

PRE-TRAINING CHECKLIST



BEFORE SESSIONS / GAMES

- Use the self-assessment tool [COVID Self-Assessment Tool](#) to perform a symptom screening check
- If you do not feel well or are displaying symptoms of COVID-19, **you must stay home, you cannot sit on the bench or be at the field to watch, you must stay home**
- Wash your hands or use hand sanitizer before entering the field
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack – no sharing
- Change into your soccer apparel at home (not at the field) – arrive in your cleats
- If your team is using the changerooms, follow the requirements of the [Return to Play Plan](#) that are in place at the time of use, no exceptions
- Arrive to the field and find your pre-arrange team meeting location on the Park maps [HERE](#)
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities whenever you are not on the field of play

DURING SESSIONS / GAMES

- Do not shake hands or do fist bumps, with other players
- Consider wearing a mask while playing if you feel more comfortable wearing one
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands

AFTER SESSIONS / GAMES

- Leave the field as quickly as possible after you finish playing, no gathering and you must leave the field of play immediately following your session or game
- Authorities at all times