



Club Soccer Chaleur

Return to Play Guidelines – Low Contact

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Guiding principles

Guiding principles will meet or exceed the criteria of distancing and sanitary measures

1- No matches or games with opposition

There can be no soccer match without interaction of less than 2 meters with teammates or opponents. For this reason, no soccer match will be played by any age categories until such time as the Provincial Health Authority deems it appropriate. The focus will be on the practice of soccer skills, techniques and understanding for individual development.

2- Space management and group organization

To avoid large groupings and ensure compliance with the 2-meter social distancing criterion on the field all training sessions must be given outdoors. Permitted player numbers will be calculated based upon the space available and that is required for the designed practice sessions. Players will be divided into small groups and limits on the number of participants will be strictly enforced. The player / area ratio must always be respected according to the standards determined by Soccer New Brunswick and will be monitored by non-coaching field marshals.

3- Training in the form of a fixed workshop

Training will be given in the form of fixed workshops (group of players whose number is limited and involved in a predetermined space). The workshops must offer activities authorized by Soccer New Brunswick. Focus will be based upon foot-based skills with heading activities being prohibited. Keeping the ball below waist is recommended.

4- Control of Equipment Management and Use

Personal Equipment:

Personal equipment will be authorized under the following conditions:

1. It is disinfected before entering the field
The field has a space dedicated to equipment and sufficient such that equipment can be separated
or organized so players can maintain social distance
2. equipment must be limited to: a bottle of water (Labelled with Player Name), a towel, a disinfectant solution or sanitizer as approved by the Province,
3. a ball and
4. a bag (Labeled).

Team Training Equipment:

Balls, cones, etc. must be disinfected before each practice and between practices and before being stored at the end of training sessions

1. Additional sanitizer must be available for coaches, field supervisor and others

5- Creation of the roles of supervisor and reception manager

Individuals (parents or volunteers) must be appointed and “trained” as supervisors to:

1. Ensure that the physical distance of 2 meters is respected at all times during training
2. To coordinate access to the field in order to meet the requirements for distance.
3. Ask screening questions related to the symptoms of Covid-19. Use NB COVID-19 Self-Assessment Tool.
4. Make sure that participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions) are made aware of the risks.
5. Ensure parents stay in the parking lot and away from training areas but remain close and accessible on cases of emergency.

6- Mandatory procedures for training sessions

To ensure the safety of all participants and all stakeholders, strict health protocols must be put in place by the clubs for the organization of soccer events. These protocols are developed by Soccer NB to be consistent with this plan. Each participant and club (member of SNB) must commit to following the requirements for each training session. If the protocols cannot be implemented, it will be prohibited for a club to start its events. The protocols will be revised according to government directives and the evolution of the situation facing COVID-19. The priority at all times will be the protection of participants and the safety of all.

7- Continuous Re-evaluation and Improvement

This plan will require regular review and updating as COVID-19 prevention/protection measures evolve. To be effective, any changes will be communicated to members by e-mail and on our Facebook page as soon as practical so changes can be applied. The technical director (or designate) of the club must ensure follow-up with the Safe-Return-To-Play Coordinator. Soccer New Brunswick will appoint a full-time Safe Return To Play coordinator during the time of the crisis.

8- Club program acceptance protocol

Soccer NB will provide a template that each club must complete to demonstrate how they will meet Soccer New Brunswick's requirements for holding events during the COVID-19 phased return to play process. Clubs will need to complete the Canada Soccer Return to Play Risk Assessment/Planning tool in the context of COVID19.

Each Member must have a program plan for that respects/reflects the mandatory hosting, running, ending and transition procedures for events. Plans must be presented to Soccer New Brunswick for approval. Upon approval of SNB, the club can start its activities.

As with the Soccer NB plan, A re-evaluation of each program must be carried out after each new government directive. Follow-up and assistance will be provided by Soccer New Brunswick.

Coaches and workers will receive return to play training.

Individual Development Activities

The individual development of the player will be at the center of the activities offered during the progressive return phase. All training must rigorously respect all eight guiding principles presented above. A club which fails to apply these principles will be banned from all operations.

