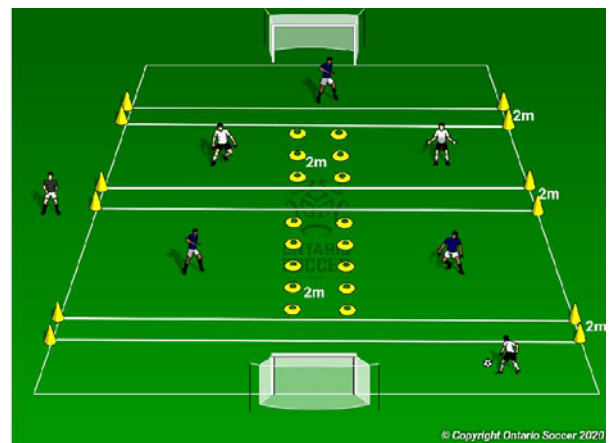
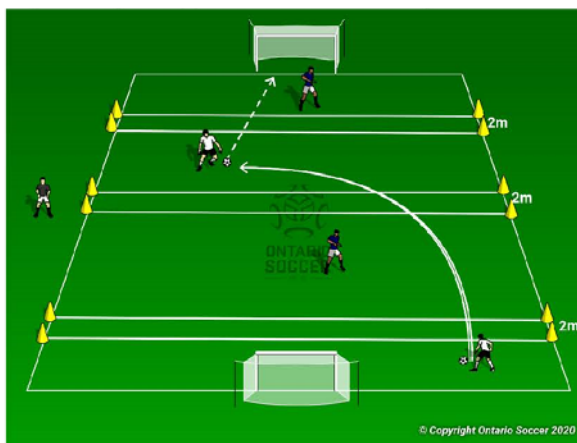
Coaches will also prepare lesson plans accordingly.

Training in Phase 1 is more about Individual Training. Each player will be working in a minimum 4m<sup>2</sup> box, each box socially distanced 2m from the other boxes. Box sizes will vary depending on field size. See diagram below. Red cone = bag placement.



Some passing and receiving can be established with the older age groups while the players remain in their boxes. Younger children may not have the strength to kick the ball over to the other box and are not permitted in the neutral zones between boxes.

Older players can participate in zone exercises while maintaining social distancing in their own assigned areas.





## End of Practice / Pick up Area

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### At the end of practice every player will be asked to:

1. Disinfect their soccer ball, wipe it down.
2. Use hand sanitizer (refer to page 20).
3. Place Mask back on (refer to pages 12 & 13).
4. Grab their back pack.
5. Players are asked **not** to change at the field (no removal of shin guards, socks or shoes).
6. Sign out for attendance.
7. Field Marshall will take players to the drop off zone to meet their parents.

### Pick up Area

1. Parents are asked to head to the designated pick up area. Refer to Field Map.
2. Field Marshall will be present to assist.
3. Keep to Social Distancing at all times, masks on.
4. Please be patient.
5. Keep vehicles moving.







## Back at home...

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**It is strongly recommended that players:**

1. Remove uniform immediately.
2. Wash uniform and mask immediately separate from others in the household.
3. Shower immediately.
4. Wash water bottle.
5. Keep bag away.





# Recommendations and Guidelines for Players

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**Also follow page 19 For General Hygiene Protocol.**

It is recommended that all players utilize the “Self-Check” on Ontario COVID-19 Self-Assessment App.

1. HEALTH CHECK: All players must report prior to 5pm of each training session ONLINE.
2. If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
3. Do not carpool unless with immediate family members.
4. Always follow the instructions from coaches and respect physical distancing.
5. Arrive no more than 10 minutes prior to activity commencing.
6. Do not congregate at the facility entry point.
7. Arrive prepared to train (uniform, shin guards and shoes on).
8. Bring your own water bottles clearly labelled with your name.
9. Do not share water bottles.
10. Follow the hygiene protocols in this document. Page 19.
11. Physical distancing of two (2) metres (6 feet) must be maintained.
12. No more than 1 person per 4m<sup>2</sup>.
13. All “non-essential” contacts must be avoided (no handshakes, high 5’s, etc.).
14. Only use your own equipment.



# General Hygiene Protocol


1. Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
2. Do not spit at any time or rinse your mouth.
3. Clearly label your own water bottle. Do not share bottles.
4. Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
5. Carry hand sanitizer in order to enable good personal hygiene.
6. Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
7. Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
8. Avoid touching eyes, nose or mouth.
9. Shower at home before and after training.






