



BIFC Programming Update

June 30, 2020

Overview

Bowen Island FC is currently reviewing and establishing guidelines in an effort to resume training opportunities for our members. At the forefront of all these guidelines is the safety and health of our players and coaches. The Club is in discussions with Bowen Island Community Recreation Department towards a coordinated and safe resumption of training and development. Any form of programming will ensure it adheres to guidelines outlined by both BC Soccer and BC Health authorities.

Return to Programming

The resumption of training programs will be done in stages, following BC Soccer, BICR and provincial health guidelines. The Club will resume training beginning July 6th and hopes to resume regular league training and play in September. With that in mind we will be opening registration on July 1st for our summer training sessions and Fall programming, as the Club is facing league deadlines to register teams for league play.

Stage 1 - Safety Measures

Player and Coach Arrivals

All players and coaches arriving (and departing) training sessions must do so individually (no car pooling). Players who have finished a practice will be asked to leave immediately following their session so as to not have crossover. Training sessions will have a minimum of a 15-minute gap so as to avoid having too many players at the field.

Hand Sanitizers at Field Entrance

Hand sanitizer dispensers will be available at the entrance to the turf and (when applicable) grass field. All players will be told to use the sanitizer as they enter and exit the field.

Individual Balls

Upon arrival each player will be assigned a specific ball and training space. Each of these balls will have been wiped down with disinfectant prior to the players arriving and will be left at their respective training location.

Distance Water Breaks

BIFC will ensure players stay 6-feet apart during water breaks. Parents are asked to provide their child with water bottles as water fountains will not be accessible.



☑ If You Are Sick (or showing symptoms) Stay Home

It is essential that parents monitor their children and if there are any signs of sickness your child can not attend training. Any player who arrives at training showing any signs of sickness will be sent home prior to training.

☑ Washroom Access

Washrooms at BICS will be open for training. All players, coaches and players must wash their hands upon entering and leaving the washroom. Everyone is asked by BICR to leave the door open when the exit the washroom.

☑ Designated Training Grids

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

☑ Reduced Number of Players at Training

The Club will create small training groups (based on similar age and skill levels) and advise them of their practice times. Training groups will be staggered so they do not overlap each other. The number of players expected to train at the same time is expected to be between 6-8 players.

☑ Increase Coach to Player Ratio

Coach to player ratios are usually 1 to 12-16 players, however with the new measures that ratio will be reduced to 1 to 6-8. This will better enable the coach to monitor the players and ensure they are maintaining appropriate distances and behaviours throughout the training session.

☑ Appropriate Training Activities

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



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