

COVID-19 Soccer Modifications

These modifications are subject to update in the interest of player safety at any time and reference recommendations by Ontario Soccer Association return to play protocols.

All federal, provincial and local Government Health Regulations and Mandates will be adhered to at all times.

Teams and/or players who do not comply with the modifications to the game experience outlined below will be ejected from the league. Risking player and staff safety will not be tolerated.

These measures are being implemented by FCSSC to allow our members who love the game, the opportunity to play. It is imperative that all members/players conduct themselves in a respectful and sportsmanlike manner. Combative, ignorant or disrespectful treatment of FCSSC staff or Health Ambassadors will not be tolerated. **Fun for all. Safety first. Kindness always.**

General

- Each team will identify a Team Health Ambassador who will be named Co-Captain.
- Captains and Team Health Ambassadors are responsible for ensuring their own players are aware of the importance of following Covid-19 guidelines ie. including no spitting.
- No spitting, nose clearing or chewing gum permitted.
- Only registered players will be approved to be onsite each night for assistance with contact tracing and gathering limit compliance. No spectators permitted.
- Players must arrive on time, not early, and depart quickly after games to ensure gathering limits are not exceeded and contact risk is minimized.
- GCs will sanitize game balls at every opportunity with FCSSC provided, Health Canada approved virucide. At a minimum equipment will be sanitized before play, at half time and after each game.
- When a player is injured, and in the event that first aid is required to be administered, all persons attending to the injured individual must first put on a mask and gloves.
- Wash/Sanitize uniform after every use.

Technical Rule/Sport Modifications

- Ontario Soccer Association, and FCSSC, acknowledge that a soccer game cannot be played “*without players violating social distance guidelines*”(OSA). To that end, FCSSC requires that ALL players play zone defense and ensure as much distance as possible during game play.
- FCSSC requires that there be NO DIRECT PHYSICAL CONTACT between participants, including handshakes, high-fives, huddles, etc.
- Slide tackling is NOT permitted, as always with FCSSC.
- To reduce body fluid transfer onto ball surface:
 - No heading of the ball is permitted.
 - Throw-ins are not permitted. The ball must be kicked into play.
- Walls for Free Kicks: Defender and attacker deliberate contact is not permitted.
- Corner kicks: Defender and attacker deliberate contact is not permitted.

- Limit the number of players in the Penalty Area to three (3) of each of defenders and attackers plus the goalkeeper.
- All goaltenders MUST wear their own dedicated personal gloves – NO SHARING and are encouraged to wash and or disinfect before and after each game.
- FCSSC scoreboards will NOT be used. Team captains should each choose one scorekeeper per team for the game and captains will verbally confirm scores for all to hear after each goal.

Team Bench Becomes “Team Beach”

- Teammates must each space out along their half of the sidelines respectively.
 - Ideally (when possible) teams set up on opposite sidelines when possible to increase space.
 - FCSSC encourages players to bring their own towels or chairs where they can store personal belongings during gameplay.
 - All players not involved in play on the pitch should be on their own towel or lawn chair, spaced 2M apart, to ensure appropriate distancing.

All players must:

- Self screen using FCSSC’s Self Screening Tool prior to coming to play and/or upon arrival.
- Bring and use your own antibacterial hand sanitizer regularly throughout the game, including at any break opportunities, keeping it on your beach location (towel or chair) for quick access. Game Coordinators will also have hand sanitizer available.
- Use only sanitized soccer balls
 - Teams may use their own ball AS LONG AS that ball is fully sanitized before, during and after game play. Teams that do not wish their ball to be sanitized by Game Coordinators must use a sanitized ball provided by FCSSC.
 - A Game Coordinator will wipe down or spray with a Health Canada approved disinfectant, all balls before, during and after game play.
- Avoid using shared jerseys/pinnies or any other additional equipment.
- Wear a face mask while at the game location whenever a physical distance of 6 ft apart between players is difficult to maintain.
- Cover your mouth and nose with your jersey, or if available, a tissue, to reduce the spread of germs.
 - Remember if you use a tissue, to dispose of it as soon as possible and wash or at the very least, thoroughly sanitize your hands afterwards.
- Avoid touching your face, especially your eyes, nose or mouth at any time.
- Leave, family, friends, children, fans and cheerleaders at home.
 - **No spectators, no exceptions** in order to comply with group gathering restrictions for Team Sports as set out by the Province of Ontario.
- When you arrive home, make sure you wash your hands with soap and water.
 - Wash/Sanitize uniform after every use.

DO NOT:

- Come to the game if you are ill, show any symptoms or have been around someone who is ill.
- SPIT, clear nose, chew gum or eat any food onsite.
- Share water bottles.

- Share personal equipment, like goalie gloves, jerseys/pinnies or touch other people's equipment with your hands.
- Touch any other player for any reason. No overt celebrations, handshakes, high fives or elbow bumps. All greetings and congratulations should be vocal only and short.
- Sit or congregate on or around another team's "team beach"

Arrival/Departure at the Fields

- FCSSC will stagger activity times between different groups to create a buffer between sessions and avoid an overlap of players on the field – no congregating.
- Arrive prepared to play – pre-stretch and no changing (other than cleats) is permitted on site.
- Minimize time at venue pre and post game. Arrive as close to game time as possible. Depart quickly.

Game Coordinators

- All Game Coordinators will be trained to understand the risks and transmission routes of COVID-19, the steps that Game Coordinators can take to limit spread, the recognized best practices (including respiratory etiquette, hand hygiene, physical distancing, etc.)
- All Game Coordinators will wear a face mask and use gloves as needed while at a game location unless safely 2m away from all participants.
- The GC will confirm with *Team Health Ambassadors and/or Captains* at opening socially distanced huddle that their players have acknowledged no COVID-19 symptoms or external travel PRIOR TO STARTING THE GAME.
- Game Coordinators will thoroughly disinfect equipment before and after use, including: balls, cones, flags and, bags.
- Game Coordinators will have a supply of industrial grade disinfectant spray and hand sanitizer (70% alcohol) available to help teams and league play comply with disinfectant requirements.
- Game Coordinator will define areas on field, where space is possible, for Team Beaches where individual storage of personal items is permitted.
 - Ensure spacing of two (2) metres (6 feet) is observed.
- Game Coordinators will have a first aid kit present at the field at all times. Only Game Coordinators will be permitted to handle supplies within it.
 - Injured player must retain possession of any supplies given and discard at the nearest waste receptacle or bring home (ie. cold pack).
- Game Coordinators who choose to bring their own stereo for the benefit of others should be the ONLY person touching the equipment and playing device.
 - This equipment should be safely disinfected before and after all games.