

BC SOCCER'S RETURN TO PLAY PLAN – Phase 1 – Released June 2, 2020

TIMELINES, RECOMMENDATIONS, AND GUIDELINES FOR MEMBERS AND AFFILIATED CLUBS, ADMINISTRATORS, COACHES AND ANYONE ORGANIZING SOCCER ACTIVITIES

Considering a gradual and phased-in return to playing soccer may start to occur across BC as health authorities look to lift some restrictions in a controlled and responsible way, BC Soccer is providing its recommendations and guidelines for members, affiliated clubs, administrators, coaches and anyone organizing soccer related activity under the umbrella of BC Soccer (i.e. sanctioned soccer activity).

BC Soccer would like to extend its thanks to the members and affiliated clubs that completed the Return to Play Survey conducted between April 23-26, 2020; the information gathered from the survey combined with wider good practice information from across the Canadian and BC sport sector, has supported the development of these recommendations and guidelines.

With a situation that evolves daily that may differ by area, BC Soccer continues to follow the guidance from the BC health authorities and requires all members and affiliated clubs to do the same. We also understand that each **municipality has potentially different restrictions and limitations** for on-field bookings and activity, therefore, we advise everyone to work with your local city/municipalities to adhere to any appropriate requirements to ensure you are providing a safe environment for all participants.

The information in this document is current to June 2, 2020 and aligned with [ViaSport's Return to Sport Guidelines for B.C.](#)

Below are the working timelines, guidelines, measures, and precautions to support a phased-in return to play. Accompanying this document are sample sessions designed to work within the guidelines and we encourage our members and affiliated clubs to use, tailor as appropriate, and share with each other to support soccer activity for your organizations.

WORKING TIMELINE

The following timelines are ONLY able to be implemented if the BC health authorities soften restrictions and we are collectively able to get back to some form of soccer activity. Early indication suggests that there may be a softening of restrictions in the near-term, therefore, the following is being shared as we collectively work to prepare accordingly.

- Earliest June 12, 2020 – Return to Modified Training (Phase 1 for soccer)
- Date TBA – Return to Modified Games and/or Competition Structure (Phase 2)
- Date TBA – Return to the NEW Regular Type Training & Games/Competition Structure (Phase 3)

Note: please see ViaSport's Sport Activity Chart on page 23 of their [Return to Sport Guidelines for B.C.](#) which provides added information on what may be allow over time.

ORGANIZING SOCCER ACTIVITY

- The activity must always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
 - o As of document date – 6 feet between people and gatherings of 50 people or less (for soccer, unless otherwise stated by the municipality/city, this is 50 people per regular 11 v 11 full-size soccer field).
- Clearly layout, communicate, and mark (in consultation with municipality/city/facility owner) player drop-off and pick-up protocol for arrival and departure.
- Limit your activities to small groups, solely to in-Club/organization activity.
 - o The accompanying sample sessions provide for up to 50 people per regular 11 v 11 full-size soccer field.
- Limit the number of team staff (coaches, managers, etc.) that are on-field, noting the requirement to have a specific number of coaches to lead the session and all while adhering to the Rule of Two.
- Consider the comfort level of all your volunteer coaches under the current situation. Perhaps, in the first instance, limit sessions being led by a select core group of coaches.
- Include the daily requirement for any and all staff/coaches and participants to verbally confirm they are not experiencing any symptoms related to COVID-19.
- Make sure to stagger training session times between different groups to create a buffer between sessions and avoid an overlap of players on the field.
- Limit all occasions for gatherings.
- Communicate all hygiene measures in advance to all your players.
- Provide your employees with any protective items required by the health authorities and ensure that each member of your staff washes their hands regularly.
- Participation should be limited to the ages and levels that understand and can adhere to the distancing measures and recommendations issued by the provincial government health authorities.
 - o Please see the Canada Soccer’s Technical Committee “Age & Stage Considerations – Phase 1” document appended to this document.
- All participants must be registered per the normal process under BC Soccer.
- From a process perspective, if conducting registration, do so only online (no cash).
- Ask parents and guardians to provide written consent for players U18 and younger authorizing them to participate in soccer activity.
- Keep a record of participants that are participating and when, so that you can contact them if needed, for example, if an infected person is identified.
- Adhere to ViaSport’s Emergency Response and Outbreak Plan (appended to this document).
- If any organization is looking to operate referee specific training, these guidelines must be adhered to.

PHYSICAL DISTANCING

- The activity must always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
 - o As of document date – 6 feet between people and gatherings of 50 people or less (for soccer, unless otherwise stated by the municipality/city, this is 50 people per regular 11 v 11 full-size soccer field).
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Remind coaches and players of the distancing requirements.
- Recommend that only one parent/guardian accompany their child/player to the session.

COACHING

- The activity must always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
 - o As of document date – 6 feet between people and gatherings of 50 people or less (for soccer, unless otherwise stated by the municipality/city, this is 50 people per regular 11 v 11 full-size soccer field).
- Position players in designated and well spaced-out stations/areas on the field.
- Do not let players manipulate the practice equipment.
- Coaches should take charge of set up and collecting equipment.
- Ensure players do not touch the ball with their hands, or head, and Goalkeepers must not share gloves.

EQUIPMENT

- Exercise caution with any and all equipment that is being used.
- Ask players to avoid touching equipment with their hands.
- Try to restrict soccer ball use, one per player or in small groups. Perhaps, if the session is solely individual skill development, each player could bring from home their own ball for them to solely use at the session.
- If equipment is manipulated by participants, hand sanitation and ball washing at Ingress/Egress is required.

PROVIDE A CLEAN AND SAFE ENVIRONMENT

BC Soccer understands that in the vast majority of cases soccer occurs on municipality/city fields and then in some small instances some groups do own facilities, while some also have office space. The

following guidance is being provided to ensure operational security procedures are in place during the crisis related to COVID-19. These procedures must also be well displayed and communicated to all users.

- Limit all occasions for gatherings by making all communal or public areas in your facility inaccessible.
- Delimit closed areas or the ones where a maximum number of people is required.
- Use markings on the ground to indicate proper distancing from staff.
- Frequently clean all surfaces, including counters, door handles, benches, toilets, etc.
- All chairs and tables in communal areas must be inaccessible or removed to avoid all gatherings.
- All doors accessible to the public must remain open to avoid contact with door handles.
- Soap or hand sanitizer must be made available to all people in various locations throughout your facility.
- Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.
- Do not use any locker/change rooms and request all participants to change at home prior to and after sessions.
- Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.

OTHER PRECAUTIONS

Should any member organization and/or affiliated club wishing to add stricter guidelines, measures and precautions they are able to do so for the soccer activity they oversee within their specific organization.

CLOSING COMMENTS

BC Soccer thanks all members, affiliated clubs, and individuals across BC for your patience and for the work you are doing to support soccer and importantly for your understanding as we navigate through this challenging time.

Of importance, if your organization does look to offer soccer activity in the short-term, we ask that you be respectful and responsible in doing so. Organizations that do offer soccer activity and do not comply with these recommendations and guidelines may be subject to sanctioning.

ACCOMPANYING DOCUMENTS

The following two appendices accompany this document:

- Canada Soccer's "Age & Stage Considerations – Phase 1"
- ViaSport's Emergency Response and Outbreak Plan

Following the appendices are the below supporting documents:

- Technical resources providing sample sessions that fall within the recommendations and guidelines to support members and affiliated clubs that want to offer soccer activity. We



encourage our members and affiliated clubs to use, tailor as appropriate, and share with each other to support soccer activity for your organizations.

- Timelines, recommendations and guidelines for participants.

DISCLAIMER

It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience.

-End-

APPENDIX A - CANADA SOCCER'S TECHNICAL COMMITTEE AGE & STAGE CONSIDERATIONS - PHASE 1

The following has been provided from Canada Soccer's Technical Committee.

Age & Stage Considerations – Phase 1

Active Start - U5 to U6	FUNdamentals – U7 to U9	Learn to Train - U10 to U13	Soccer 4 Life - U13+
<p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age may struggle to maintain social distancing and complete technical-based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained. Social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p>	<p>1 Player + 1 Parent/Guardian/Sibling</p> <p>Children at this age often need interaction with someone to remain engaged and complete technical-based activities. We cannot expect young children to be responsible for maintaining social distancing.</p> <p>Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the player can experience as social distancing does not need to be maintained by people from the same household. This will help create opportunities to plan activities that include a partner or opposition.</p> <p>Be overly conservative when spacing out areas to maintain social distancing.</p>	<p>Players in the L2T stage should be engaged in the progression of activities within training session during Phase 1.</p> <p>Players at this age need monitoring but may be ready to maintain social distancing as directed. Level of support is based on the maturity of the athletes.</p> <p>Engaging players on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice environment.</p> <p>Be conservative when spacing out areas to maintain social distancing.</p>	<p>Players in the S4L stage should be engaged in the progression of activities within training session during Phase 1.</p> <p>Players should understand what social distancing is and be able to respect the social distancing requirements in place within their province while at soccer.</p> <p>Engaging players on their strengths and weaknesses within different activities is a strategy coaches can utilize to differentiate (individualize) tasks.</p> <p>Individualized consideration will help keep the players engaged and focused. Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice.</p> <p>Be conservative when spacing out areas to maintain social distancing.</p>

APPENDIX B - VIASPORT'S EMERGENCY RESPONSE AND OUTBREAK PLAN

The following is from Via Sport's Return to Sport Guidelines for B.C.

[CLICK HERE](#) to review the complete guidelines which also has templates and additional resources to support your organizations gradual return.

