



Recommendations for Players

Also follow General Hygiene Protocol.

It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment page](#).

1. HEALTH CHECK: All players must report prior to 4 pm of each training session [ONLINE](#).
2. If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
3. Do not carpool unless with immediate family members.
4. Always follow the instructions from coaches and respect physical distancing.
5. Arrive no more than 25 minutes prior to activity commencing.
6. Do not congregate at the facility entry point.
7. Arrive prepared to train – changing rooms will not be in use.
8. Bring your own water bottles clearly labelled with your name.
9. Do not share water bottles.
10. Follow the hygiene protocols in this document.
11. Physical distancing of two (2) metres (6 feet) must be maintained.
12. No more than 1 person per 4m².
13. All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
14. Only use your own equipment.
15. Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
16. Do not spit at any time.
17. Clearly label your own water bottle. Do not share bottles.
18. Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
19. Carry hand sanitizer in order to enable good personal hygiene.
20. Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
21. Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
22. Avoid touching eyes, nose or mouth. Shower at home before and after training.