



Pre & Post Activity Checklist

Players & Parents

BEFORE YOUR SESSION

- All players MUST confirm their attendance at the session a full 24 hours in advance by updating their status in the PowerUp App.
- You MUST use the BC COVID-19 Self Assessment Tool [HERE](#) before attending any session to determine if you should be going or staying home.
- You MUST contact the club immediately if you are experiencing any COVID-19 symptoms.
- Wash your hands with soap and water for at least 20 seconds before leaving your house to attend the program.
- Bring your own water bottle(s) (at least 1 litre of water) and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field. Be certain to bring enough water for the training conditions to avoid filling up in the bathroom. **THESE MUST BE CLEARLY LABELLED WITH YOUR NAME.**
- Clean / Disinfect your equipment, including your water bottle(s) before you arrive.
- Change into your soccer apparel at home (not at the field) – arrive in your cleats.
- Consider wearing a mask or gloves while playing if you feel more comfortable doing so.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

DURING YOUR SESSION

- Arrive to the field in the manner identified on the relevant Park Map.
- Do not leave your car / approach the field until 10 minutes before your session start time and then you must follow posted signs and wait in the designated areas until you check in with your coach.
- You must check in with your coach before every session.
- Place your water bottle(s) and hand sanitizer / bag / backpack in the area designated for you on the field.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players.
- Listen to your coach and stay in the area in which you are instructed to be.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with those not from your household (including hand shakes and fist bumps, etc.).
- Do not touch any balls or cones with your hands, Do not head the ball. The exception to this is any child playing as a GK may save and distribute the ball with their hands.
- Goalkeeper must not share gloves or spit in their gloves.

AFTER YOUR SESSION

- Collect your equipment and leave the field promptly and in an orderly fashion while maintaining appropriate physical distancing.
- Wash your hands / use hand sanitizer before leaving the Park.