



# NSGSC Season Start-Up FAQs

updated Sep 14, 2020

## PRACTICES & GAMES

**How do we have games scheduled during Phase 1, when we can't even scrimmage? What is the reasoning behind doing Phase 1 training, even though we will be doing a Phase 2 or 3 game on Sept 20 with your players?**

*The district has scheduled games so we have to work with this, it will only be for a few weeks and then P2 Training will start for our players. We need to do what we can to make it work and keep the kids safe and ease our players during training back into safe-soccer.*

*It will be P2 games NOT P3. The rationale is to get coaches prepared if we do need to go backwards at any time. By doing this it allows us to educate players, coaches and parents on both phases. If it is successful then moving into P2 practices sooner may be a conversation we can definitely have.*

**When we will move to Phase 2 - Limited Contact. When can we include "limited contact" / scrimmages in training?**

*During the first week of October, as per the Informed Consents.*

**If you know, what can we expect contact to look like in the games?**

*So far we have very little clarity from BCCSL on this matter aside from kick-ins vs. throw-ins. We are requesting more details as games are managed by BCCSL. Additionally, there are specific guidelines published by BC Soccer on "spitting, nose-clearing, coughing and sideline distancing" which will be managed by Referees.*

**Can teams opt out of games and only practice if that's what the majority of parents on their team prefer?**

*Please contact your AGC and Lee-Ann/Greg to discuss this request as soon as possible. It may be something we can accommodate, especially at the younger age groups.*

**Last year we utilized practice ideas/drills that we were able to download from the NSGSC website. Can we still utilize these or will there be more covid friendly drills?**

*Yes, session plans and ideas will be on the website. We are updating many of these for COVID.*

*PEE WEE - <https://northshoregirlssoccer.sportngin.com/peeweessions>*

*DIVISIONAL - <https://northshoregirlssoccer.sportngin.com/practice-sessions>*



**So do we have to follow these training plans?**

*Yes, but we don't mind coaches adapting to suit their teams needs.*

**Do we do throw-ins? Obviously requires touching the ball. Can we ask the girls to pick up the balls for drills?**

*No throw ins, kick ins only. No contact with the hands.*

**Can you clarify kick-ins vs. throw-ins in games?**

*According to BC Soccer, in direction sent to Referees this week:*

- *Kick-ins are to be managed as an indirect free-kick*
  - *Kicked-in from the point where it left the field of play*
  - *Kicked from a stationary/stopped position*
  - *Ball must be ON or BEHIND the touchline*
  - *Opponents must be min. 5m from the ball*
  - *The ball is in play when it is kicked and clearly moves and crosses the touchline*
  - *A goal CANNOT be scored directly from a kick-in*

**Can you please clarify on practices in lieu of games. If the games are cancelled due to phase level being reduced, then can teams do practices on the same designated field?**

*It's possible but takes time to organize. Currently our game fields are booked and controlled by NSYSA not us, so we will need to make requests.*

*For current practice and game schedules, every space available to NSGSC is currently being used at this time.*

**Given the restrictions on the number of teams allowed on a field, meaning we can only practice once/week, I will ask the taboo question: can we approach the DNV about using grass fields for practices? Perhaps appealing to the exceptional circumstances induced by Covid-19?**

*Great question. The Club IS working collaboratively with NSYSA, NFVC and NVRC to access any and every available field. Coaches should NOT contact NVRC. We have everything that is possible right now. As some sports get cancelled, we may get more access. 2nd practices, when and if fields available, will be allocated to Div 1 & 2 teams as a priority.*

**I coach a Select team, when will I get my 2nd practice?**

*When and IF we gain more field access, possibly when other sports that are no longer playing release their times, additional practice times will be coordinated for Select teams as a priority on a rotating basis.*



**I coach a Pee Wee or a Division 3 team, can I get a second practice time?**

*Not at the moment. In the coming weeks, as a possible alternative, we will be looking to rent NSGIF ("Bubble") field times for teams wishing to train more. Additional NSGIF "indoor" procedures will apply.*

**Assume no post-game handshakes, no group cheer with a huddle, no cellys with high fives/hugs, etc.**

*Yep.*

**For U6, U7, U8 etc. where games are played like freeze tag, similar type games to get motivated, any ideas for how to do this with the boxes? Tnx**

*We will be creating session ideas yes.*

**Will game cohorts change throughout the year? Why are there only 3 weeks posted?**

*Probably not but as we move through the phases these discussions will most likely happen. In addition, anytime we change a cohort we will need to take a 2-week break from all play.*

*For teams playing in the BCCSL, the initial schedule always only is published up to Thanksgiving where this year there is a natural 2-week break. In the event that cohorts do need readjusting, they can be done here. At this time, we are not expecting any switching to happen.*

**Are refs assigned to a cohort?**

*We are waiting on further details from NSYSA.*

**At the field, who is responsible for setting up the safe zone between teams?**

*The coaches would set up safety zones at the side of their area only.*

**I can't make my practice time, can you change it? Or can I switch teams?**

*No. At this time we are so limited in our availability to fields, we can not make changes to practice times. The only exception is if a coach is responsible for multiple teams and has direct timing conflicts.*

