



Phase 1 – RETURN TO TRAIN



PLAYER CHECKLIST

Use this checklist to help your player to return to the pitch safely.

Before Leaving 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).
- Have your temperature checked before coming to any training session.
- If you experience any of the symptoms, please contact your primary healthcare provider.
- Do not carpool unless with immediate family members.
- Arrive no more than 15 minutes prior to activity commencing.
- Check for fields closures.
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed equipment (uniforms, socks, shin pads, personal soccer ball).
- Use the washroom before leaving.
- Adhere to all Return to Train protocols
- Register your attendance for contact tracing.

Arrival at Field/Facility

- Enter through established entrances.
- Respect social distancing guidelines.
- Go straight to the field assigned to your team.
- Bring hand sanitizer to use at water breaks during training.
- DO NOT share water bottles.
- Do not share water, food, or equipment.
- Respect and practice social distancing.
- Always follow the instructions from Team Officials and respect physical distancing.
- Physical distancing of two (2) metres (6 feet) must be maintained.
- Only use your own equipment.





- Place equipment, bags, etc. at least 6 feet apart.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Follow the hygiene protocols
- No high fives, handshakes, knuckles, etc.
- No group celebrations.
- Have fun!

After Activity is Complete

- NO LOITERING.**
- What you brought on the field must leave with you.
- Exit through established exits.
- Respect social distancing guidelines.
- Thoroughly wash water bottles with soap and warm water when you get home.
- Thoroughly wash equipment (uniforms, socks, shin pads, personal soccer ball).

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



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long term player development