First Aid

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 guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

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>

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.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
 - self-isolate
 - monitor their symptoms daily, report respiratory illness and not to 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.
 - use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
 - o Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

○ Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

For more information on cleaning and disinfecting: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf

Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

For added information, please see [“Appendix C – Illness Policy” in ViaSport’s Return to Sport Guidelines for B.C. on page 29.](#)

BC Soccer

Return to Play Phase 1

Technical Resources – Sample Sessions



Training Environment

Content

- 1. Introduction**
- 2. Field Dimensions**
- 3. Group Dimensions**
- 4. Session Structure**
- 5. Session Activities**
- 6. Coaching Tips**

Introduction

These are the BC Soccer 'Return to Play' Technical Resources/Sample Sessions designed to support BC Soccer Members and Affiliated Clubs that are looking to deliver soccer programming within the BC Soccer Return to Play Phase 1 Recommendations and Guidelines. The resources provide:

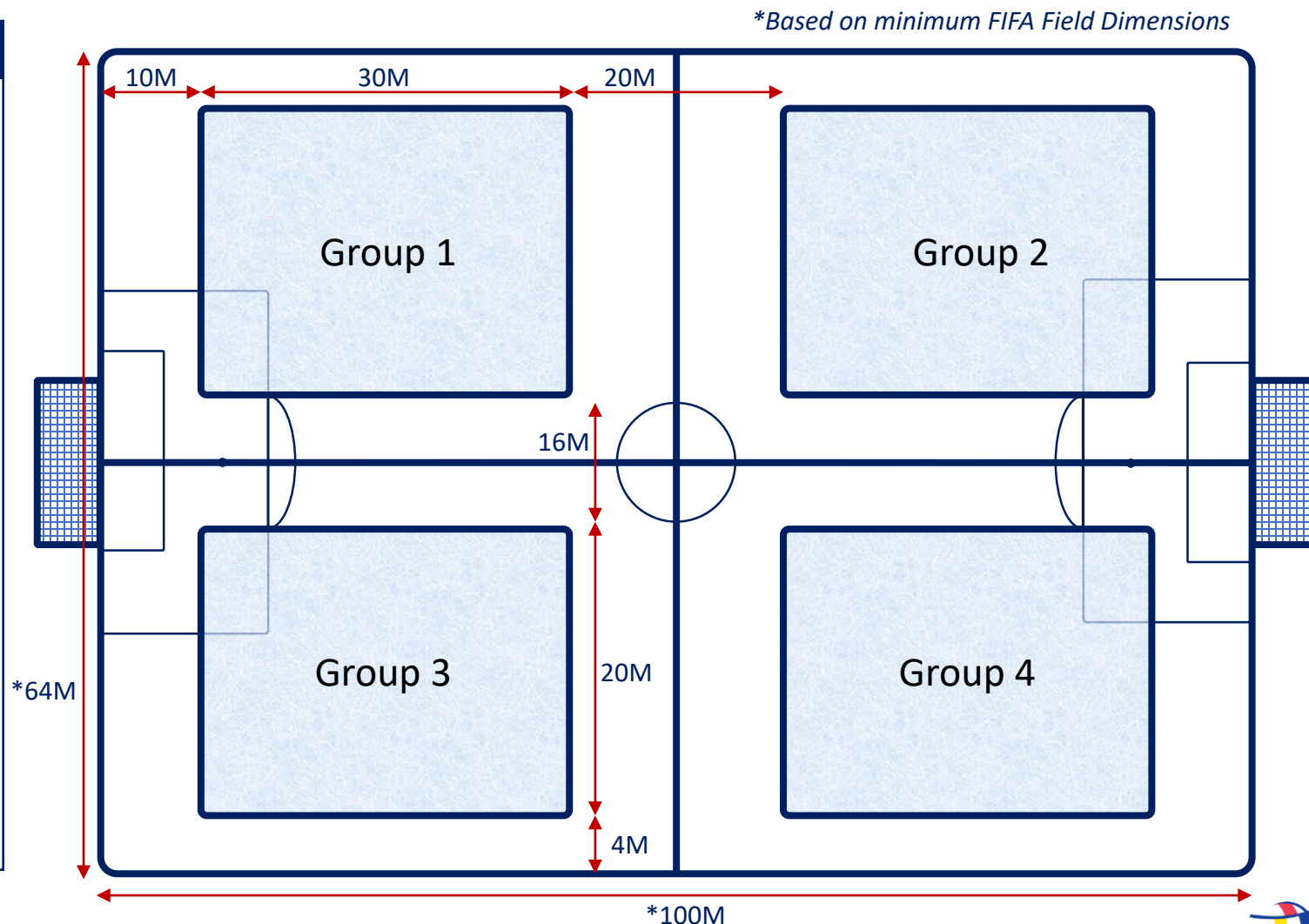
- A modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment.
- An environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner, as well as 'games' aimed to encourage teamwork in defending and attacking situations.
- A number of slides detailing the session plans as well as providing coaches with basic tips on managing players, equipment, time and space within the directive guidelines.

These resources include example sessions that organizations may choose to use or not. However in all activity delivery adherence to the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities is required, which the following meets under the specified field dimensions.

Field Dimensions (Regular 11v11 Full-Size Soccer Field)

Set Up

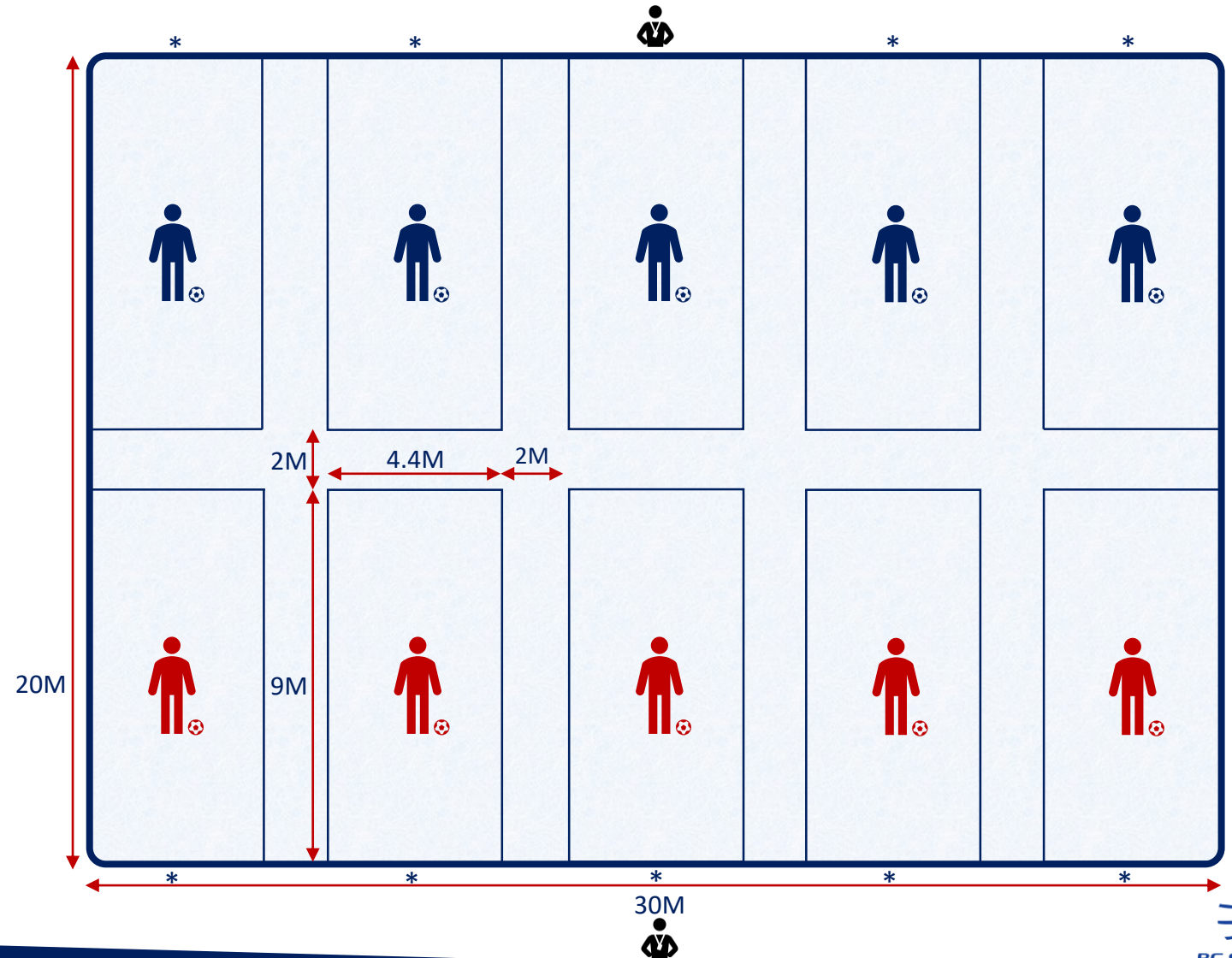
- Number of Groups = 4
- Number of Players = 40
- Number of Coaches = 8
- Total Number of People = 48 (Within the requirement of 50 people)
- Each Group has 20m x 30m for players to play within.
- Space provided in between each Group, for Coaches to move freely and for appropriate exit and entrance protocols within 2m physical distancing guideline.
- Can be modified to suit organizational and facility needs.



Group Dimensions (Quarter Field)

Set Up

- Number of Players = 10
- Number of Coaches = 2
- Player to Coach Ratio = 5:1
- 2m distancing in place between each player.
- Within a coned zone, each Player has 4.4m x 9m to play.
- Free Zone around the field for Coaches to move.
- *Designated player equipment area next to their zone.



Session Structure

Overview

- Session Duration = 60 Minutes
- Session Activity = 55 Minutes
- Rest & Transitions = 5 Minutes
- Activities can be used in sequence or mixed.
- Activities can be repeated if needed.
- Activities can be modified to suit the needs of the players ability and age.
- Activities are basic examples that abide by the physical distancing and number of people guidelines.

Duration	Activity	Example
5 Minutes	Warm Up	1. Ball Control
15 Minutes	Pass	1. One & Two Touch
		2. Ball Swap
		3. Through the Gates
		4. Soccer Tennis
15 Minutes	Dribble	1. Small Touches
		2. Relay Race
		3. Turns
		4. Skills
15 Minutes	Game	1. Keep Ball
		2. Keep Ball to Targets
		3. Keep Ball to Goal (2 v 2)
		4. Keep Ball to Goal (4 v 4)
5 Minutes	Cool Down	1. Ball Control

Warm Up

Set Up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet.

Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air.

Ensure players are not using their hands to pick the ball up.

