

BC SOCCER'S RETURN TO PLAY PLAN – Phase 1 - Released June 2, 2020

TIMELINES, RECOMMENDATIONS, AND GUIDELINES FOR PARTICIPANTS

Considering a gradual and phased-in return to playing soccer may start to occur across BC as health authorities look to lift some restrictions in a controlled and responsible way, BC Soccer is providing (under separate document) its recommendations and guidelines for members, affiliated clubs, administrators, coaches and anyone organizing soccer related activity under the umbrella of BC Soccer (i.e. sanctioned soccer activity).

This document is also being provided to support the soccer activity participants.

WORKING TIMELINE

The following timelines are ONLY able to be implemented if the BC health authorities soften restrictions and we are collectively able to get back to some form of soccer activity. Early indication suggests that there may be a softening of restrictions in the near-term, therefore, the following is being shared as we collectively work to prepare accordingly.

- Earliest June 12, 2020 – Return to Modified Training (Phase 1 for soccer)
- Date TBA – Return to Modified Games and/or Competition Structure (Phase 2)
- Date TBA – Return to the NEW Regular Type Training & Games/Competition Structure (Phase 3)

Note: please see ViaSport's Sport Activity Chart on page 23 of their [Return to Sport Guidelines for B.C.](#) which provides added information on what may be allow over time.

IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY

- Contact your soccer club or organization to inquiry if they are looking to provide modified soccer activity.
- Do not play if you:
 - o Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - o Have been in contact with someone with COVID-19 in the last 14 days.
 - o 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).

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 soccer ball.

- 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.

FAILURE TO FOLLOW

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

CLOSING COMMENTS

BC Soccer thanks all members, affiliated clubs, and individuals across BC for your patience and for the work you are doing to support soccer and importantly for your understanding as we navigate through this challenging time.

-End-