



Recommendations and Guidelines for Players

Also follow 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 4m².
13. All “non-essential” contacts must be avoided (no handshakes, high 5’s, etc.).
14. Only use your own equipment.