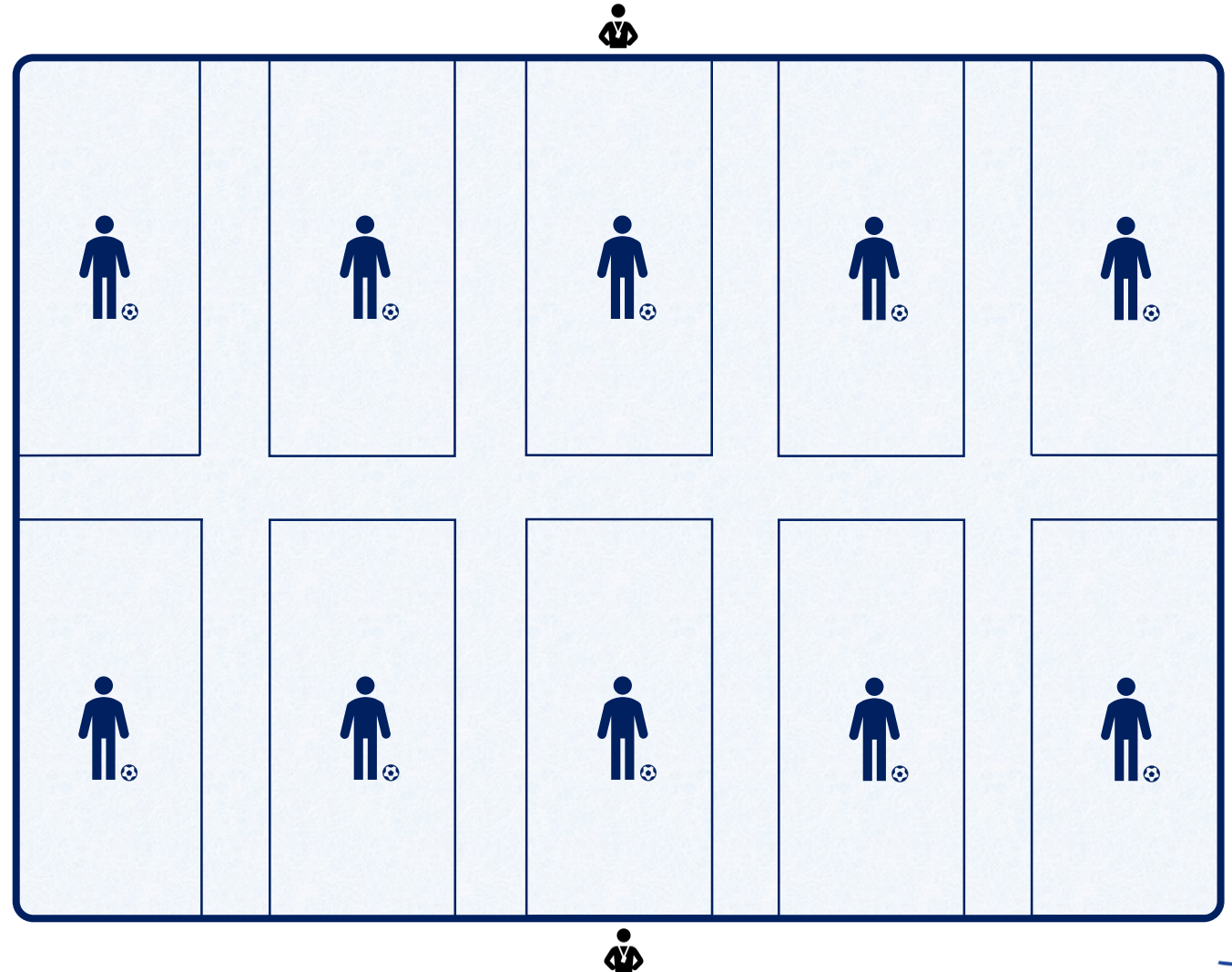
Tips

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball.

Let the players demonstrate their best skill or trick.

Increase the tempo to have the players ready for the next activity.

Ball Control



Pass One

Set Up

In their designated zone, players can pass the ball to a teammate as shown.

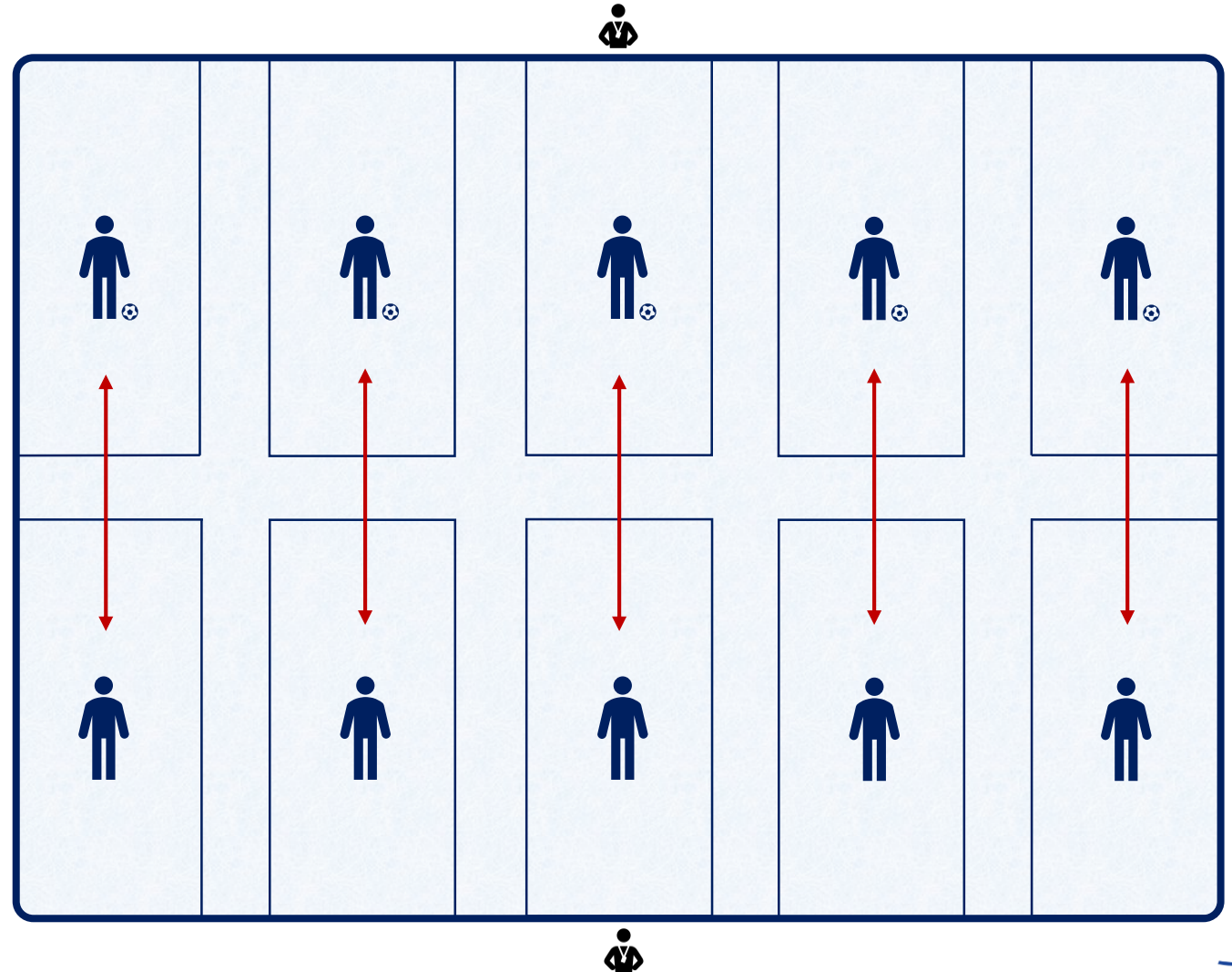
Encourage players use all parts of their foot as well as trying different passing techniques.

Tips

Give players a challenge or task in their team. For example, depending on their level, how many successful passes can they make together.

Add cones for players to control the ball around or move to within their own zone prior to passing.

One & Two Touch



Pass Two

Set Up

In their designated zone, have the players stand a certain distance away from the coned gates.

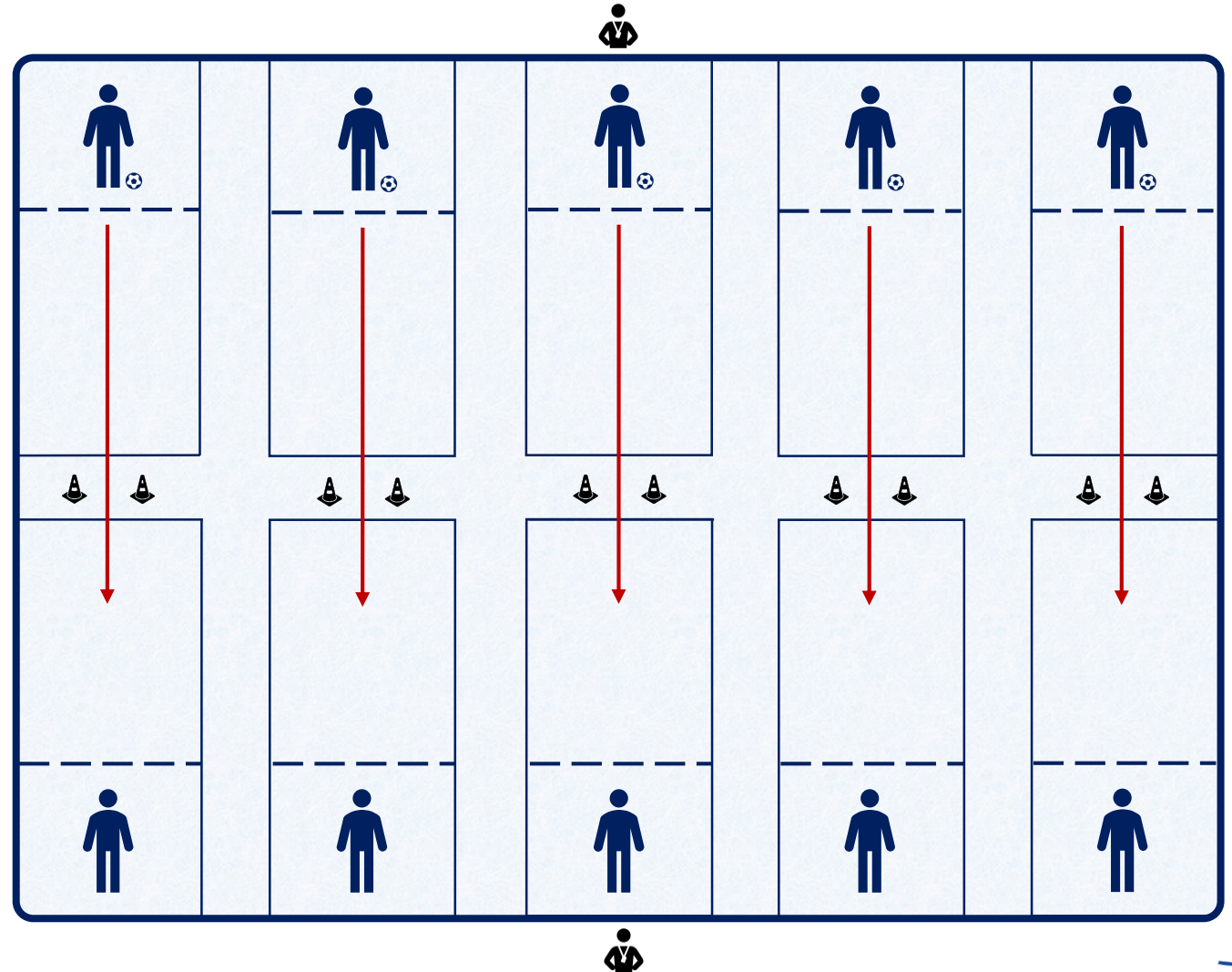
Players must pass the ball through the gates to score a point.