The individual development activities that to be offered are divided into 4 main families:

- **Individual technical development:**

Unopposed activities to develop techniques specific to soccer. For example, exercises of the “Coerver” type, juggling, drift work and ball driving on courses, specific work by shift in small groups. All these activities are carried out individually with a ball.

- **Activation and physical preparation:**

Motor and physical development activities; allow to prepare the body for exercise, to work on coordination, mobility, speed, balance, flexibility, etc. All these activities are carried out individually, with or without a ball.

- **Challenges:**

By challenge activity, we refer to activities which include competition between 2 or more players but without opposition (i.e. no possibility of contact). These activities can take the form of soccer-tennis, accumulating points in a specific time, etc. These activities can be carried out with 2 or more players, with or without a ball.

- **Online activity:**

Workshops for developing mental or tactical skills. This type of activity can be done remotely with more participants. For example, match analysis session, web conferences on various sports themes, cultural soccer activity

Each category of activity can take several forms depending on government safety measures and the evolution of the situation.

With this type of content, Soccer Chaleur ensures a specific activity in soccer that is not conducive to COVID-19 contamination

Roles and Responsibilities on the Field

<p>Reception Manager</p>	<ul style="list-style-type: none"> • Take attendance • Must administer the pre-participation questionnaire to all participants before they enter the field • Ensures that all stakeholders and participants who enter the field disinfect their hands
<p>Field Manager</p>	<ul style="list-style-type: none"> • Ensures that the health rules and regulations are respected • Ensures that ratios and obligations are respected • Validate training content and Intervenes with coaches when needed • Ensures that the equipment is disinfected and maintained in the dedicated area.
<p>Coach</p>	<ul style="list-style-type: none"> • Manages the training content and the layout of the field (in order to promote social distancing) • Manage players to ensure compliance with instructions
<p>Supervisor Marshall</p>	<ul style="list-style-type: none"> • Supervises players to ensure compliance with distance rules • Assists the field manager to manage the players • Can play the role of reception manager if necessary • Manage situation when a participant feels unwell

Note:

- All organizers and training staff screening ([Screening Toll](#)) will be performed before each training session.
- All organizers and training staff need to take a specific training based on return to play protocol operation plan.
- All organizers are encouraged to wear the Personal Protective Equipment (e.g. masks, gloves, visors) to help reduce the risk of transmission of COVID-19

Soccer NB Phased-in Approach for return to play



RETURN TO PLAY DURING COVID-19

Phase-In Approach for Return to Play in Soccer

Phase Return to play in soccer	Red Phase	Orange Phase	Yellow Phase	Green Phase
Objective	<p>Online & home training</p> <p>Develop Technical, Physical and mental skills Support soccer clubs adaption to new reality and measures</p>	<p>Low Contact Games and training</p> <p>Maintain Physical and mental skills Support soccer club adaption to new reality and measures Introduce new game rules to participants</p>	<p>Games & training with guidelines</p> <p>Maintain Physical and Mental/social skills Support soccer club adaption to new reality and measures Implement new game rules in games</p>	
Activities	<p>Technical & Physical Based Activities</p>	<p>Skill & Physical Based Activities and Introduction of Small Group Activities: 1v1 – 3v3 Technical challenges</p>	<p>Technical & Physical Based Activities and Introduction of Game Formats 5v5 to 11v11with modified rules</p>	
Rules to consider	<ul style="list-style-type: none"> - No Club or team activity - No activity outside of your zone 	<ul style="list-style-type: none"> - No contact - No Throw-ins - No shoulder to shoulder challenge - No headers - No corners - Train in your zone only 	<ul style="list-style-type: none"> - Competition within Province - Travel Permit out of province required - Travel Plan required - Tournament within Province permitted - Required Tournament operational plan to sanction the event 	<p>Fifa Rules</p>
Age Groups				
U3	<ul style="list-style-type: none"> - Home physical literacy program - Home technical program 	<ul style="list-style-type: none"> - Small Groups of maximum 14 players - No opposition - No Match/games - Focus on Individual player - Minimum space required: 30*50m 	<ul style="list-style-type: none"> - Small Groups of maximum 14 players - A maximum of 14 Parents to participate with their children in Individual drills. - Minimum space required: 30*50m - Match/games - Focus on Individual player - Maximum of 100 participants on full field of play: minimum 60 * 100 - A maximum of 50 spectators per full field of play with no interaction with field sessions 	
U4		<ul style="list-style-type: none"> - A maximum of 14 Parents to participate with their children in individual drills. 		
U5		<ul style="list-style-type: none"> - Maximum of 100 participants on full field of play: minimum 60 * 100 - Consistent Groups of participants 		
U6				
U7	<ul style="list-style-type: none"> - Home physical program - Home technical program 	<ul style="list-style-type: none"> - Small Groups of maximum 25 players - No opposition - No Match/games - Focus on Individual players & small groups training - Minimum space required: 30*50m - Maximum of 100 participants on full field of play: minimum 60 * 100 - Consistent Groups of participants 	<ul style="list-style-type: none"> - Groups of maximum 25 players - Match/games - Minimum space required for a practice: 30*50m - Focus on Individual players & small groups training - Maximum of 100 participants on full field of play: minimum 60 * 100 - A maximum of 50 spectators per full field of play with no interaction with field sessions 	
U8				
U9				
U10				
U11	<ul style="list-style-type: none"> - Home physical program - Online tactical training - Mental preparation online training - Home technical program - ESoccer tournament 	<ul style="list-style-type: none"> - Groups of maximum 25 players per team. - Low contact - No Match/game - Focus on Individual players & small groups training - Minimum space required: 60*50m - Maximum of 50 participants on full field of play: minimum 60 * 100 - Consistent Groups of participants 	<ul style="list-style-type: none"> - Groups of maximum 25 players - Match/games - Minimum space required for a practice: 30*50m - Maximum of 50 participants on full field of play: minimum 60 * 100 - A maximum of 50 spectators per full field of play with no interaction with field sessions 	
U12				
U13				
U14				
U15				
U16				
U17				
U18				
Senior				<p>Return to Play to normal play under the recommendations of health authorities.</p>

