



PHASE 2 – RETURN TO TRAIN



RECOMMENDATIONS AND GUIDELINES FOR COACHES

Return to Training and Modified Games (enhanced training & modified games)

Before you leave Home

- Complete a self- check for symptoms of Covid 19 before going to training. Ontario COVID 19 Self-Assessment App <https://covid-19.ontario.ca/self-assessment/>
- DO NOT leave home if you are feeling unwell or showing signs of COVID-19 Symptoms (Fever, Cough, Shortness of Breath, Sore Throat or Runny Nose).
- Eat before you come.
- Thoroughly wash your hands with soap and warm water.
- Bring thoroughly washed water bottles and sanitized equipment (uniforms, socks, shin pads, soccer balls).
- Technical staff will supply some suggested drills and activities if you need some help ask?
- Must follow practice schedule provided by the CSC Club Head Coach at all times
- Ensure parents are staying in their car or the parking lot area assigned to your field.
- Use the washroom.
- Follow all Return to Train protocols, including the Caledon soccer facility guidelines.
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Respect social distancing.
- Sanitize all shared equipment between sessions (balls, cones etc).
- No heading, chest or hand contact with the ball (feet only)
- Regular sanitization breaks combined with water breaks.
- Only coaches and staff should handle equipment
- Avoid using shared pinnies or any other additional equipment
- Bring personal hand sanitizer.
- Enhanced training now includes closer group interactions where sharing or competing for the ball activities can now take place, i.e., 1v1, 2v2, 3v3.
- Introduction of modified game formats of 1v1 to 9 v 9 for U12 and under ages and 11v11 game formats for U13 and over. Only Inter-squad modified games are permitted (only within the Club - no games between other Clubs/Academies).
- Clubs can have multiple training groups (squads) with a maximum of 100 participants (coaches and players) in each training group/squad. The training group (squad) can train or play modified games only within the training group (squad).





For example: 100 participants (coaches and players), If the U15 Girls (24), U14 Boys (19) and the two U13 Boys teams (20 and 19) (Total of 82) are in a group and will train and play games against one another, that is only who they can train and play against. They cannot play outside of this group nor can a team from another group come in.

Modified Game - Discipline Adjustments

- Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight removal from that days play for Unsportsmanlike Behavior. Coaches should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
- Serious physical altercations will result in an automatic removal from the Return to Train program.
- Mass confrontations will result in automatic dismissals for all involved.
- There will be ZERO tolerance for spitting on or around the field of play.** If spitting is seen by one of the coaches, the following procedure will be followed:
 - If aimed/directed towards an individual it is an automatic removal from participating in the Return to Train.
 - For all other types of spitting, if a player or technical staff is seen to be spitting on or around the field of play:
 1. The First incident will result in a verbal warning.
 2. Second incident by that same person, a warning for Unsporting Behavior will be issued and removal from the Return to Train program
 - Coaches are responsible for ensuring players are aware of the Spitting Zero Tolerance requirement, and the importance of following Covid-19 guidelines.

Modified Game - Rule Adjustments

- To reduce body fluid transfer onto ball surface, heading of the ball has been removed for this phase. After the first verbal warning, heading of ball will result in an indirect free kick for the opposing team.
- Walls for Free Kicks –Defender and attacker deliberate contact is not permitted when creating a wall. After the first verbal warning, failure to comply will result in an indirect free kick to opposing team.
- Throw-ins are not permitted. The ball must be kicked into play (kick-in). All other requirements of Throw-In Law will still be applied. After the first verbal warning, failure to comply will result in a kick-in to opposing team.
- Corner kicks: Defender and attacker deliberate contact is not permitted. After the first verbal warning, failure to comply will result in a goal kick to the defending team.
- The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee/coach, the ball automatically goes to the Goalkeeper. The Referee/coach leaves the ball on the ground, and the Goalkeeper picks it up.
- No goal celebrations are permitted which incorporates physical touching. First violation is a verbal warning, second violation by the same team will result in a caution to the goal scorer.





Modified Game - Process Adjustments

- The Thunder and Lightning Policy will be adjusted to read that if the game is stopped for severe weather, then the game is over in order to avoid gathering of participants in confined areas, and will not be rescheduled due to availability of fields/officials etc.
- When a player is injured, Only team medical personnel, following proper health and safety protocols may assist the injured player.
- There will be no handshakes or high 5's between players, match officials, coaches before, during or after the game.
- Parents are not permitted to enter the playing field at the end of game or during training. If this occurs, it is an expectation that the team coach will address with the parent(s).

After activity is Complete

- NO LOITERING.**
- Sanitize all shared equipment (balls, cones etc) between group arrivals if applicable and at end of day.
- Respect social distancing guidelines.
- Thoroughly wash water bottle with soap and warm water and equipment (uniforms, socks, shin pads, personal soccer ball) each day



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