Tips

Give players a challenge or task, for example, keep score within a certain time and rotate the players to experience a different opponent.

Vary the distance to the gates to make it harder or easier. Vary the size of the gates to make it harder or easier. Remove the gates and players must chip or loft the ball into their teammates zone.

Through the Gates



Pass Three

Set Up

In their designated zone, each player has one ball and need to connect with a teammate by passing to each other and 'swapping balls'.

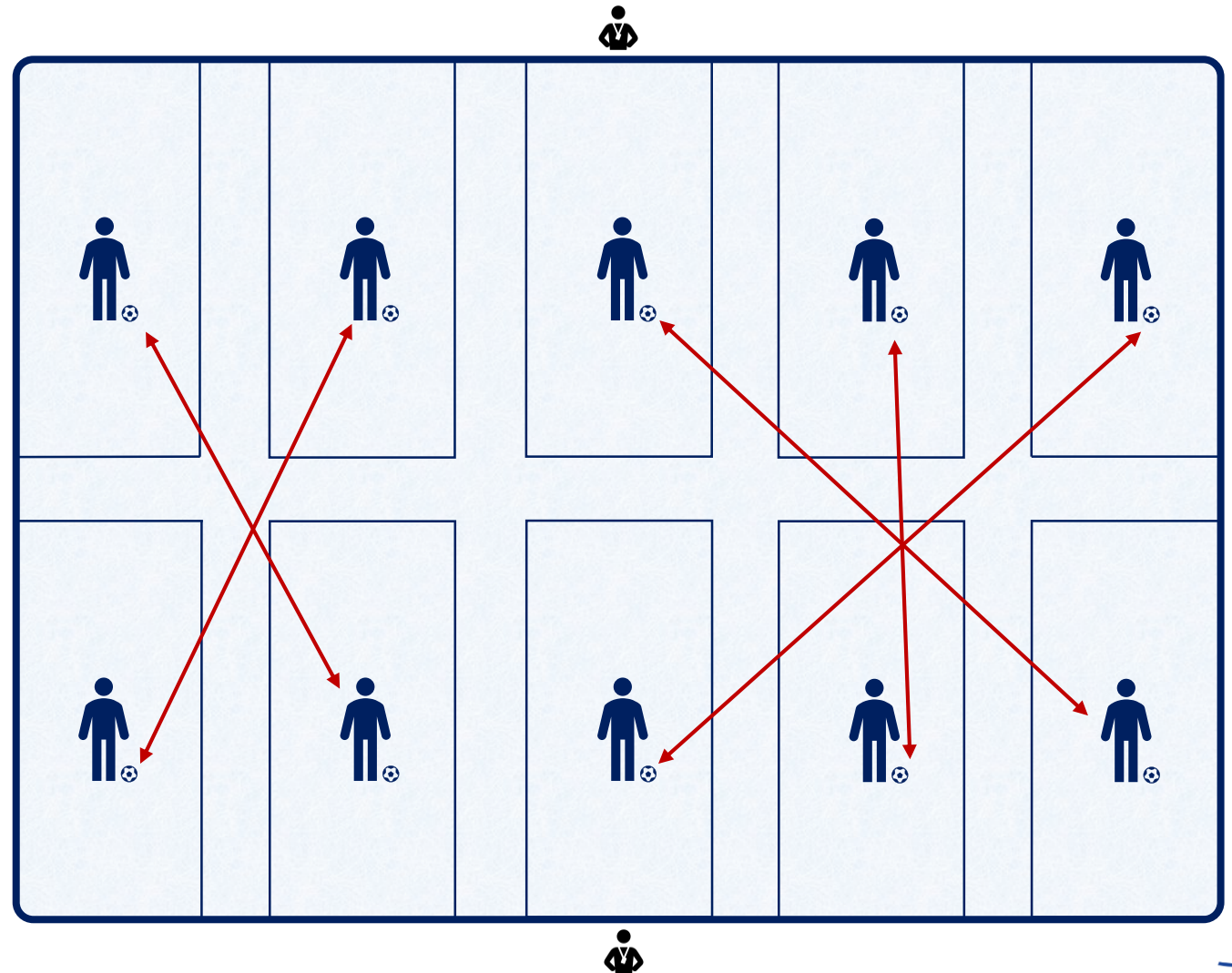
Once they have completed one pass, players can find another teammate to swap balls with.

Tips

Encourage players to try different types and distances of passes.

Encourage players to work together and communicate with each other.

Ball Swap



Pass Four

Set Up

In their designated zone, the players must play in two's and pass the ball to their teammate, keeping the ball in the air.

Players can use a variety of ways to keep the ball in the air by using their feet and thigh.

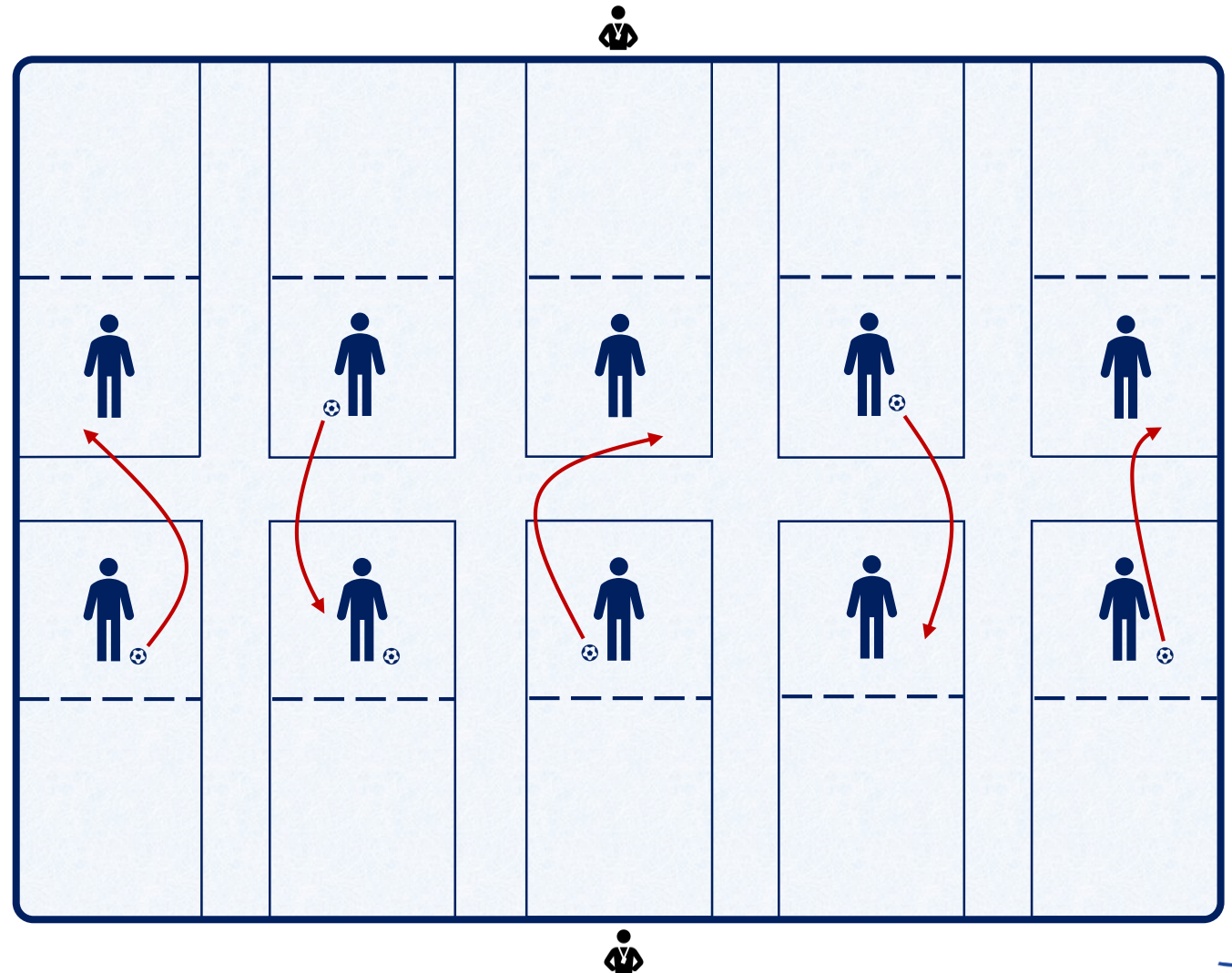
Ensure players are not using their hands to pick the ball up.

Tips

Give players a challenge or task, for example the players score a point if their teammate lets the ball bounce once or twice depending on the ability of the players.

Keep score within a certain time and rotate the players to experience a different opponent.

Soccer Tennis



Dribble One

Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches at various speeds and distances.