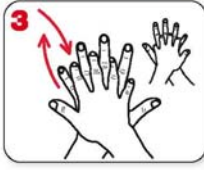
# How to Handrub (Sanitizer)? / How to Hand?


## How to handrub? WITH ALCOHOL-BASED FORMULATION

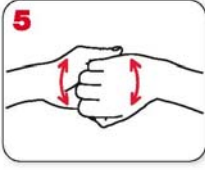
**1a**  **1b** 


Apply a palmful of the product in a cupped hand and cover all surfaces.


**2**  Rub hands palm to palm

**3**  right palm over left dorsum with interlaced fingers and vice versa

**4**  palm to palm with fingers interlaced

**5**  backs of fingers to opposing palms with fingers interlocked

**6**  rotational rubbing of left thumb clasped in right palm and vice versa

**7**  rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

**8**  rinse hands with water

**9**  dry thoroughly with a single use towel

**10**  use towel to turn off faucet

 20-30 sec

**8** 

...once dry, your hands are safe.

 40-60 sec

**11** 

...and your hands are safe.



WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.



October 2008, version 1.



# Recommendations and Guidelines for Parents

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**Also follow page 19 For General Hygiene Protocol.**

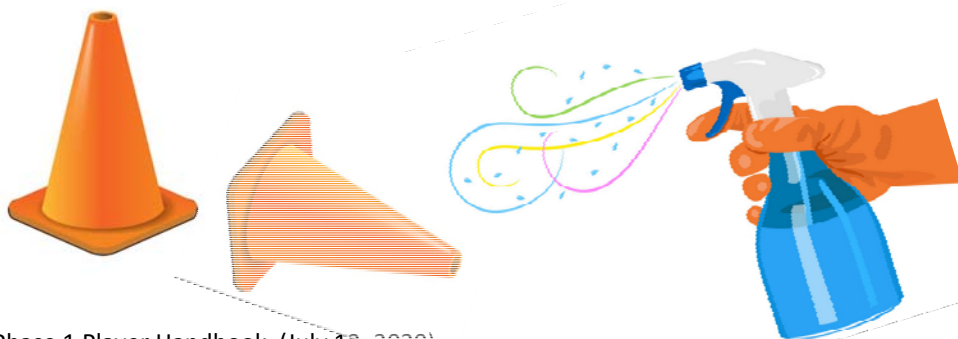
1. Follow the hygiene protocols in this document.
2. Avoid congregating at facility entry points.
3. Remind players to arrive to training dressed and ready.
4. Only one parent/guardian attending soccer activities.
5. Person who drives the player should be the one who is also picking them up.
6. Parents/guardians are asked to avoid being on the field when possible.
7. No more than 1 person per 4m<sup>2</sup>.
8. Ensure to check-in with coach for completion of attendance at the soccer activity
9. At home, ensure all the player's equipment is washed separately from the other household items.
10. Ensure child is healthy and has no sign of COVID-19 symptoms.
11. Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
12. Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.



# Recommendations and Guidelines for Coaches

Also follow page 19 For General Hygiene Protocol.

1. Priority is to ensure safe environment, complete coach certification and safe sport.
2. Coaches hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
3. Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
4. Only Coaches/Staff should handle equipment.
5. No shared pinnies or any other additional equipment.
6. Wear facemasks when social distancing is not possible.
7. Structure activities to maximize physical distancing.
8. 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 household).
9. Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
10. No heading, chest or hand contact with ball (feet only).
11. Regular sanitization breaks combined with water breaks.
12. Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
13. Frequently clean all surfaces. Disinfectant cones / equipment after each use.
14. Bring hand sanitizer and use it often.





# Equipment Safety and Cleaning

Players, Coaches, Match Officials

Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

Recommendations:

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains should be closed.
- Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Province of Ontario health authorities.
- Disinfect all equipment after soccer activities before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can be the use of two different shirts (dark and light).
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.

Continue onto next page...



# Equipment Safety and Cleaning

Players, Coaches, Match Officials: continuation

- Consider wearing a mask or a face shield when attending activities. Use this reference to help with your decision.
  - o Avoid touching the mask while using it and clean your hands if you do.
  - o Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
  - o Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
  - o Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
  - o Clean your gloves, mask or shield after each use.
  - o Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

## Electronics

For electronics such as cell phones, tablets, touch screens that could be used by Coaches;

- Do not share electronics.
- Follow the manufacturer's instructions for all cleaning and disinfection products.
- When possible, consider the use of wipeable covers for electronics.
- If no manufacturer guidance is available and when possible, consider the use of alcohol based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids.

