



## PHASE 2 – RETURN TO TRAIN



### PARENT/GUARDIAN CHECKLIST

Use this checklist to help prepare for a safe environment for your son/daughter. 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 experiencing COVID-19 Symptoms (fever, cough, shortness of breath, sore throat or runny nose).
- Check child's temperature before coming to any training session.
- Ensure child's clothing is washed after every training session (recommended to be cleaned separately). Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Notify Club/coach immediately if your child becomes ill for any reason.
- Your son or daughter must be registered with the Caledon Soccer Club.
- The following forms must be completed and given to the coach at Check In:
  - a) Declaration of Compliance – COVID-19, and;
  - b) Ontario Soccer Informed Consent and Assumption of Risk Agreement.
- Eat before you come – no food on premises.
- Have child wash their hands thoroughly with soap and warm water.
- Use the washroom before leaving home.
- Make sure that your child has plenty of water in a bottle with their name on it.
- Only one parent/guardian attending soccer activities.
- Remind your child to adhere to social distancing requirement. No more than 1 person per 4m<sup>2</sup>.
- Parents/guardians to keep a reasonable distance from the field.
- Prepare your son or daughter in regards to questions that will be asked.
- Consider wearing PPE (masks, gloves).
- Bring personal hand sanitizer.

#### Arrival at Field/Facility

- Drop child off at the identified team drop off point and scheduled time.
- Follow traffic flow layout to your drop off and pick up location.
- Remind your child that they have to check in.
- Adhere to social distancing requirements. Guidelines for CSC facility will be provided.
- Avoid using shared pinnies or any other additional equipment





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.

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

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**NO LOITERING.** Please leave the facility parking lot.

Respect social distancing guidelines.

Pick player up at the identified team drop off point.

Avoid congregating at facility entry points.

Pick player up at the identified team time.



L-T-P-D  
long term player development