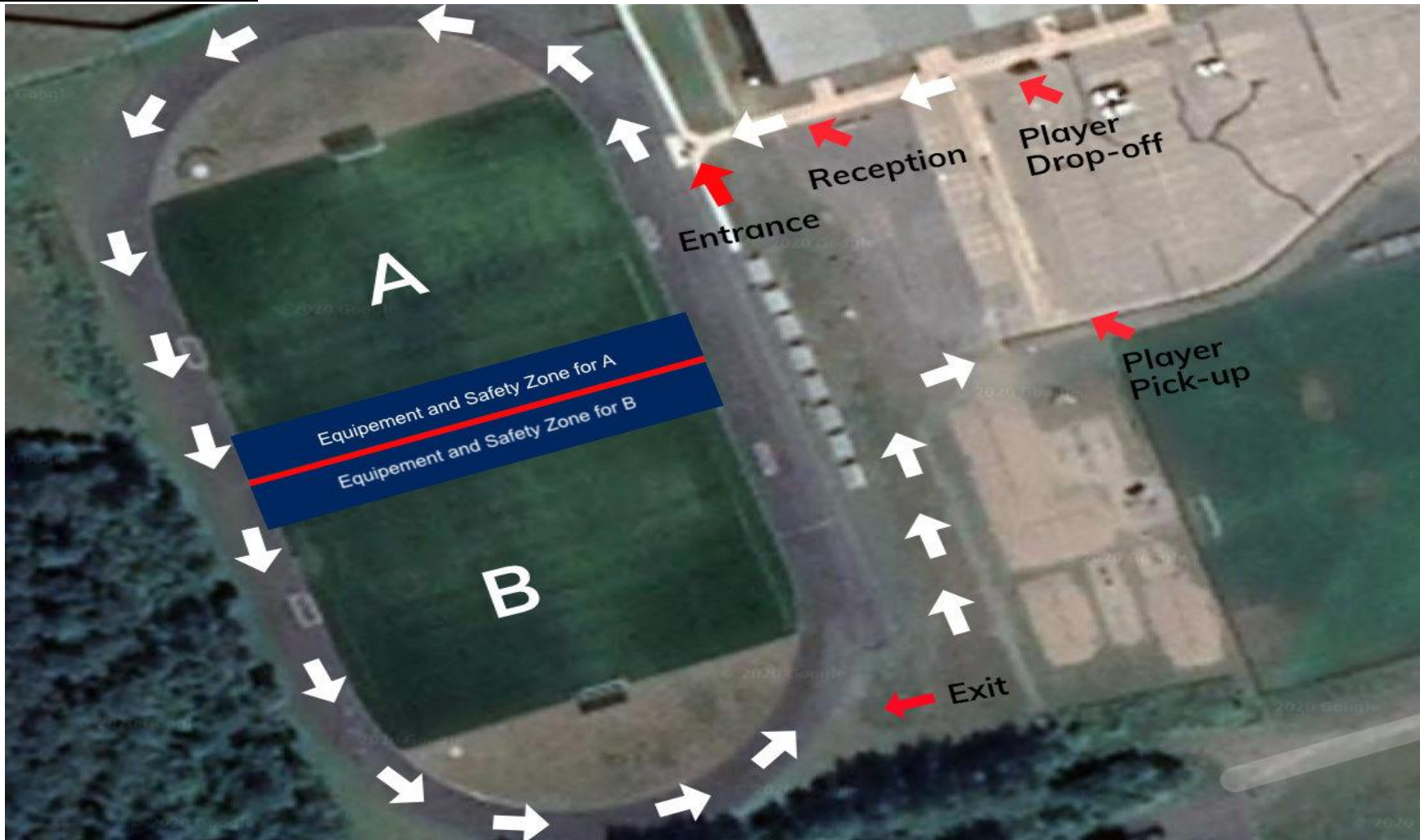
Chaleur Soccer Return to play specifications

