



Bowen Island Football Club

Return to Play Phase 1 Protocols – Parents and Players

BEFORE LEAVING HOME

- Wash your hands thoroughly before going to soccer.
- Change into your soccer clothing at home (not at the field).
- Bring a bag for your belongings and a plastic bag in case it rains.
- Bring your own labelled water bottle and make sure you have enough for the session.
- Bring a mask or gloves to wear while playing if it makes you more comfortable.
- A player's availability status and Health Check must be completed prior to every session on Teamsnap.

DURING SESSIONS

- Arrive 10 minutes before your session (not earlier) and meet with manager to ensure Health Check has been completed.
- Only enter the field once you have been cleared by manager
- Only enter the field through middle gate
- All participants must sanitize hands.
- Place your bag of belongings in the area designated for you on the field (on the sidelines).
- Always comply with all physical distancing measures in any lineups.
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- Keep a 3-metre distance with other players and coaches at all times.
- Avoid physical contact and do not shake hands or do fist bumps, with other players.
- Avoid touching the ball and other equipment – let the coach handle the equipment.
- No heading the ball.
- Goalkeepers must not share gloves or spit in their gloves.

AFTER SESSIONS

- At the end of the session gather your belongings as quickly as possible and exit the field by the end gate (basketball court) and playing area as quickly as possible.
- Wash your hands / use hand sanitizer before leaving the field.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the field or allowed to participate in any Club program until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- Indicate on the Teamsnap account your availability based on the above criteria.

