

Cook Street United FC

COVID-19 Guidelines: Phase 2 return to play



The purpose of this document is to outline Cook Street United's guidelines and rules surrounding COVID-19 protocols and our plans to ensure that both players and staff are creating a safe environment in which BC Soccer Association's guidelines are adhered to at all times.

BC Soccer Association are currently in Phase 2 of 'Return to Play' with no estimated date for any future developments given at this time. Club management have completed the Canada Soccer Risk Assessment Tool in accordance with guidance from the VISL and BC Soccer.

Please review Via Sport's [Return to Sport updated Guidelines for B. C.](#) and BC Soccer's [Return to Play Plan Phase 2 – Recommendations and Guidelines](#). We recommend all members of Cook Street United along with their families carefully review these resources on their website and reach out to the club if they have any questions or concerns.

The club will be strictly following these guidelines, playing only limited internal club practice sessions until guidance changes.

New rules for phase two

- Contact - Training and internal practice games can now include contact (i.e. regular soccer). All physical distancing rules are still in effect for anything off the field. The activity must always comply with the distancing measures and recommendations.
- Cohorts – the concept of a cohort is created to create/maintain smaller bubbles of players (smaller than a club). A Cohort is defined as a group of 50 players OR four teams. In the case of Cook Street United, this means training exclusively within the club..
- Players cannot change cohorts without a 14-day waiting period. Players cannot belong to two cohorts, which must be adhered to.
- Officials and Coaches are able to change cohorts and be in multiple cohorts if they maintain physical distancing during training/games, but Cook Street United management will not be doing this.
- Contact Tracing: all players and participants need to be recorded at all events for contact training purposes.
- Every member of the club must sign the BC Soccer waiver.

Training policy

The following rules must be adhered to at all times during Cook Street United's optional sessions during Phase 2 of 'Return To Play'. If a player does not abide by these, the club has the right to expel them from training and sanction them accordingly.

- Players experiencing symptoms of COVID-19 (i.e. influenza-like symptoms, cold symptoms, headache) are asked to stay home to avoid spreading a virus to other players and staff.
- All players and staff must sanitize their hands prior to the session beginning. The club will provide hand sanitizer before each session.
- Only affiliated members of Cook Street United are allowed to participate.
- Players must maintain a two metre distance from one another at all times when not on the playing field. This includes before and after the session.
- Only coaches of the club should touch equipment. Pinnies will be washed before practice and immediately after. Bring your own water bottle and do not touch anyone else's.
- If you have travelled internationally in the past 14 days, travelled outside of British Columbia in the past 14 days, if you have been exposed to a person with a confirmed COVID-19 diagnosis, or have been diagnosed with COVID-19 you are required to stay at home.

The reason the club is hosting these sessions at all is because 1. We truly believe we can adhere to BC Soccer' guidelines and create a safe environment for both players and staff and 2. The pandemic has been challenging for lots of us who need opportunities to interact and exercise to maintain a positive frame of mind. It is the imperative that all members of the club respect these guidelines to ensure our safe enjoyment of soccer during this time.

Continued policy from phase one

The club will continue to:

- Monitor any changes to guidance made from relevant bodies, such as VISL, BC Soccer and Island Health.
- Limit the number of team staff (coaches, managers, etc.) that are on-field , adhering to the Rule of Two and "Soccer Cohorts".
- Limit all occasions for gatherings.
- Communicate all hygiene measures in advance to the club.
- Provide any protective items required by the BC health authorities and ensure that each member of the club washes their hands regularly.
- Limit participation to those able to adhere to any restrictions in place.
- Ensure all participants are registered per the normal process under BC Soccer.
- Facilitate registration payments online (no cash).

- Use cones and other equipment to ensure appropriate spacing is in place to support off-field distancing. Use cones and other equipment to ensure appropriate spacing is in place to support off-field distancing.
- Use markings on the ground to indicate proper distancing from management
- Soap or hand sanitizer to be made available to all people in various locations
- Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.