The Chaleur Soccer club will follow guideline from public health and Soccer New-Brunswick. Moving from one phase to another will be decided from these parties. Once we are able to progress to another phase, the Chaleur Soccer Club will inform its members by social media and by email.

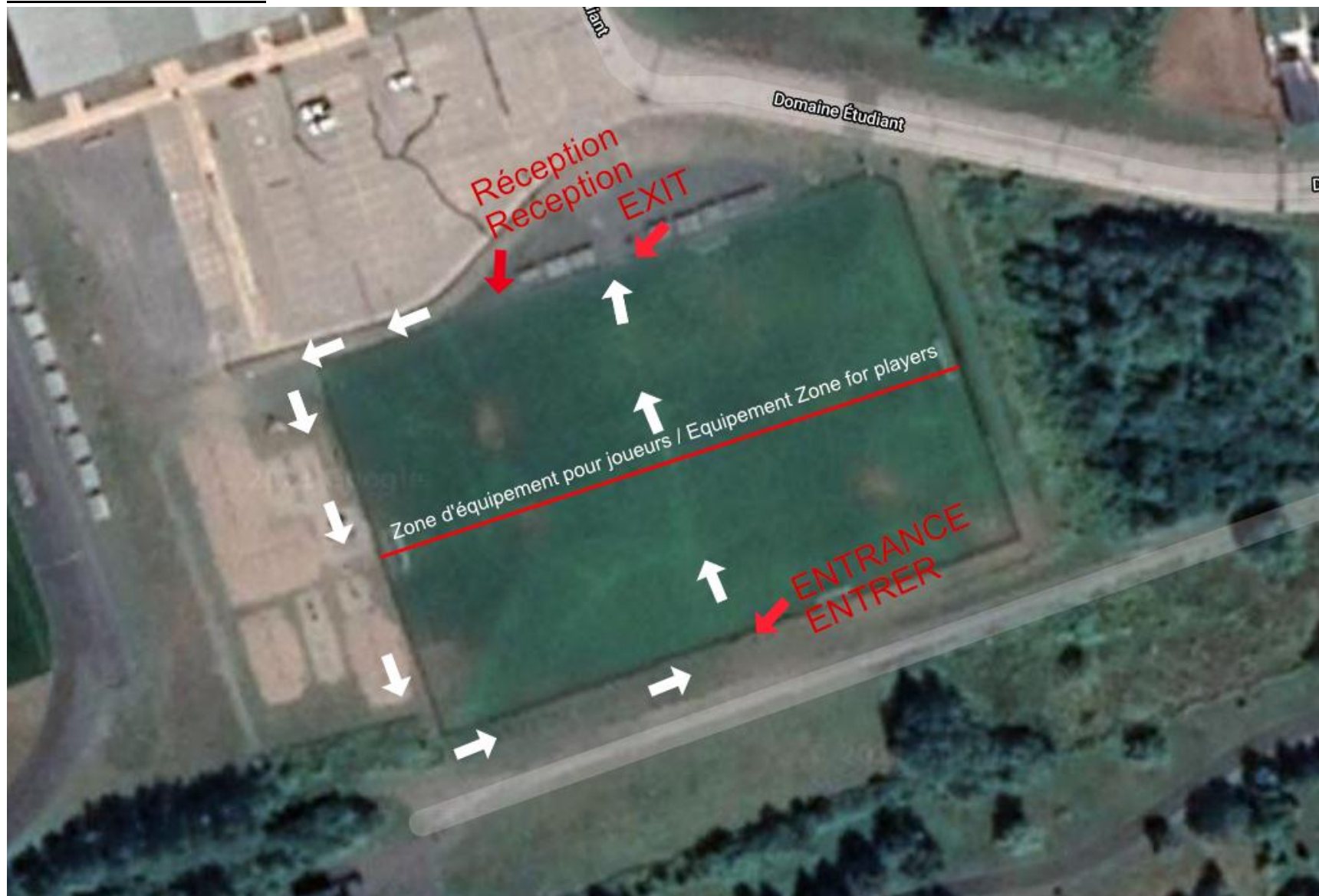
The Chaleur Soccer Club will evaluate the situation locally and also act on its current situation. Keeping stricter rules even if other regions move to new phases could be possible in order to keep all its members healthy and safe.

