



NDFC - Return to Play - Safety Plan

On May 25th 2021, the Provincial Health Officer announced BC's "Restart Plan", a phased approach aimed at resuming normal activities as health restrictions are gradually lifted. As part of this plan, guidance has been provided relevant to sporting activities, including youth soccer. **In Step 1 of the plan, physical contact is now permitted, and soccer clubs and teams are now able to resume 'local team games'. Teams can continue to train together, and training can now include typical soccer activity, such as scrimmages and small-sided games.**

NDFC has taken the lead from the Provincial Health Officer and local health authorities, as well as our governing sports authorities (Canada Soccer, BC Soccer, and viaSport) as a model to design our own specific return to play protocols. It is essential that all members are diligent in adhering to the club's direction, and play a role in emphasizing the importance of the following rules.

Restrictions

- All full size 11 v 11 soccer fields shall host no greater than 50 participants, with the exception of Delsom turf, which shall host no greater than 80 participants at a time. Full fields will be divided into grids, and some grids will have more or less participants than others, but the total number of participants shall not exceed these limits
- Local travel is now allowed for training and games; inter-regional travel remains prohibited
- Spectators are not allowed during training sessions and/or games
- Parent participation at U5: Please note that parent *attendance* during sessions is required (i.e. parent/guardian needs to remain at the field). If parents would like to *actively participate* during the session, they are welcome to do so; however, participation is not required
- Parent participation at U6/U7 is not required. Parents are requested to drop off/pick up their child 5 minutes before/after the session

Enhanced Protocols

- All participants (including U5 parents) attending training and/or games must perform a 'health check' prior to arrival. Anyone exhibiting any Covid-19 symptoms shall refrain from attending, and will need to report this to a club contact. Signage at the fields will serve as a reminder for everyone to check for symptoms prior entering the field
- All participants will be expected to apply hand sanitizer prior to entering the field of play and upon exiting the field
- All coaches, including staff coaches and managers, must wear a mask while on the field
- All players are encouraged to wear a mask to and from the field; however, a mask is not required to be worn during training and/or games



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Equipment

- Players are required to supply their own water and/or medical needs. Each player will keep their personal equipment behind their specific training area. Personal items are not to be shared or mixed with those from other players
- Players should wear appropriate footwear (i.e. soccer shoes with studs). Shin pads are mandatory
- Training equipment will mainly consist of cones, small nets, pinnies and soccer balls. These will be managed by the coaches/managers and are not to be touched by the players, with the exception of soccer balls by the player's feet (goalkeepers wearing gloves are permitted to handle soccer balls as required during the activity). If worn, pinnies should not be exchanged between players
- All equipment used during training and/or games shall be sanitized by the coaches/manager at the end of the session