



###### Players, Coaches, Match Officials

Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

Recommendations:

* + Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains should be closed.
  + Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Province of Ontario health authorities.
  + Disinfect all equipment after soccer activities before storing at home.
  + Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
  + Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can be the use of two different shirts (dark and light).
  + Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
  + Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
  + Do not share equipment – this includes shin guards, shirts, socks etc.
  + Cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
  + Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves– discard after one game, or purchase gloves that can be washed.
  + Consider wearing a mask or a face shield when attending activities. Use this [reference](https://www.cnet.com/health/how-to-safely-exercise-with-a-face-mask-on-during-the-coronavirus-pandemic/) to help with your decision.
    - Avoid touching the mask while using it and clean your hands if you do.
    - Before putting on a mask, clean your hands with soap and water or alcohol- based hand sanitizer.
  + Remove it from behind, discard immediately into a closed bin and then clean your
    - hands with soap and water or alcohol-based hand sanitizer.
    - Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask
    - Clean your gloves, mask or shield after each use.
    - Replace the mask with a new one as soon as it is damp and don't reuse single-use masks.

###### Electronics

For electronics such as cell phones, tablets, touch screens that could be used by Coaches;

* + Do not share electronics.
  + Follow the manufacturer’s instructions for all cleaning and disinfection products.
  + When possible, consider the use of wipeable covers for electronics.
  + If no manufacturer guidance is available and when possible, consider the use of alcohol based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
  + Dry surfaces thoroughly to avoid pooling of liquids