Field Organization and Coaches Tips

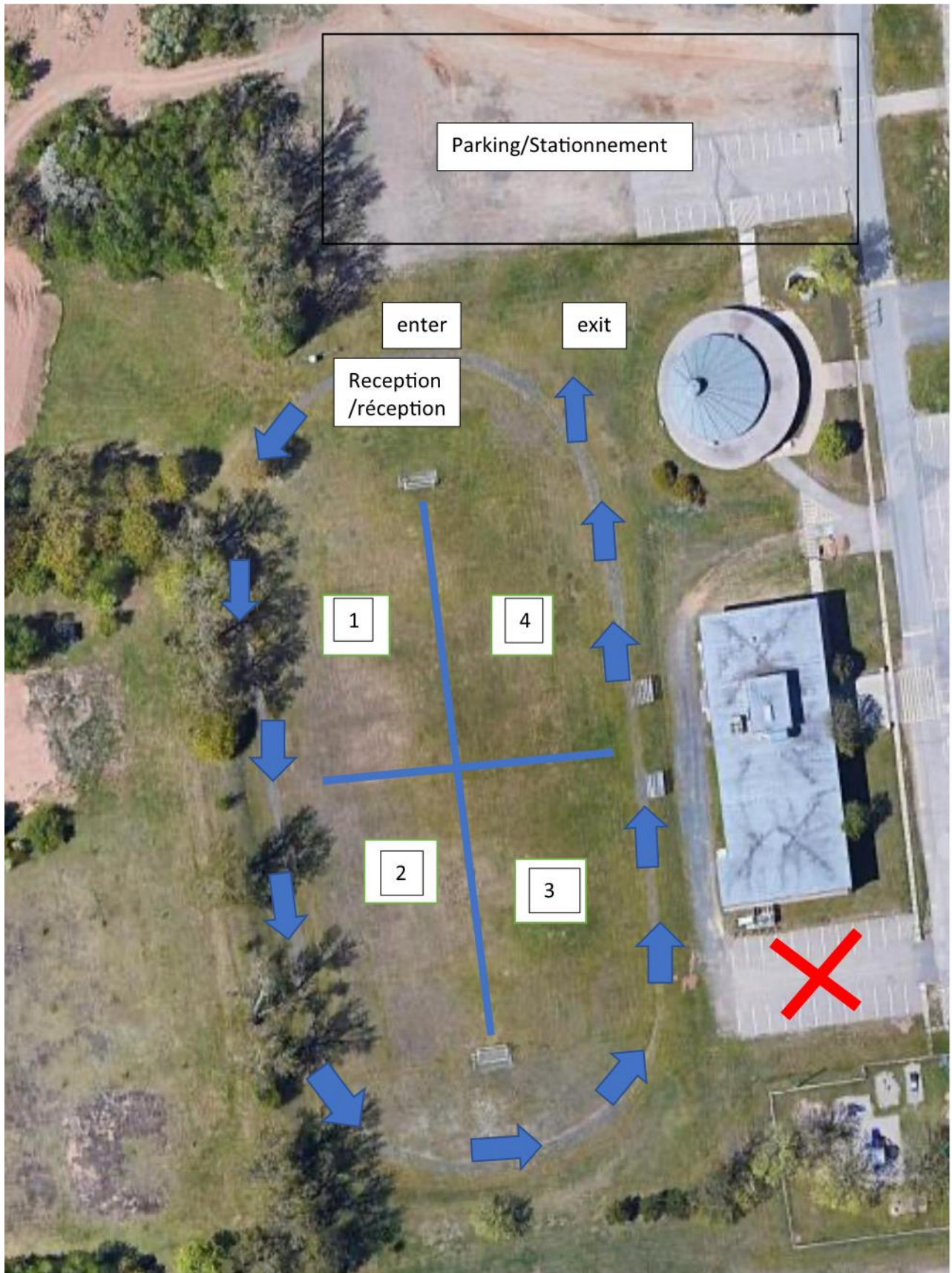
Petit-Rocher Turf Field



Petit-Rocher Grass Field



CCNB Bathurst Field



Specifications/Personal equipment placement

Before each night of practice, a field manager will place cones or hoola-hoops at 2metres or more of distance in the equipment zones to indicate individual areas for players to place their things. This will help ensure that social distancing is respected during water breaks or other various pauses during practices.

Sanitizing products will be available in the equipment and safety zones.

Coaching Tips

Player Management		
Before	During	After
<ul style="list-style-type: none">• Consider sending a session plan to parents and players prior to the session.• Highlight which zone is allocated to which player.• Ensure parents are aware of the Return to play recommendations and guidelines.	<ul style="list-style-type: none">• Encourage the players to enjoy playing soccer in the current format.• Don't be overly concerned about players lacking technical ability at this time.• Keep distancing measures in place between players and coaching staff.	<ul style="list-style-type: none">• Validate the effort your players demonstrated during the session.• Ask players if they have any suggestions for session activities next time.• Ensure that each player goes home with their designated household contact.

Equipment Management		
Before	During	After
<ul style="list-style-type: none">• Have a designated bag for your equipment and a designated location on the field to place your own equipment.• Have enough cones and balls available for your session.• Coach sets up all the equipment and follows club procedures for any equipment cleaning process	<ul style="list-style-type: none">• Reset cones that delineate the physical distancing parameters whenever they are moved out of place.• Ask and remind players to avoid touching the equipment.