

# Winsloe-Charlottetown Royals FC



**Parent/Participant Guide  
Return to Play Operational Plan  
June 8 - June 30, 2020  
Pre-Season Training**



## Illness/Exclusion Policy

- The club will clearly communicate to all members the exclusion policy in place for anyone displaying symptoms of COVID-19.
- All staff, members, coaches, volunteers, participants and parents/guardians must self-monitor for symptoms and report to the following club board representative by email: [wcrfccordinator@gmail.com](mailto:wcrfccordinator@gmail.com) or phone/text: 902-940-0216, if they have concerns about possible COVID exposure or possible symptoms.
- Any player developing symptoms of COVID-19 at the club's facilities must immediately perform hand hygiene, report to team staff, avoid contact with other members and staff and leave as soon as it is safe to do so. Please call 811 to arrange testing.
- Symptomatic persons will be required to self-isolate until tested for COVID-19 and the results are confirmed.
- If the test results are negative for COVID-19 but the person remains ill and/or symptomatic, they must remain absent from all club facilities.
- *Symptoms of COVID-19 include:*
  - cough (new or exacerbated chronic) - headache
  - fever/chills
  - sore throat
  - marked fatigue - sneezing
  - congestion
  - body aches
  - runny nose

## Public Health Guidance - General (all participants)

- Stay informed, be prepared and follow public health advice
- Maintain physical distancing of 2 m (6 ft) with individuals who are not part of one's household
- Adhere to mass gathering limits (Phase 3-June 1: 20 outdoor & 15 Indoor)
- Stay home when ill and call 811 promptly if experiencing symptoms of COVID-19
- Wash your hands often with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
- Don't touch your face with unwashed hands
- Cough or sneeze into a tissue or your sleeve, and wash your hands directly after
- Ensure enhanced cleaning and disinfection of commonly touched surfaces
- Teammates and neighbours can carpool or share drives if physical distancing is maintained - [Carpooling and Essential Transport Guidance](#)
- Vulnerable individuals should exercise caution and minimize high-risk exposures
- Limit personal non-essential travel. Keep a log of interactions to self-monitor and to facilitate contact tracing should a case be detected

# Parent/Participant Guide

## - pre-training, training and post training

### Pre-training-at home

- Self Assessment - [Self Assessment Tool](#)
- If anyone in the household is exhibiting symptoms for Covid-19 = do not participate
- Wash your hands with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol.
- No bathroom facilities will be available during Phase 3.
- Dress for the session, including cleats. No Locker rooms or benches available at the club.
- Dress warmly (layers can easily be removed) to avoid having to return to the car for extra clothing.
- Limit the number of people at the training facility. Maximum of 20 per training group (includes coaches).
- Drop off is between 5 and 10 minutes prior to session start time to avoid cross-over with other groups. Participants will need to arrive on time for their session. Drop off locations and schedules will be communicated via email to all registered participants.
- Due to Phase 3 Renew PEI Together Guidelines mass gathering restrictions (20), only participants (players, coaches, employees) will be allowed to remain at the soccer complex. Parents/guardians are asked to leave facility until the training session is completed.

# Parent/Participant Guide

## - pre-training, training and post training - continued

### Training - at complex/field

- Proceed to drop off zone - staff at complex entrance will direct vehicles to proper drop off location.
- On arrival, attendance and contact information of all participants will be taken at designated field drop off locations upon arrival. Use hand sanitizer at drop off location. Participants will be directed to their training field and must follow directions to access the field.
- Maintain physical distancing from all other players being dropped off.
- 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
- Hand sanitize/disinfect immediately at sanitizing station at the field if this happens
- Goalkeepers must not share gloves.
- Team coach/manager will direct you to your station on the training field
- Remain in your station at all times unless otherwise directed by your coach/manager
- Enjoy the session and have fun with your teammates while respecting all phase 3 guidelines
- Failure by any participants and/or individuals to follow these recommendations and guidelines may result in removal from participation.

# Parent/Participant Guide

## - pre-training, training and post training - continued

### Post-training-at complex/field

- Adhere to all physical distancing guidelines
- Double check and make sure you have all your personal belongings
- Follow all club/team staff direction
- Proceed directly to pick up zone. Each participant must leave via the designated pick up zone and report to the designated staff member prior to departure for check out. Attendance sheets will be maintained for 1 month to enable contact tracing if required.
- Use hand sanitizer before departing
- Post-training-at home:
  - Wash your hands with soap and water for at least 20 seconds; if not available, use a hand sanitizer that contains 60% - 80% alcohol
  - Clean equipment and wash training gear
  - If your child or member of the household show any symptoms of Covid-19 follow these steps:
    - Call 8-1-1
    - Contact - email: [wcrfccordinator@gmail.com](mailto:wcrfccordinator@gmail.com) or phone/text: 902-940-0216 to advise our designated Club Board member