*Many age groups now have waiting lists, switching teams to accommodate practice times is not recommended.*

**Will there be a Coastal Cup or Provincials this season?**



*At this time, we don't think so. At this time, there are no standings based on the cohort model. This is in the hands of BCS and BCCSL.*

**Is there going to be a schedule made soon for U7 time and place.**

*Cohorts and Schedules should be ready early next week for all Pee Wee teams, including U7. Apologies for the delay, we had to secure more and new fields in order to accommodate appropriate physical distancing.*

**How many grids can you fit on an allotted pitch? I ask because there are now 15 girls on our team so not sure there will be room to set up for all girls**

*You should be able to accommodate all but if it's tight make the areas smaller, maybe 7 by 7. This is very spread out so you can see what's going on.*

**For the younger girls with less skill, who is to retrieve the ball when it goes outside of the "player's box".**

*Coaches have been doing it as much as we can. Not always the case so as long as players stick with their ball you should be ok.*

**Do you have any recommendations for safe activities for U6 girls? Some of the drills in the video seem like they might be hard for one coach and a spread out team of 4-5 year olds. Is it possible/advisable to ask other parents to get CRCs so that the adult-child ratio isn't so lopsided?**

*We will have structured sessions for all ages so U6 may not be as advanced. If they are going to be involved in any way they will need a CRC yes.*

**What is the rule regarding goal keepers as they handle the ball all the time? One keeper full time per game?**

*To ease contact I would suggest that or no more than 2 that don't share gloves.*

**Since no throw-in, and replaced with indirect free kick, can these be treated as a corner kick? Or only short passes?**

*Yes they can but it's likely these place kicks will need to remain below waist high but that isn't a rule just yet.*

**I am still confused about when games start, it was mentioned they start Sept 20th??**

*PeeWee (U6-12) cohorts and schedules will be released early next week (week of September 14th).*

*Divisional, Select and Metro (U11/12S, U13+) cohorts and schedules are now published on the [BCCSL](#) website.*



**Should I have training sessions prepared for the first three weekends?**

*Sounds like a good idea to be prepared, and we will remain physically distanced and in Phase 1 Return to Training. Session plans and ideas will be on the website.*

**Will you be using the bubble for the younger kids or all outdoors?**

*Yes the NSG Indoor Facility (NSGIF or "Bubble") will be used for most U4-7 cohorts with maximum safety in mind. Wherever possible, we will be rotating the cohorts outdoors, using Windsor A/T.*

**Is pre-session warm up just before practices or before games as well?**

*Practices for now. We are waiting for further direction from NSYSA and BCCSL on access to fields pre-game. For now we are not recommending more than 15-30 minutes and you may not be able to be on the field at all depending on the staggering times...*

**Will entry and exit points be marked at all in each field?**

*Not at the field but diagrams of each location will be made available to you and will be on the [www.nsgsc.com/safetyresources](http://www.nsgsc.com/safetyresources).*

**As far as practice pitch goes, is the club marking off the safe zone for set of sessions? Okay, so we'll need the exact measurements yes? I guess if it's 2 teams it's fairly obvious.**

*No, as we would not have enough staff to cover every field. Coaches will be responsible for setting the safe zone line up that is immediately on the outside of their session, don't set up for others. Measurements and support coming to all coaches.*

**How many coaches can be on the field during practice?**

*It depends if it doesn't take you over the max of 50 individuals. If you don't need many I would start with that. As long as you are keeping to your ~50 people/ field, you are OK to be there. There are only 2 divisional teams training/field so there should be ample room for coaches.*

**Can we have players take the role in the middle lane (as per sample drill)?**

*Yes absolutely. Also helps with less set up having groups of 3, just make sure when they switch is safe to do so.*



## **HEALTH & SAFETY**

**What if we sense a girl has come to the field with a runny nose/coughing etc? Can we make the call to contact their parents to pick them up?**

*Yes, as per the Informed Consent, which all players will review / sign, Players who come to the field with any symptoms should be sent home.*

**What do we do if a player on our team has COVID?**

*We do have a new [Illness Policy](#) on the website. If a player on your team is confirmed COVID-Positive, that player is not permitted to return to play until they are COVID-free (confirmed). Any team members who were in CLOSE contact should also isolate. The team should be informed, the Club also needs to be informed.*

*Hopefully, if we are playing safe soccer, the entire team will not need to isolate. We will have to manage this based on coach feedback.*

**Please clarify notification procedures to the team if a player is connected to a confirmed Covid case. Also, quick highlights from the outbreak plan or do we need to read this in the R2P framework?**

*Everything you need to know should be in the RTP, if not please let us know. Also in the [Illness Policy](#).*

**Are masks recommended when the girls can't distance**

*Yes.*

**When will we expect to receive the Field Monitor sign up and will this be organized by the Club?**

*It should be sent via AGCs on Friday, September 11th.*

**Do we have to stay 2m away as coaches with complete strictness? If you want to show something and that requires closer play, can a coach wear a mask?**

