



## **CUFC COVID-19 Policy - Competitive**

CUFC will be following policies and guidelines provided by Alberta Health Services, Canada Soccer Association, Alberta Soccer Association, and Calgary Minor Soccer Association, as well as those of the facilities we use and any additional policies that CUFC deems necessary for the safety of our players, coaches and everyone involved.

We will strive to maintain the most up-to-date information possible, so details may change as addition information is received.

### **Attendance**

- If an individual is exhibiting any COVID-19 symptom, they **MUST NOT** attend practices or games. Participants **MUST** be symptom free for 10 days before attending any subsequent sessions.
- Everyone in attendance will have to complete a verbal health check for symptoms upon arrival.
- If an individual arrives and exhibits, or says that they have, any COVID-19 symptom, they will be required to leave and go home immediately.
- If an individual answers "**YES**" to any of the questions on the COVID-19 Symptoms Checklist, they are not permitted to attend practices or games for a minimum of 14 days, unless a negative COVID-19 test result is received after answering "**YES**" to any of the questions.
- All participants **MUST** sign the "Informed Consent – Assumption of Risk Waiver" **AND** a "Declaration of Compliance" prior to participating in **ANY** sanctioned soccer activity.
- All participants **MUST** complete and sign the CUFC Medical Form, including any pre-existing conditions that could exhibit COVID-19 symptoms.
- CMSA will place teams in cohorts of a maximum of 50 players, team officials and referees.
- Players must minimize the number of sports cohorts to which they belong.

### **All Practices & Games**

- Players are to be dropped off **NO MORE** than **10 minutes** prior to practices or games.
- Players should arrive dressed to play, with uniforms under track pants and jackets. Shoes **MUST** be changed upon entry to the facility.
- Parents/guardians **MUST** designate an emergency contact for player pick-up, in the event that their child needs to be picked up from soccer. This information **MUST** be kept current for each practice and game and relayed to the team staff.
- A Contact Tracing Log is **MUST** be completed before each practice and game. Name and contact details for each player and for the person who brings them **MUST** be provided upon arrival.
- Participants should only carpool with individuals from their household or cohort family.
- No one, other than players, coaches or officials, is permitted inside practice or game facilities.
- Please follow all signage and designated interior and exterior entrances, exits and pathways.



- Everyone in attendance **MUST** maintain 2 metres distance from all individuals at all times, unless they are involved in play on the field.
- Everyone **MUST** wash or sanitize their hands upon arrival and before leaving.
- Anyone involved in back-to-back sessions **MUST** wash or sanitize their hands between sessions.
- Minimize the touching of the face, eyes, nose, mouth and unnecessary surfaces with hands.
- Players **MUST** keep all personal belongings in their bags.
- Personal items are **NOT** to be shared.
- Water bottles **MUST** have player names on them and cannot be shared. Water fountains are **NOT** available, so players **MUST** bring sufficient water.
- **DO NOT** bring or consume food inside any facilities.
- Teams will be provided with equipment, including protective gloves and cleaning products. Masks are to be provided by the individuals.
- Any shared equipment (balls, cones, etc.) **MUST** be sanitized after each practice or game and between any back-to-back sessions.
- Pinnies **MUST NOT** be shared between players during a session and **MUST** be washed after each use.
- There will be **NO** close-contact celebrations (i.e. high fives, handshakes, chest bumps, etc.).
- There will be **NO** shouting or cheering to prevent the spread of vapour droplets. It is recommended that any spectators wear masks, if they are permitted in the facility.
- Respiratory etiquette **MUST** be followed at **ALL** times, with the following **NOT** permitted at any time: spitting, clearing nasal passages, shouting, etc.
- Goalkeepers **MUST** avoid touching their faces with their gloves and **MUST NOT** spit on their gloves.
- Coaches (and anyone else on the bench) **MUST** wear masks during games.
- Any coach who is involved with more than one team, **MUST** wear a mask at **ALL** practices and games.
- Coaches will wear masks and medical gloves when attending to **ANY** injured players.
- Players may wear masks before and/or after playing, but masks **CANNOT** be worn while playing.
- Players **MUST** leave all facilities within 5 minutes of the end of their practice or game and **MUST** be picked up immediately. There is no loitering permitted at any facilities.
- Water bottles, player equipment (uniforms, socks, shin pads, etc.) **MUST** be thoroughly washed following any soccer activity and **MUST** be clean when brought to practices and games.
- It is recommended that soccer shoes and gloves be sanitized before and after soccer.



## **Games**

- Two team officials (coaches) are permitted on the roster and on the bench, and each coach must wear a mask at all times during games.
- A third team official is permitted on the roster and on the bench only when an adult of the same gender is required. (ie A girls' team with two male coaches will need an adult female as the third official.)
- If a coach is involved with more than one team, they **MUST** wear a mask at all times at practices and games.
- A Game Day Manager will be appointed for each game to assist in ensuring that all health and safety guidelines are being followed at each game.
- Game Day Managers will be responsible for asking and recording Covid-19 protocol questions and Contact Tracing logs. Will also be responsible for collating and handing the player cards to the referees and collecting them after the games.
- Game Day Managers will be added manually to the game sheets for each game by the team officials.

## **Concerns**

**Any concerns MUST be addressed in writing with team coaching staff. Any unresolved issues should be addressed in writing with CUFC.**

## **CUFC COVID-19 Team Official Waiver**

I, \_\_\_\_\_, have read and understood the CUFC COVID-19 Policy.

I agree to abide by this policy and ensure that all guidelines are followed at **ALL** times.

I agree to follow any policy updates as they are released and any additional policies set by individual facilities.

Signed:

\_\_\_\_\_

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date