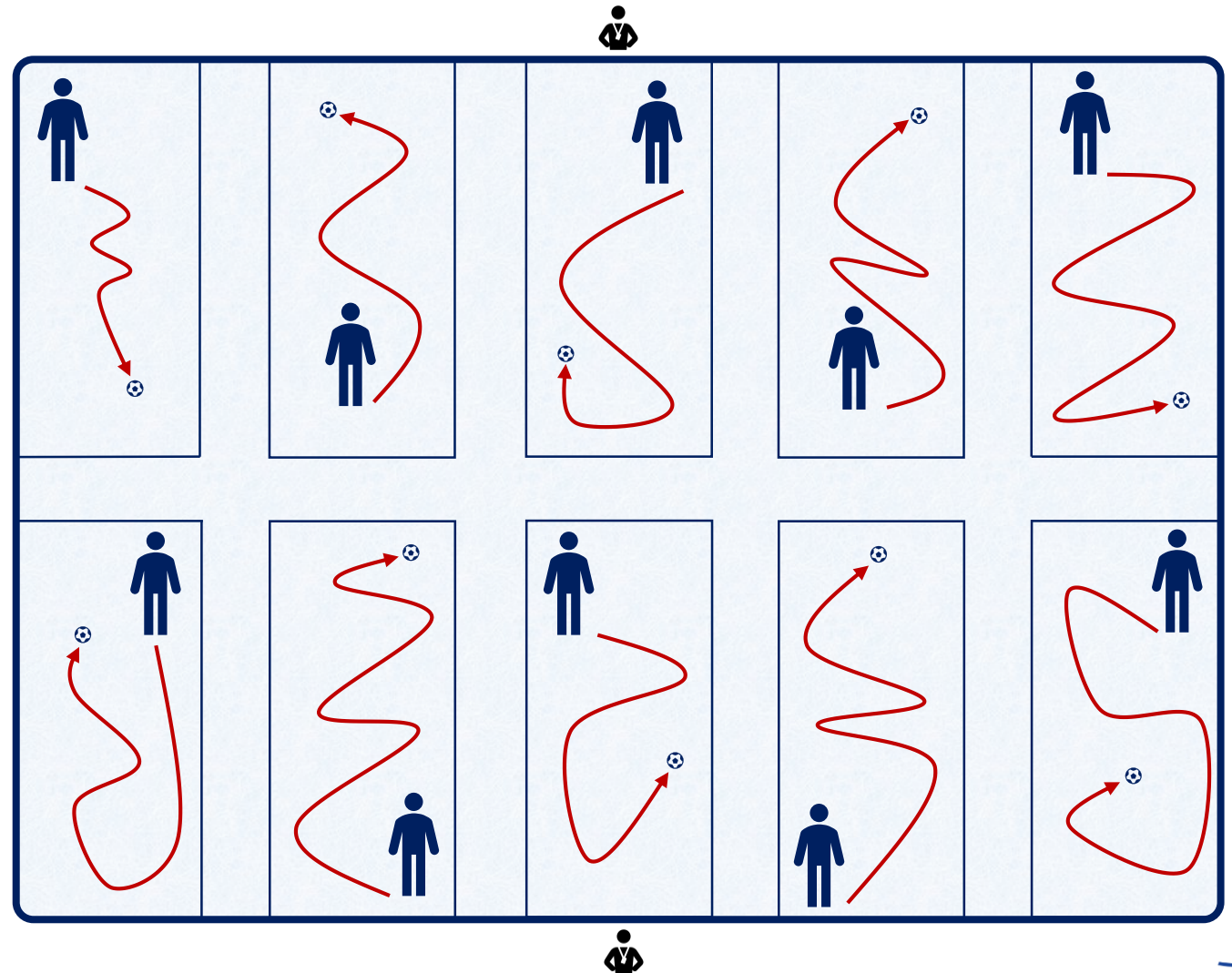
Tips

Give players challenges by shouting commands including:

“Turn”
“Skill”
”Stop”

Let the players demonstrate their best skill or trick.

Small Touches



Dribble Two

Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches in and out of the cones.

Have players race against each other to make the dribble competitive.

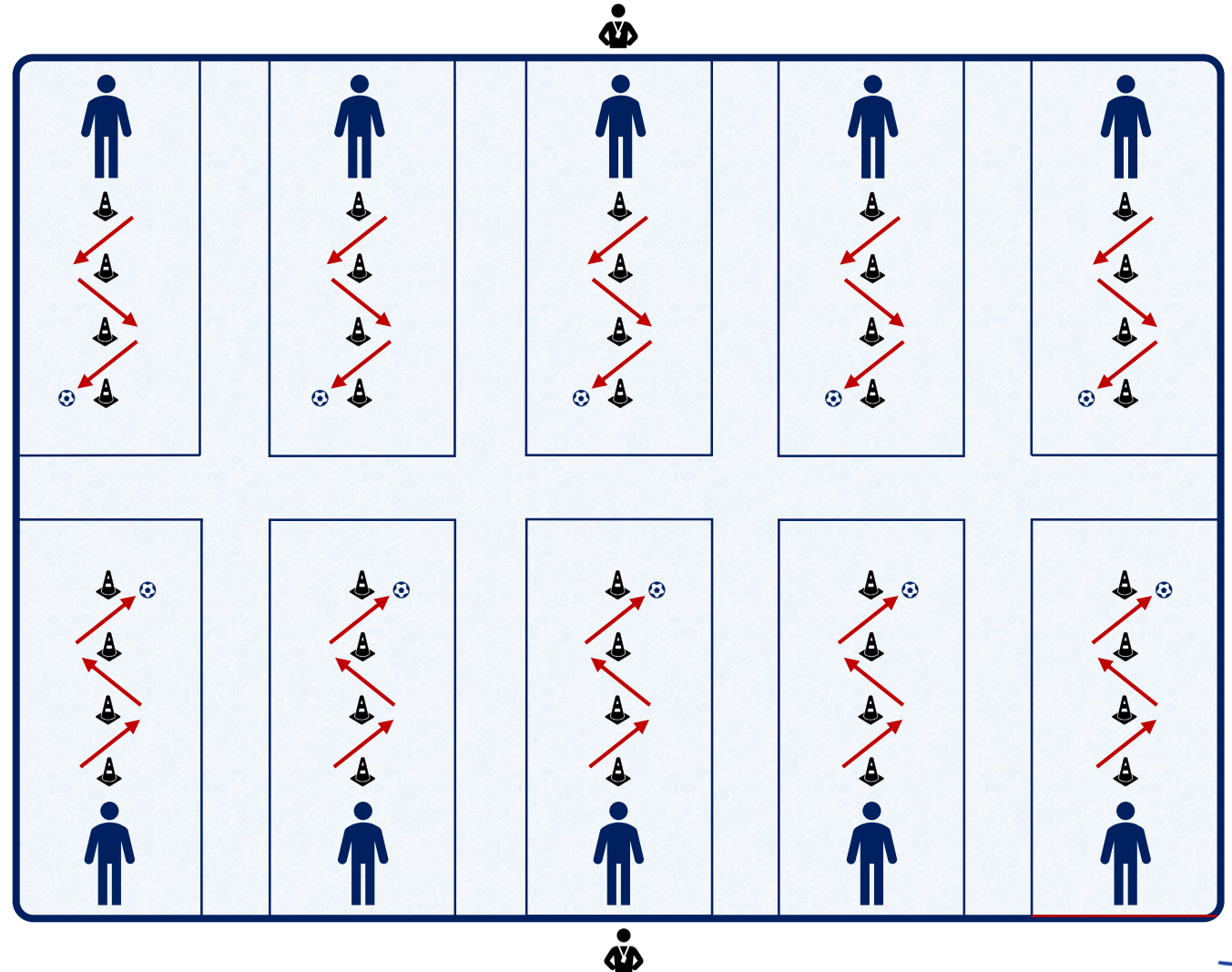
Tips

Give players a challenge or task, for example, rotate the players so they race with and against other teammates.

Place players in teams and they have to co-ordinate their dribble to work together.

Vary the cones to make a new race-course.

Relay Race



Dribble Three

Set Up

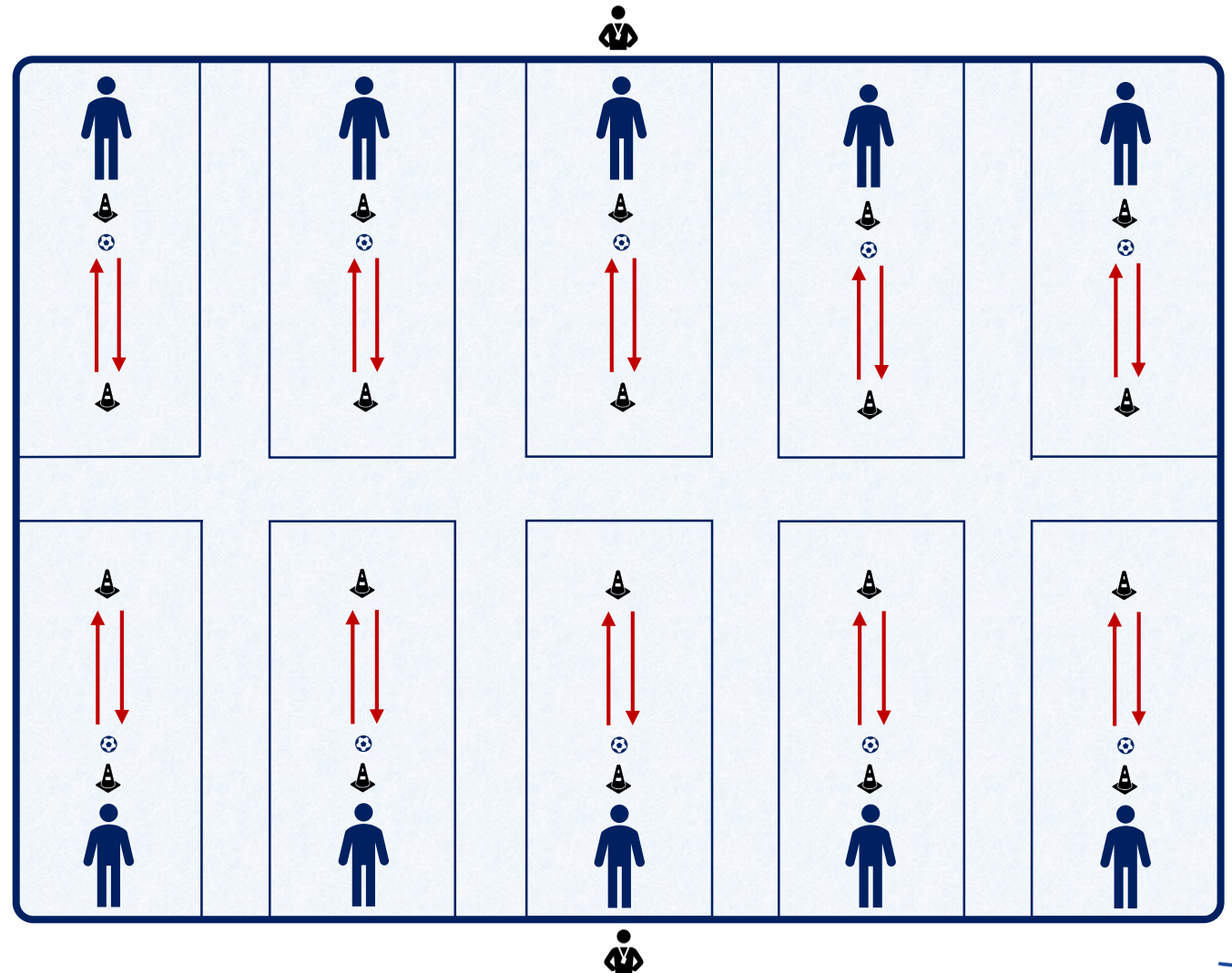
In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and turning away from the cone with speed.

