

NSGSC – PLAYER CHECKLIST



IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY

- Y Complete the NSGSC Informed Consent Form at the season start
- Y Complete the daily health check prior to attending. Find it here: <https://www.sd44.ca/COVID-19/dailyhealthcheck/Documents/NVSD%20Daily%20Health%20Checklist.pdf>
- Y Do not play or attend games and/or practices if you:
 - o Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
 - o Have been in contact with someone with COVID-19 in the last 14 days

PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS

- Y Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Y Sanitize your hands upon arrival to the field and before participating.
- Y In a sealed bag, bring your water bottle, hand sanitizer, sunscreen, optional mask, and any medical necessities i.e. asthma puffer, EpiPen.
- Y Do not share equipment or personal items.
- Y Be dressed and ready to play when you arrive at the field.
- Y Best to use the washroom before heading to the field.
- Y If you cough or sneeze, do so in a tissue or in your sleeve.
- Y Minimize touching gates, benches and all other communal objects. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.
- Y Do not arrive early. Come at the assigned starting time.

WHILE PLAYING

- Y Comply with the distancing measures and recommendations outlined in the NSGSC Return to Play Plan, including the arrival and departure of players (except for family members or persons residing in the same household).
- Y Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- Y As much as possible, keep a 2-meter distance with other players and coaches.
- Y Avoid physical contact with other players.
- Y Do not shake hands or do fist bumps.
- Y Avoid touching the ball and other equipment with your hands.
- Y Goalkeeper must not share gloves.

AFTER PLAYING

- Y Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Y Do not use locker rooms or changing areas.
- Y Sanitize your hands at the end of participation prior to departure.
- Y Leave the field/facility as quickly as possible after your game/practice ends.