



VSC RETURN TO PLAY: PHASE 2

JULY 22ND , 2020



Phase 2 Overview

As regions in Ontario prepare to enter Stage 3, Ontario Soccer will be entering in Phase 2 of its Return to Play plan.

Phase 2

Return to Training and Modified Games (enhanced training & modified games)

Conditions: All Phase 2 Return to Train conditions are met Inter-squad and Intra-squad modified games permitted (only within the Club) up to 11 v 11

Restrictions: No league, exhibition, festival or tournament games

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

Participation



At VSC, we believe that the health and safety of our member is our main priority. Through the guidelines set forth by public health authorities and Ontario Soccer, VSC had taken precautionary measure to keep our players and members safer as we move through the phases.

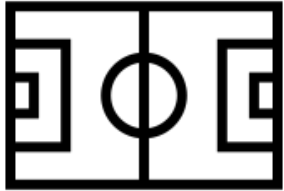
Players, Parents and coaches understand that participation in any training activity at this time is done through their own will. If someone does not feel comfortable, then they should not participate.

Vulnerable persons, such as older adults, individuals with underlying medical conditions, and/or are at risk due to a compromised immune system must not participate.

VSC Return to Play Phase 2 Organization Rules



Facility Management



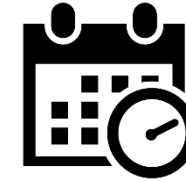
Updated Facility Maps with clearly marked out fields. Entry and exit points. Drop off points and pick up points.

Health Check/ Medical clearance



Daily requirement for all for all staff, coaches and players is to provide confirmation as per our “COVID-19 symptoms checklist” to ensure that are not experiencing any symptoms related to COVID-19.

Scheduling



All sessions to be scheduled to allow sufficient time between sessions to avoid any overlap of players or congestion during pick-up/drop-off. Participants are not to arrive earlier than 10 minutes before their session and must depart immediately after their session.

Contact Tracing



Club must maintain a contact tracing log of each player and coach for at least 6 weeks. Must be easily accessible.

Field Marshal

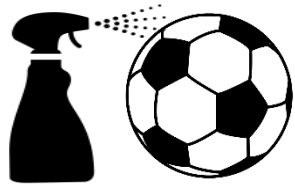


VSC will continue to appoint a field marshal at each training location. Ensuring that players and coaches are complying with the guidelines set forth by the club.

VSC Return to Play Phase 2 Organization Rules

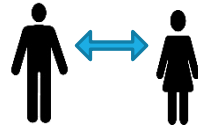


Sanitation Protocol



VSC sanitize equipment prior to and after each training session

Social Distancing



Social distancing has been relaxed for participants. Spectators to remain 2m distance from each other.

PPE Equipment



Coaching staff will not be required to wear masks but must have one readily available when social distancing is not possible.

Hygiene Stations



Sanitation stations set up at the entry and exits points and on the pitch to provide the ability for participants to sanitize their hands, before, during or after training

Modified Games



Intersquad stage and age modified competition only within the club.

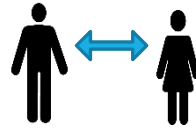
VSC Return to Play Phase 2: Player Rules

Contact Training



Players will be allowed contact in training. However overly aggressive behaviour i.e. jostling for the ball, is discouraged.

Social Distancing



Although contact in training is allowed, players are to still to respect the social distancing guidelines when coming to the field and exiting the field and remain 2m distance from each other.

Sanitation



Players must sanitize hands before entering and exiting the field at the sanitation station located at the entrance

Training Gear



Players will continue to come to field dressed for training. All players will bring their blue, white jersey (light and dark shirts for new players) to each session. Each player will also receive a pink pinnie. Current VSC players are also to bring their red training top.

General Hygiene



Do not spit and do not blow your nose on the field. Use proper etiquette when coughing or sneezing. If using a tissue, staff/player must dispose of the tissue and sanitize their hands.

Greetings



Please remember to socially distance yourselves and refrain from traditional greetings i.e. high fives, handshakes, fist pumps

“Recognize what you are doing well. It may be tough right now, but you have managed some things really well. Think about the physical, logistical, mental and emotional struggles you may have encountered in the last few month, and the good — even great — way you approached and handled those challenges. Go you!”

Player Checklist for Training in Phase 2



- Hand Sanitizer
- Two (2) cotton masks – in case one gets soiled/dirty/compromised (if required for participation by the PHO)
- Labelled water bottle - where mouth spout is covered by lid and not to open air
- Tissues for any allergies or to blow nose
- Arrive at training, dressed in full training gear
- Bring white, blue jersey, red practice jersey and assigned pink pinnie.
- Sanitize hands before, during and after the training session
- Check- in with the field marshal prior to each training session
- Enter and exit through established entrances
- Fully understand the guidelines set forth by Vaughan Soccer club

VSC Parent/Guardian Guidelines Phase 2

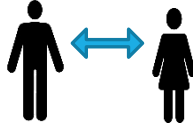


Spectators



No Spectators allowed inside the training facilities during weekly sessions. Limited spectators may be permitted during weekend games. North Maple Regional Park: No spectators between the fields. Maple Reservoir: All spectators must remain outside the fence.