• Be adaptive, if there are not enough goals for the game activities, use cones instead.	<ul style="list-style-type: none">• Ensure that all equipment is taken from the playing field in a safe manner.• Consider cleaning and disinfecting all equipment after the practice is over.• Reflect on how equipment was managed and distributed to improve this for next session

Player Guidelines/Restrictions:

Of primary importance is taking every precaution to help keep all participants safe.

Players can enjoy the many physical and mental benefits that soccer offers so long as everyone practices social distancing by keeping 2 meters apart from other players to ensure every individual is in a safe exercise environment and follow all safety guidelines included here.

Before You Play

Do not play if any of you:

- a. Are exhibiting any two or more of the symptoms of the coronavirus:
 - Fever above 38 degrees Celsius
 - A new cough, or worsening chronic cough
 - Sore throat
 - Runny nose
 - Headache
 - A new onset of fatigue
 - A new onset of muscle pain
 - Diarrhea
 - loss of sense of taste
 - loss of sense of smell
 - In children, purple markings on the fingers and toes
- b. Have been in contact with someone with COVID-19 in the last 14 days.
- c. Have travelled outside the province in the last 14 days

Preparing to Play

Protect against infections:

- a. Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the field.
- b. Clean and wipe down your equipment, including soccer shoes, shin pads and water bottles and do not share any of your equipment.
- c. Bring a full water bottle to avoid touching a tap or water fountain handle. The bottle must be labelled with the player's name.
- d. Consider taking extra precautions such as wearing gloves or a mask
- e. If you need to sneeze or cough, do so into a tissue or upper sleeve.
- f. Arrive as close to the designated time when you need to be there as possible.
- g. Avoid touching field gates, fences, benches. Wipes/hand sanitizer must be available.