Tips

Let the players demonstrate their best turn as well as task the players to invent a new turn.

Increase the tempo by making the turns at pace.

Turns



Dribble Four

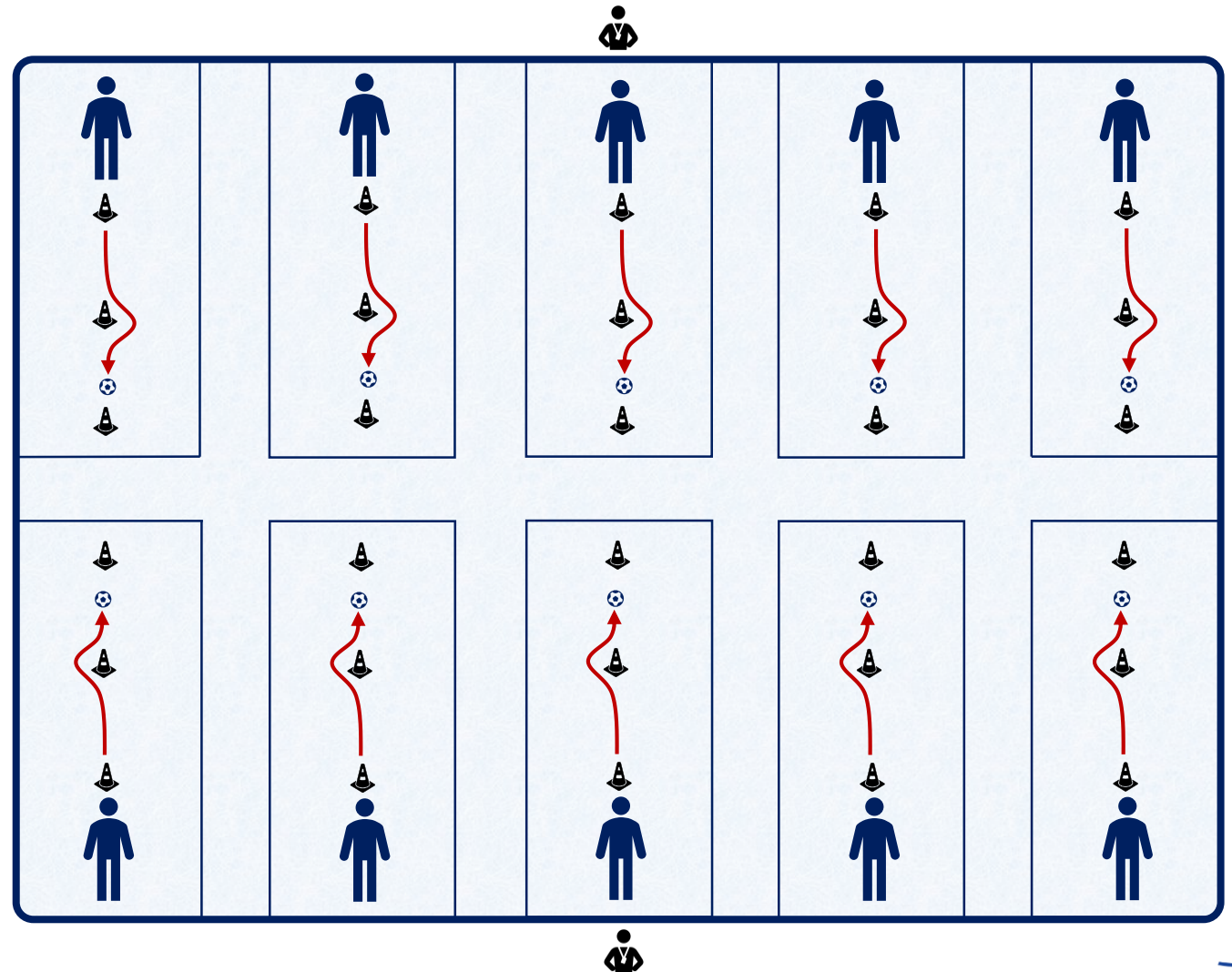
Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and beating the cone (defender) with a trick or skill.

Tips

Let the players demonstrate their best skill as well as task the players to invent a new skill to beat the cone (defender).

Skills



Game One

Set Up

Split the group into 2 smaller groups creating a 3v2. Staying in their designated zones player must keep the ball by passing it through an opponent zone.

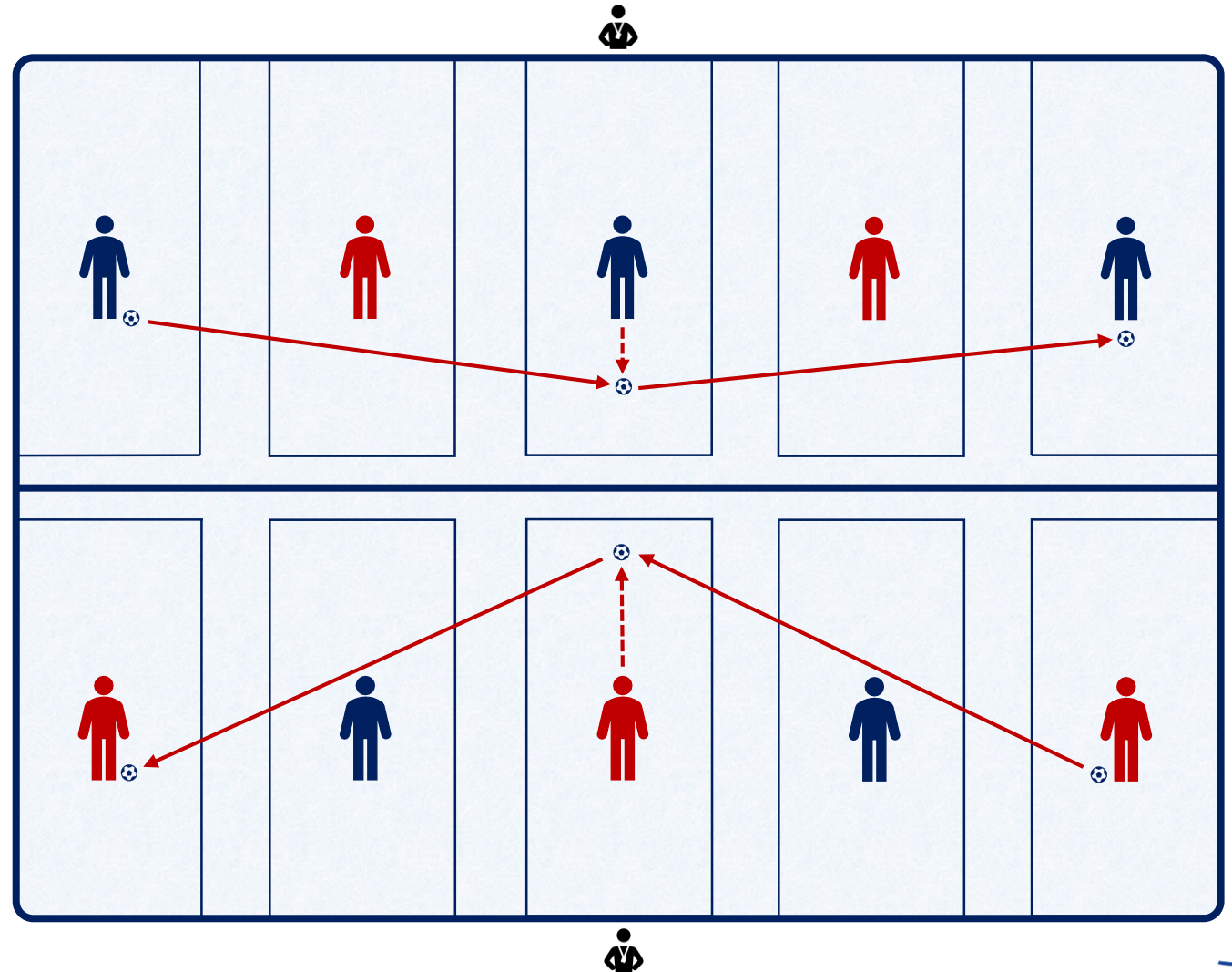
Staying in their designated zone, the opponent must try and intercept the pass.

Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

Keep Ball



Game Two

Set Up

Split the group into a 4v4 and 2 Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and finally into a target to score a goal.