Social Distancing



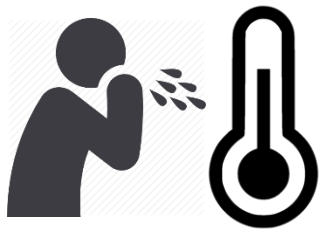
All Spectators must remain 2m apart at all times and respect current social distancing guidelines.

Pick up and Drop off



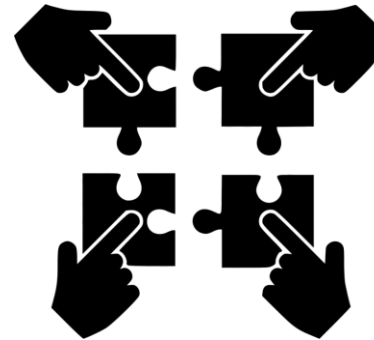
Player is dropped off no earlier than 10 minutes at dedicated drop off location. Players/parents must leave the facility immediately after training and games.

Health Check



Please make sure to screen yourself and your child prior to training. Do not attend training session if you are not well

Cooperation



Our phase 1 success was down to continuous effort between, staff, players and parents/guardians. Continue to respect the protocols and each other.

Screening before participating in training sessions



1. Do I currently have any of these Symptoms of acute respiratory disease (including cough, sore throat or shortness of breath) OR fever over 38 degrees OR sudden loss of smell or taste?

YES → Don't start training, follow instructions of local health authorities. Follow the online COVID-19 assessment and management. <https://covid-19.ontario.ca/self-assessment/>

NO → Next Question

2. Do I currently have COVID-19 or did I have it in the past 2 months to my knowledge?

YES → Don't start training, ask doctor if/when you can start.

NO → Next Question

3. Do I have a history of cardiac problems or other pre-existing health conditions?

YES → Don't start training, ask doctor if/when you can start.

NO → Next Question

4. Do I have an INJURY?

YES → Don't start training, ask doctor if/when you can start.

NO → OK, You can go to training starting with Phase 1

Sample COVID 19 Checklist for Staff/Players and Coaches

Do you have any of the below symptoms?			
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

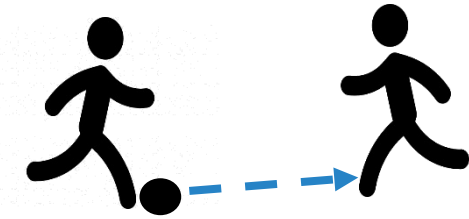
Phase 2 training Session Protocol



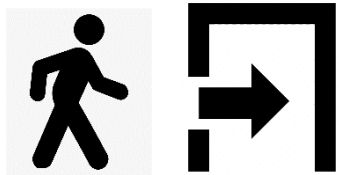
1. Player is dropped off no earlier than 10 minutes at dedicated drop off location



5. Field marshal makes sure that daily questionnaire has been completed and Checks player in



8. Listen the coaches instructions and make sure you comply with the guidelines set forth throughout the training session



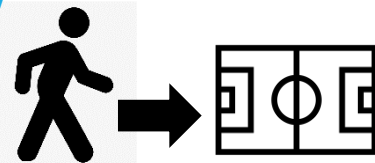
2. Player proceeds to designated field entrance



6. Players must sanitize hands before entering the field at the sanitation station located at the entrance



3. Please remember to socially distance yourselves and refrain from traditional greetings i.e. high fives, handshakes, fist pumps



7. Players walks to their assigned training area



9. Player must exit the training ground immediately after training through the designated exit



4. Player must receive temperature check from field marshal



8. Place bag 2 meters apart from each other, make sure no items in your bag are out



10. Players must sanitize hands before existing the field at the sanitation station located at the exit



11. Player is picked up at designated pick-up location

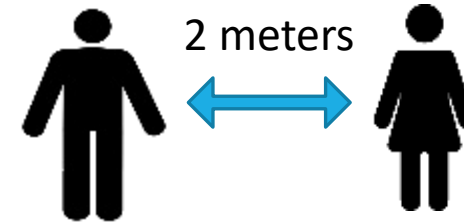
VSC Return to Play Phase 2 Training Rules



Contact allowed



Players or staff should stay home if they are sick



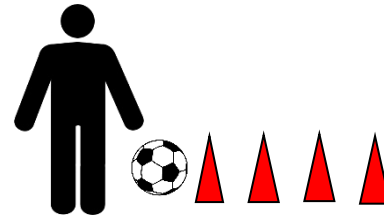
Spectators to respect social distancing at training facilities



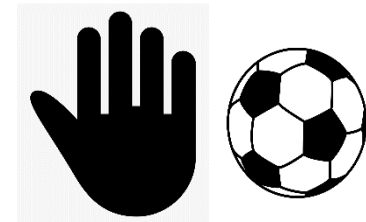
Equipment to be cleaned/sanitized before and after every session



Thoroughly washing or sanitize hands before and after the session.



Cones and other equipment should be handled by only one person throughout the session



GK training can take place

**“Nothing in life is to be feared, it is only to
be understood. Now is the time to
understand more, so that we may fear less.”
– Marie Curie**