When Playing/Practising

- a. Remain at least 2 meters apart from other players. Do not make physical contact with them (e.g. NO SHAKING HANDS OR A HIGH FIVES).
- b. Avoid touching your face after handling a ball, or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.

- c. Don't share food, drinks or towels.
- d. Avoid using your hands directly to pick up the balls. No throw-ins will be practiced.
- e. Stay on your side of the field.
- f. Remain apart from other players when taking a break.
- g. If a ball from another field comes to you, send it back with a pass to the safety zone.
- h. No headers will be allowed.

After Playing

- a. Leave the field immediately after practice obeying the required traffic zone and directional flow around the field going clockwise.
- b. Wash your hands thoroughly or use a hand sanitizer after coming off the field.
- c. Do not use the locker room or changing area. Shower at home.
- d. No social activity should take place. No congregation after playing.
- e. All players should leave the facility immediately after play.

If any organization is looking to operate referee specific training, these guidelines must be adhered to.

Signage

As per Public [Health's Guidance Document for General Public Health Measures](#) and WorkSafeNB's [Embracing the New Normal as we Safely Return to Work](#), New Brunswick businesses must follow strict guidelines and follow public health measures in order to open along with an [COVID-19 Operational Plan](#). The health and safety of all New Brunswickers is our top priority, below includes various signage that will be displayed at the entrance of all our used fields.

- [Important Notice on Travel into New Brunswick](#)
- [Protect yourself and others from getting sick](#)
- [Hand Sanitizer Poster \(Government of New Brunswick\)](#)
- [Reduce the spread of COVID-19: Wash your hands \(PHAC Infographic\)](#)
- [Steps for Effective Hand Washing](#)
- [Screening Tool \(bilingual\)](#)
- [Cleaning and Disinfection for COVID-19](#)
- [Use of a Community Face Mask to Help Reduce the spread of COVID-19](#)
- [Wash your hands poster \(bilingual\)](#)

Emergency Response and Outbreak Plan

First Aid

Are critical interventions likely required? If so call 911. First aid protocols for an unresponsive person during COVID-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. A parent of the injured player should be the first to administer first aid. Try to limit the number of individuals in contact with the sick person. While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and perform hand hygiene.

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

- a. The Chaleur Soccer Club as appointed Jonathan Thibeault as Safe-Return-to-play director. With the help of other executive committee members, they will have the authority to modify, restrict, postpone or cancel activities
- b. If a staff, volunteer or participant reports they are suspected or confirmed to have COVID-19 and have been at workplace/activity place, we will implement enhanced cleaning measures to reduce risk of transmission. The village of Petit-Rocher will also be notified as facility operators.
- c. The Chaleur Soccer Club will implement its Illness policy and advise individuals to:
 - i. Self-Isolate
 - ii. Monitor their symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite
 - iii. Individuals will be asked to use the covid-19 self-assessment tool at [NB COVID-19](#) to help determine if further assessment or testing for COVID-19 is needed. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency
- d. In the event of a suspected case or outbreak of influenza-like-illness, immediately report potential exposure to Worksafe NB by email (conformite@ws-ts.nb.ca) or call 1800-999-9775
- e. The Chaleur Soccer Club will cooperate with all medical health officers and local authorities in these scenarios if they are contacted for contact tracing.

Conclusion

The Chaleur Soccer Club is excited to offer soccer for its members. The last few months have been challenging for our youth on a social, physical and mental basis. With the help and guidance of health authorities, Soccer New-Brunswick and Soccer Canada, the Chaleur Soccer Club hopes to have a safe return to play. We of course will not be able to make these guidelines happen without the help of our volunteers, staff, players and parents.

Here are some actions that the community can take to help with the return to play

- Follow the guidelines for players and parents
- Offer help by volunteering in areas where it is needed
- Be open minded about any change and continuous adjustments until the pandemic is over.

The Chaleur Soccer Executive Committee thanks you for your cooperation.