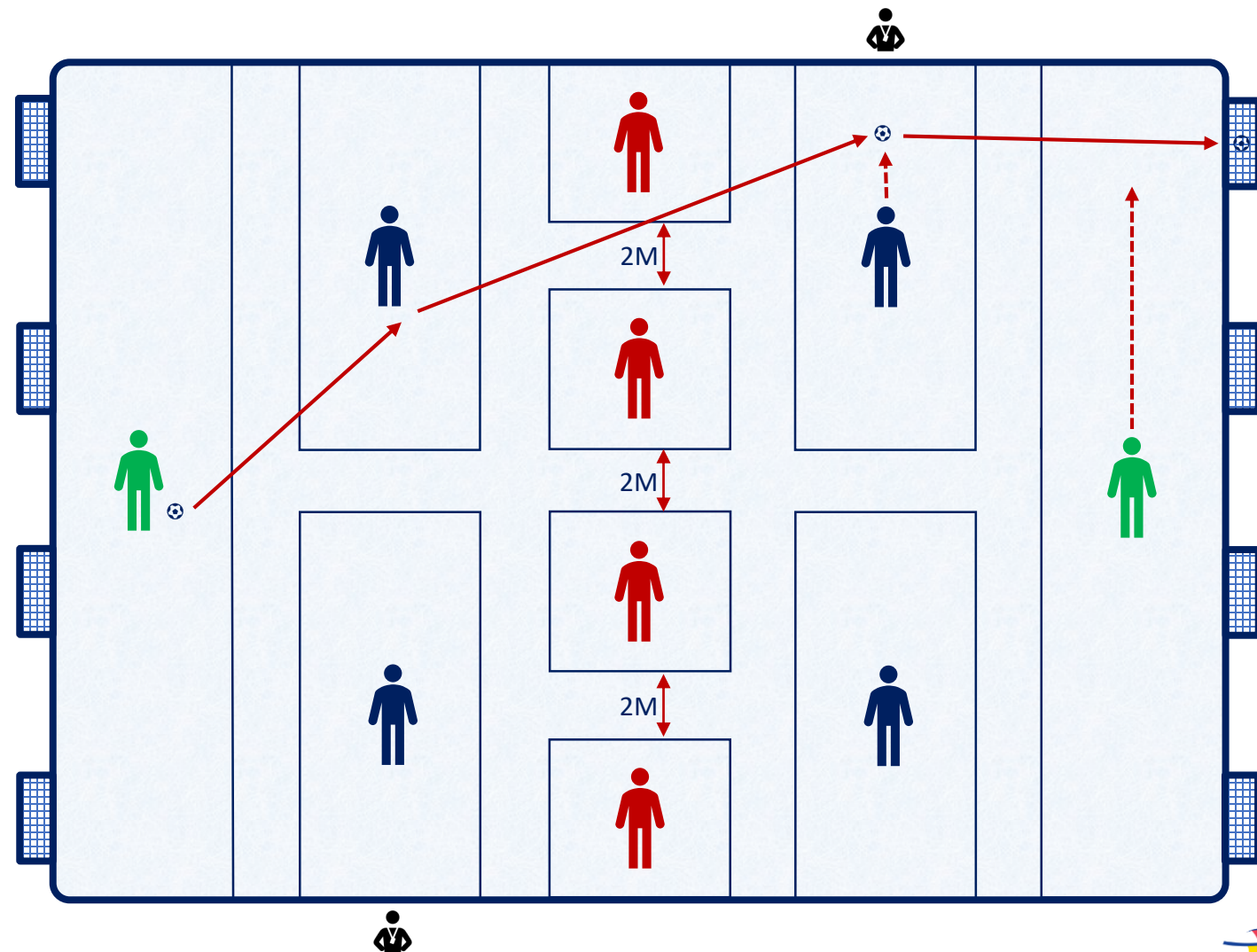
Staying in their designated zone, the opponent must try and intercept the pass to stop their opponent from finding targets.

Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

Keep Ball To Targets



Game Three

Set Up

Split the group into 2 smaller groups creating a 2v2 + Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal.

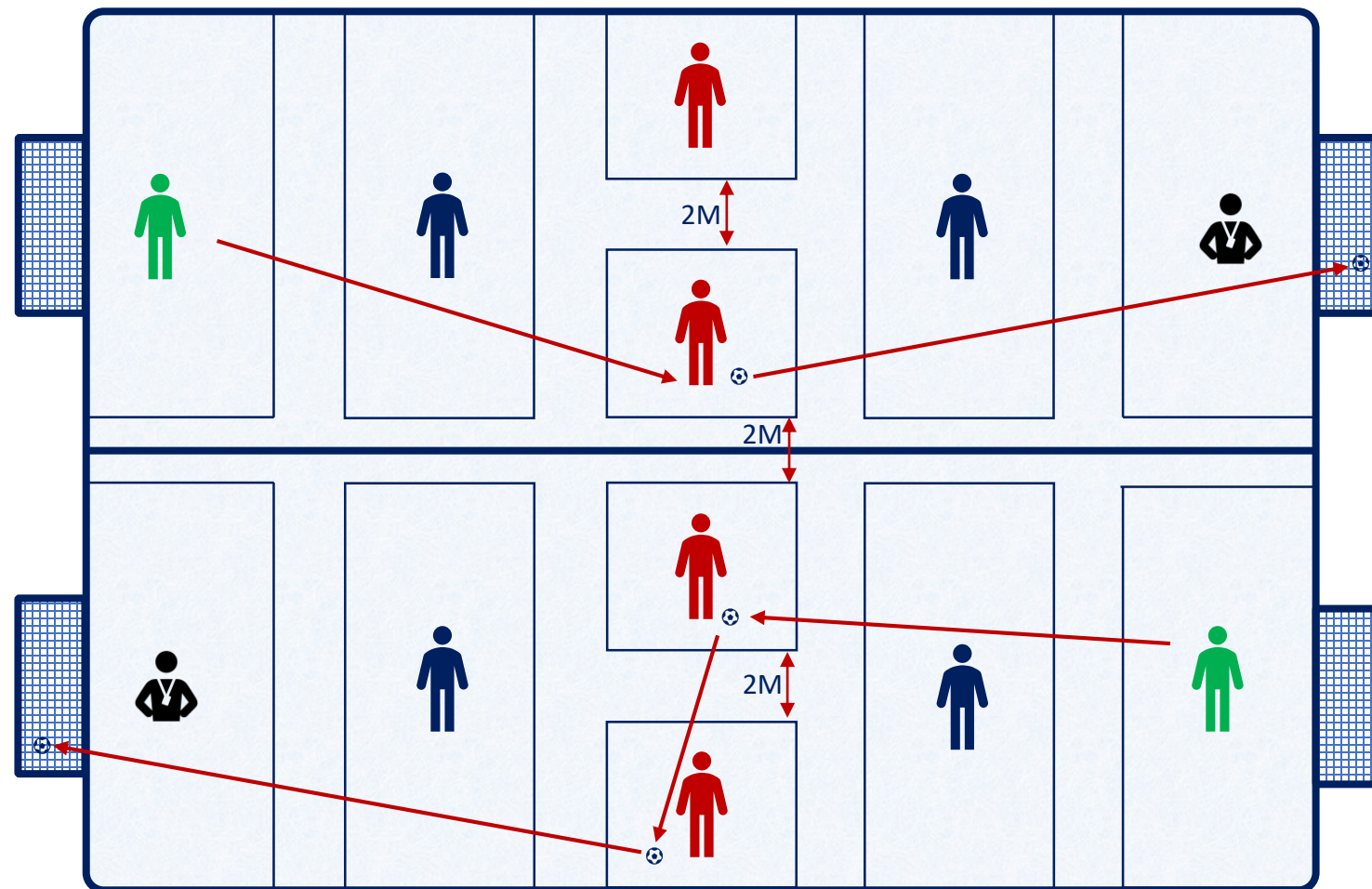
Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.

Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

Keep Ball To Goal (2v2)



Game Four

Set Up

Split the group into a 4v4 and 2 Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal.

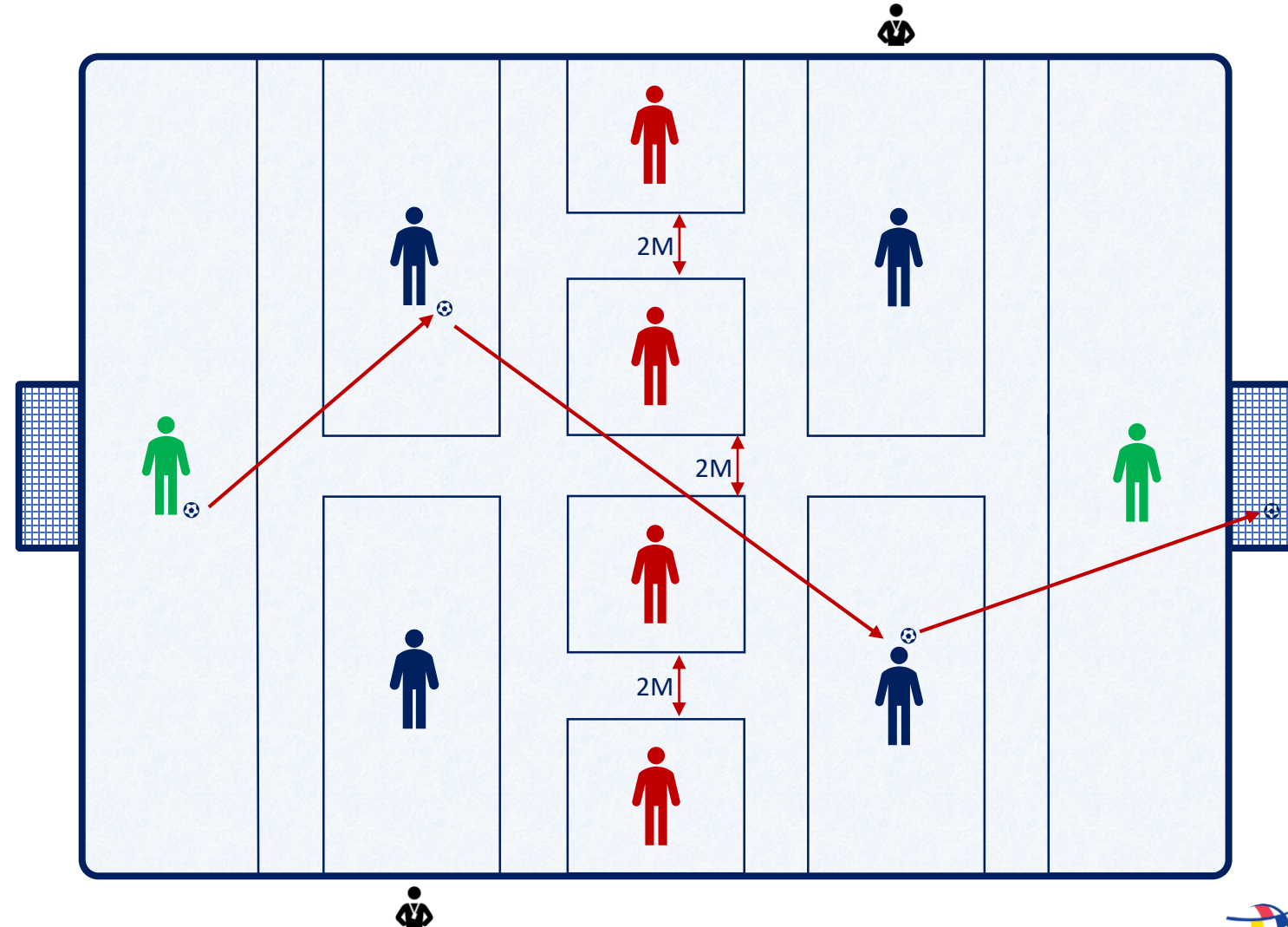
Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.

Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember maintain and prioritize the distancing requirements of 2m.

Keep Ball To Goal (4v4)



Cool Down

Set Up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet.

Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air.

Ensure players are not using their hands to pick the ball up.

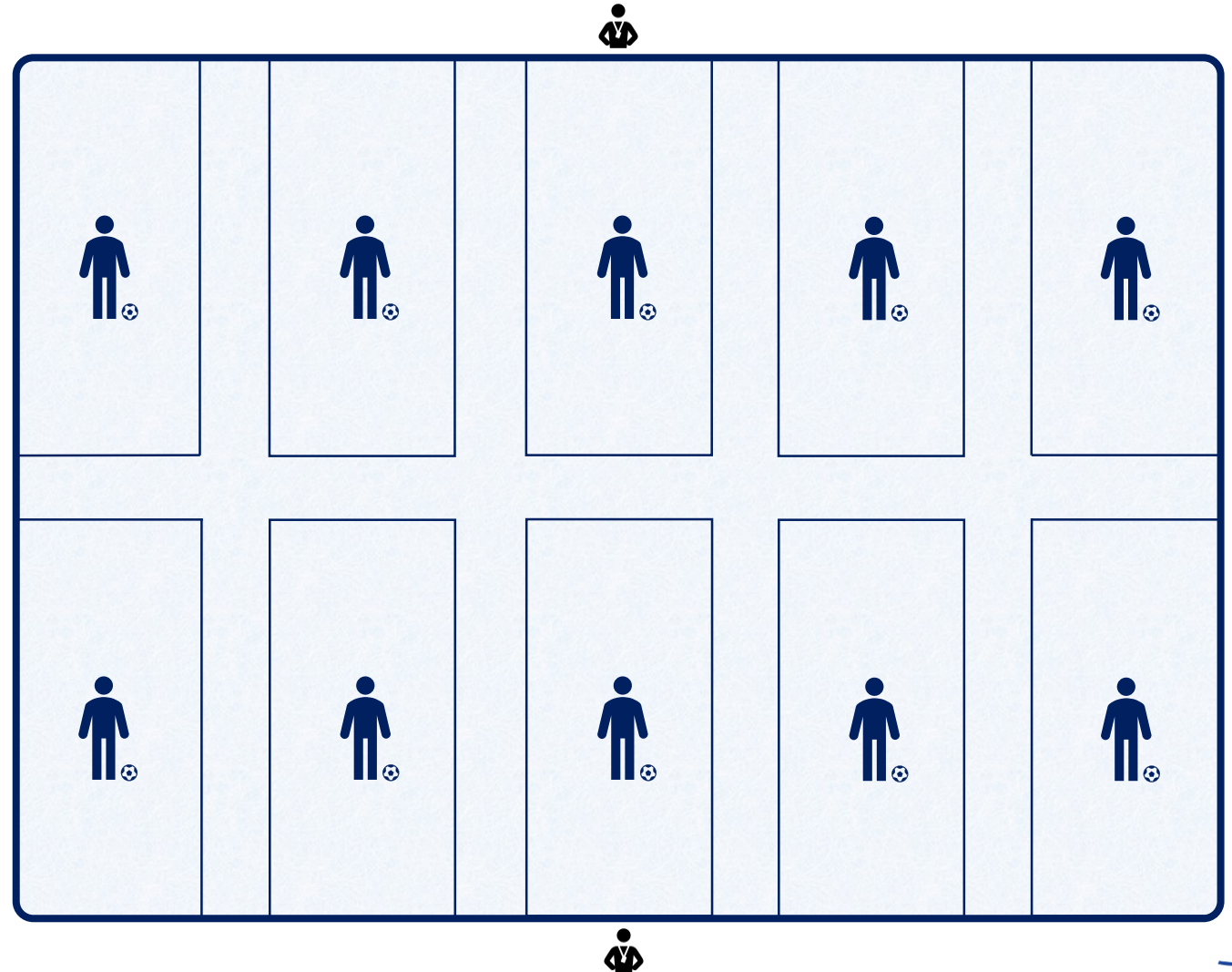
Tips

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball.

Let the players demonstrate their best skill or trick.

Decrease the tempo as the session comes to an end.

Ball Control



Coaching Tips

Player Management

Before	During	After
<ul style="list-style-type: none"> Consider sending a session plan to the 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 the players if they have any suggestions for session activities next time. Ensure that each player goes home with their designated household contact.



Coaching Tips

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 that respects distancing requirements. • Have enough cones and balls available for your session. • Coach sets up all the equipment and follows club procedure 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 is 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. • Clean and disinfect equipment after the practice is over. • Reflect on how the equipment was managed and distributed to improve this for the next session.



Coaching Tips

Time Management

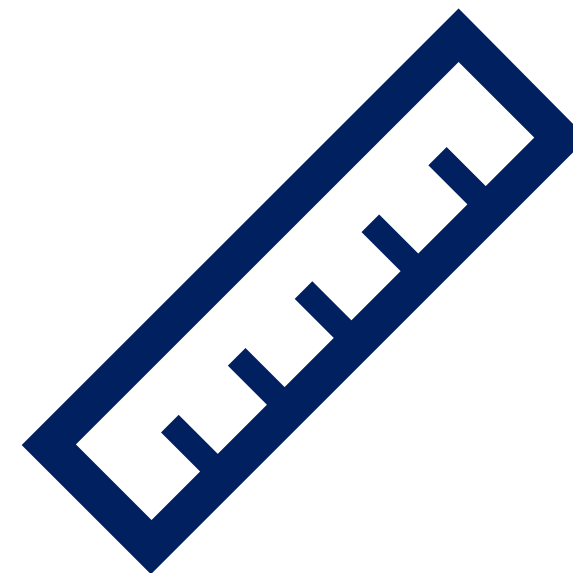
Before	During	After
<ul style="list-style-type: none"> Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks). Prepare that transitions may take a little longer than normal when managing players and session set up. Delineate areas for players to arrive and to place their belongings while considering distancing requirements. 	<ul style="list-style-type: none"> Respect the timeline you anticipated in your session so parents can plan. Make use of your time by following your session plan guidelines. Don't stay too long on one activity to prevent boredom. 	<ul style="list-style-type: none"> Make sure you pick up all equipment and belongings before leaving the field. Take a brief time to connect, while adhering to distancing requirements, with your players after the practice and validate their efforts. Consider following up with a positive email to the players and parents encouraging them about the next practice session.



Coaching Tips

Space Management

Before	During	After
<ul style="list-style-type: none"> • Check with your club to confirm the amount of space available for your session. • Prepare a session plan that includes the amount of players confirmed for your practice. • Ensure that you have the right equipment (i.e.. amount of cones and pumped up balls). 	<ul style="list-style-type: none"> • Be aware at all times that you and the players are respecting distancing guidelines. • Consider designating the Assistant Coach to help you manage the spacing throughout the session. • Add more cones if required to clearly emphasize the zone boundaries. 	<ul style="list-style-type: none"> • Make sure you pick up all equipment before leaving the field. • Don't leave any personal belongings on the field of play or team bench. • Reflect on how the spacing worked out in the session and involve your players, the staff and ask the parents for their feedback.



Further Support

To support BC Soccer Members and Affiliated Members with their return to play technical planning.

BC Soccer will offer to host a **Return to Play Webinar** as well provide individual One on One Consultation meetings as requested.

BC SOCCER'S RETURN TO PLAY PLAN – Phase 1 - Released June 2, 2020

TIMELINES, RECOMMENDATIONS, AND GUIDELINES FOR PARTICIPANTS

Considering a gradual and phased-in return to playing soccer may start to occur across BC as health authorities look to lift some restrictions in a controlled and responsible way, BC Soccer is providing (under separate document) its recommendations and guidelines for members, affiliated clubs, administrators, coaches and anyone organizing soccer related activity under the umbrella of BC Soccer (i.e. sanctioned soccer activity).

This document is also being provided to support the soccer activity participants.

WORKING TIMELINE

The following timelines are ONLY able to be implemented if the BC health authorities soften restrictions and we are collectively able to get back to some form of soccer activity. Early indication suggests that there may be a softening of restrictions in the near-term, therefore, the following is being shared as we collectively work to prepare accordingly.

- Earliest June 12, 2020 – Return to Modified Training (Phase 1 for soccer)
- Date TBA – Return to Modified Games and/or Competition Structure (Phase 2)
- Date TBA – Return to the NEW Regular Type Training & Games/Competition Structure (Phase 3)

Note: please see ViaSport's Sport Activity Chart on page 23 of their [Return to Sport Guidelines for B.C.](#) which provides added information on what may be allow over time.

IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY

- Contact your soccer club or organization to inquiry if they are looking to provide modified soccer activity.
- Do not play if you:
 - o Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - o Have been in contact with someone with COVID-19 in the last 14 days.
 - o Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring hand sanitizer.
- Bring your own soccer ball.

- Bring your own water bottle.
- Clean your equipment, including your water bottle.
- Do not share equipment.
- Change into your soccer apparel at home (not at the field location).
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

WHILE PLAYING

- Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- 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 or do fist bumps, with other players.
- Avoid touching the ball and other equipment with your hands.
- Goalkeeper must not share gloves.

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the field as quickly as possible after you finish playing.

FAILURE TO FOLLOW

- Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.

CLOSING COMMENTS

BC Soccer thanks all members, affiliated clubs, and individuals across BC for your patience and for the work you are doing to support soccer and importantly for your understanding as we navigate through this challenging time.

-End-