



## Phase 1 – RETURN TO TRAIN



### PARENT/GUARDIAN CHECKLIST

Use this checklist to help prepare for a safe environment for your son/daughter.

#### 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).
- Check child temperature before coming to any training session.
- Ensure child's clothing is washed after every training session. (Recommended to be cleaned separately) and 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.
- The following forms must be filled in and given to the coach at check in.
  - Declaration of Compliance – Covid 19
  - OS Informed Consent and Assumption of Risk Agreement
- Eat before your come – no food or drink on premises.
- Have son or daughter wash their hands thoroughly with soap and warm water.
- Use the washroom before leaving home.
- Make sure that your son or daughter has plenty of water in a bottle with their name on it
- Only one parent/guardian attending soccer activities.
- Remind your son or daughter 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.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Consider wearing PPE (masks, gloves).
- Bring personal hand sanitizer.

#### Arrival at Field/Facility

- Drop player 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 son or daughter that they have to check in.
- Adhere to social distancing requirement; guidelines for Caledon facility will be provided





## 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.

**If you are not comfortable with returning to train, DON'T. You are the only one who will make the decision when your child returns to train. This will not impact their position on the team!**



**L-T-P-D**  
long term player development

