

Participant Checklist



BEFORE SESSION

- Go to the bathroom before you leave home.
- Wash your hands with soap and water for at least 20 seconds before going to any soccer activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field. **THESE MUST BE CLEARLY LABELLED WITH YOUR NAME.**
- You will be provided with a ball with your name on it at your first session. Bring this ball to every session.
- Clean your equipment, including your water bottle before you leave home.
- Change into your soccer apparel at home (not at the field). Arrive in your cleats, ready to play.
- Make sure you have enough water before leaving the house to avoid having to touch a tap handle.
- If you feel more comfortable, consider wearing a mask and/or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands (dispose of any tissue immediately).
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash or sanitize your hands as quickly as possible.

DURING SESSIONS

- Arrive to the field in the manner identified on the Braefoot Park map
- Only arrive 10 minutes before your session and wait in the designated waiting areas identified on the Braefoot Park map.
- Always follow posted foot traffic signs at the park.
- You must check in with technical staff before every session.
- Place your water bottle and hand sanitizer/bag/backpack in the area designated for you on the field.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities.
- 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, high-five or fist bump with other players.
- Avoid touching the ball and other equipment with your hands— let the coach handle the equipment.
- Goalkeeper must not share gloves or spit on their gloves.

AFTER SESSIONS

- Leave the field through the designated gates / exit points.
- Leave the field as quickly as possible after you finish playing.
- Use hand sanitizer before leaving the Park.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any Club program until you have self-isolated for a minimum of 14 days.