



# Bowen Island Football Club

## Return to Play Phase 1 Protocols – Coaches and Managers



### **Player and Coach Arrivals and Departures**

Players and coaches are required to enter AT field through middle gate once Health Check has been confirmed by team manager. Players will be asked to exit through end gate only immediately following the session. Parents are requested to drop off and pick up only and not stay at the field.



### **Hand Sanitizers at Fields**

Hand sanitizer dispensers will be stored in each bin and should be made available to players and coaches entering the field. All players should be told to use the sanitizer as they enter and exit the field.



### **Distance Water Breaks and Areas**

BIFC will ensure players stay 3 metres apart during water breaks and will go to assigned areas to leave their bags and water bottles. Parents are asked to provide their child with water bottles and enough water to last the whole session. Bottles should be clearly designated (names).



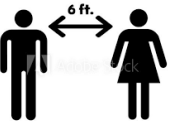
### **Sick (or those who appear sick) Players Will Be Sent Home**

Any player who arrives at training showing any signs of sickness will be immediately sent home and not permitted to enter the field.



### **Equipment (sanitization)**

All equipment including balls and cones to be disinfected prior to and following training sessions. Bibs are not to be shared and washed immediately following each session along with GK gloves that are used. Coaches will be given and maintain bibs. Players should be reminded to avoid touching equipment. Players will be assigned individual balls at training.



### **Social Distancing**

Players must stay 3 metres apart from other players and coaches (especially when providing instructions). Avoid placing bibs, instead let them do it.



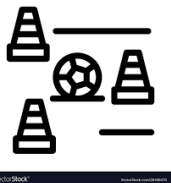
### **No Spitting**

No spitting or nose clearing is permitted.



### **Attendance / Health Check on Teamsnap**

Attendance lists must be maintained for all sessions and games and parents are required to complete a player's availability and Health Check prior to arriving at the session on Teamsnap.



### **Designated Training Grids**

Each player will be assigned a clearly defined training area on the field. These grids will be marked by cones. Players will remain inside their training area during the session. They will be allowed to leave their training area in order to go to their designated water and resting area.



### **Appropriate Training Activities**

Training sessions will concentrate on individual ball mastery skills. This has often been a priority of BIFC and Phase 1 training sessions will be focussed on juggling, dribbling and touches on the ball as well as speed and agility training (quick feet). These activities are best suited for physical distancing since most of the exercises only involve the player and the ball.

