

## Recommendations and Guidelines for Players

**• It is recommended that all players utilize the “Self-Check” on Ontario COVID-19 Self- Assessment App**

**• \*\*If you are showing signs or Covid-19 or Illness you must not attend the training sessions/games.\*\***

• If you experience any of the symptoms, please follow recommendations and contact your medical health provider.

• Do not carpool unless with immediate family members.

**• Wear Face masks and latex/plastic gloves.**

**• Always follow the instructions from coaches and club officials/marshals and respect physical distancing.**

• Arrive no more than 25 minutes prior to activity commencing.

**• 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.**

**• Do not share water bottles.**

• Follow the hygiene protocols in this document.

• Physical distancing of two (2) metres (6 feet) must be maintained.

• No more than 1 person per 4m<sup>2</sup>.

• All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).

• Only use your own equipment.

## **Recommendations and Guidelines for Equipment**

- Personal Equipment

**We also Recommend that your personal labeled water/drinks bottle.  
Designated sanitation & water breaks will be in place.**

**We recommend all participating players to carry personal hand sanitizing Gel or wipes  
within their sports bag. (In addition to sanitation equipment provided by the club)**

## General Hygiene Protocol

- Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.

- **Do not spit at any time.**

- **Clearly label your own water bottle.**

- **Do not share bottles.**

- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).

- **Carry hand sanitizer in order to enable good personal hygiene.**

- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.

- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.

- Avoid touching eyes, nose or mouth.

- Shower at home before and after training.

Bradford Wolves Soccer Club requests that all members and staff follow the guidelines set out above and respect teammates, coaches, parents, guardians and match officials as we adjust to the new protocols.

**Players are required to sign below in acknowledgment of these Recommendations and Guidelines.**

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date