



COVID-19: FDSA Return to Play Guidelines for Players – UPDATED July 17, 2020

Before You Play:

Do not play if you:

- A. Are exhibiting any of the following symptoms:
 - Fever above 38 degrees Celsius
 - A new cough, or worsening chronic cough
 - Sore Throat
 - Runny nose
 - Headache
 - New onset of fatigue
 - New onset of muscle pain
 - Diarrhea
 - Loss of taste
 - Loss of sense of smell
 - In children, purple markings on fingers and toes.
- B. Have been in contact with someone with COVID-19 in the last 14 days
- C. Have travelled outside the Province in the last 14 days.

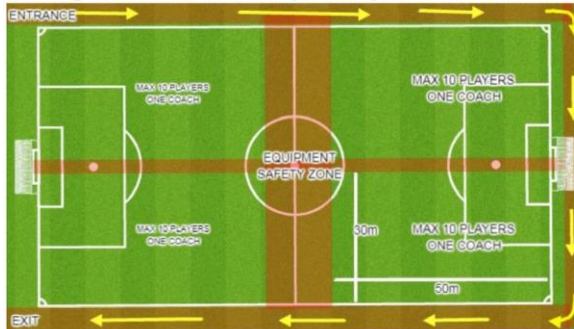
Preparing to play & protect against infections:

- A. Wash your hands with disinfecting soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water is not readily available, before going on the field.
- B. Clean and wipe down your equipment, including soccer shoes, shin pads and water bottles and DO NOT share equipment.
- C. Bring a Full Water Bottle to avoid touching a tap or water fountain. Bottle Must be labelled with player's name _____
- D. A bag will be permitted and personal items will be limited to: Water Bottle, towel, Jacket, sanitizer, shoes, shin guards
- E. All items other than water bottles MUST remain in your bag during sessions
- F. Take extra precaution such as wearing gloves and/or a mask.
- G. If you need to cough or sneeze, use a tissue or upper sleeve (elbow).

Commented [RK1]: What if it is not labelled? Will be provide tape and a marker to label it? Is this mandatory?

- H. Arrive at designated time.
- I. Avoid touching fences, gates, benches. Bring your own hand sanitizer.

Field Organization and Coaches Tips - examples



When Practising:

- A. Remain at least 2 meters apart from other players. Do not make physical contact with them. (No Shaking Hands or High Fives).
- B. Avoid touching your face after handling equipment. Sanitize your hands promptly if you have touched your face.
- C. Don't share any drinks, snacks or personal equipment.
- D. Avoid using your hands directly to pick up the balls. No throw-ins.
- E. Stay in your zone.
- F. Maintain Physical Distancing from other players when taking a break.

- G. If a ball comes from another zone, pass it to the safety zone.
- H. No Headers will be allowed.

Rule Modifications

As we prepare to introduce gameplay into sessions, we must be aware and adhere to rule changes and modifications to keep the game and its players safe.

Free Kicks: Except for Penalty Kicks, all free kicks are in-direct. Fouls that would normally result in a direct free kick that are committed by a defender in their penalty area will be punished by a penalty

Walls for Free Kicks: Defenders must be (two) 2 meters apart from one another when creating a wall. After the first verbal warning for failure to comply, a yellow card will be issued for unsporting behavior

Throw-ins: No throw-ins. The ball must be kicked into play. The ball must be placed outside the line. The ball is in play as soon as it enters the Field of Play. The kick must remain below knee height or an indirect free kick will be awarded to the opponents at the spot of the throw-in. Opponents must be 10 yards from the taking of the kick. No offside on kick-ins.

Corner kicks: All corner kicks must be kicked in below knee height level. Failure to comply will result in a goal kick to the defending team.

Drop ball: The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper. The Referee leaves the ball on the ground, and the Goalkeeper picks it up.

An in-direct free kick awarded when a player intentionally commits any of the following offenses (penalty kick awarded when infringement takes place in penalty area)

- kicking or attempting to kick an opponent
- tripping an opponent
- jumping at an opponent
- charging an opponent in a violent or dangerous manner
- charging an opponent from behind
- striking, attempting to strike, or spitting at an opponent
- holding an opponent
- pushing an opponent
- charging an opponent with shoulder (i.e., shoulder charge)
- sliding at an opponent (i.e., sliding tackle)
- No headers are allowed

After Playing:

- A. Leave the field immediately after Training, obeying required traffic zone and directional flow.
- B. Wash your hands with hand sanitizer after coming off the field.

Commented [RK2]: Should we mandate that the whole team leaves together with the coach while maintaining PD?

- C. Do not use locker room or change areas. Shower at home.
- D. No Social Activity should take place after leaving the field. No Congregation after leaving the field.

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We know this is a very different soccer experience than what we are all used to. Please be patient, supportive of each other, be safe and have fun!!

If you have any questions or concerns, please drop us a line at:

Phone: 451-1342

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