*Yes. Close contact should use a mask. Do your best.*

**How are compiling all of the contact tracing data - will each team be required to submit their data to the club in the event of an exposure. Who is then responsible for communicating exposures in the event they occur?**

*Teams are responsible for tracking attendance at each practice and game and holding this information. Players are responsible for completing a daily health-check*



*and NOT attending if they feel unwell or have symptoms, and notifying their Team Manager of this.*

*Should exposure occur we will follow the procedures outlined in both the [Illness Policy](#) and the [Return To Play](#) Outbreak Plan.*

**Who is the Safety Officer for the Club?**

*At this time please send inquiries to [healthsafetyofficer@nsgsc.com](mailto:healthsafetyofficer@nsgsc.com). Both Dean Crawford, President and Jana Madill, Executive Director will be co-managing this role.*

**What is the turnaround time expected if a submission is made to the Safety Office?**

*If the issue is COVID-19 related, we will be fast-tracking responses to ensure appropriate parties and authorities, where necessary, are notified within 24H. All other issues will be responded to within a 48-72H response timeframe, unless it has been identified as an emergency.*

**Does there have to be a female on the bench during practices? With social distancing and coaches only on field does our team still need a female on the bench?**

*Not during practice, but always during games. But where possible, it would be great.*



## **FIELDS**

### **How do we keep non-soccer public from using the field?**

*We will need to work closely with the city to make sure it doesn't happen. Field plans are in the Coach Training session and available on the website.*

### **Are parents expected or allowed to leave the field (like drop off) ? or are they suppose to stay close to the field but not on it**

*They can stay but away from the field. Please follow guidelines in the Informed Consent. It would be preferable during practices to drop-off or remain in the car.*

### **Will the league share entry exit, arrival times etc. rules with teams or is it the coach/manager's responsibility.**

*Yes the club will share this information with you. There will be field maps available on our website.*

## **EQUIPMENT**

### **Will girls need their own goalie gloves and goalie jerseys to minimize the amount of touch points from shared gear/equipment?**

*For younger players that have not yet committed to the GK position and may not have their own gear, jerseys can be washed and gloves wiped with disinfectant between sessions. But no sharing within one session. If sharing is a must, players should wear a disposable glove as a liner and make sure to remove and dispose, and sanitize, after use.*

### **How do you sanitize balls properly? Just leave them untouched for 48hrs?**

*All teams will be provided with an initial safety kit which includes an Antibacterial Cleaner that is safe for balls. If and when teams are using their own cleaners, please just avoid bleach/hydrogen peroxide. Isopropyl alcohol (diluted) is OK. You should use a disinfectant after every session. Balls/Club equipment at NSGIF will also be disinfected between groups.*

### **Why do we need to sanitize equipment, if it will not be used again for 7 days?**

*Extra safety precaution for the kids. For ultimate safety, equipment should be wiped down after use and before storage.*



**Are we sharing pinnies like we always do our will be assigned pinnies for each team?**

*Your team will receive a certain number of pinnies but they cannot be shared unless washed in between use. We are encouraging age groups to use their home and away jerseys instead of pinnies.*

**NVFC has given each player their own ball that they need to bring to practice with them. Also,they have said no pinnies and for the boys to bring/wear their uniform jersey.Perhaps NSGSC should do the same?**

*It is being discussed. However the main issue with offering up individual balls is if a player forgets to bring it then they cannot use someone else's.*

*Yes. Pinnies are discouraged. Players are encouraged to bring/wear their home/away jerseys. Your team will receive a certain number of pinnies but they cannot be shared unless washed in between use.*

*Each team has enough balls for each player. Most coaches prefer to keep the balls, but you do have the choice to assign personal balls... be aware then you are dealing with "I forgot"*

**Medical gloves? Only for first aid or for Coaches at all times ?**

*Only for first aid. But avoid touching at all times.*

**Our team missed the last equipment pick up for the first aid and top-up. when will the next opportunity to pick it up be?**

*Yes - Sept 13. Details are on the website. I'm scared to minimize screen to send link but it's under equipment and uniforms*



## **COACHES & VOLUNTEERS**

**What if one of your volunteer coaches is in grade 12? Do they need a CRC?**

*Not under 18.*

*FYI, Junior Coaching applications are now being accepted here.*

**Can we use parents for flagging duties or should that be a coach or manager?**

*I would stick to coaches and managers as much as possible but understand this might not always be the case.*

*For age groups with paid NSYSA Referees, they will also have standards and rules to follow for the sharing/use of flags and volunteers. Please adhere to your Centre Ref where available.*

**Is there a checklist for items a field monitor must do? Are they supposed to report anything? Do they need to be part of the coaching staff, or could they be another parent?**

*Yes. Details for Field Monitors will be released to AGCs and Managers tomorrow. Teams can determine if a parent should volunteer to support the coach to keep coaching on the field.*

**Is the field volunteer from the club or is it a team volunteer on a weekly basis**

*Field Monitors are volunteers from the TEAM. As there are 2-3 teams on the field, they can rotate each week, so it's not a job for every week.*



## **GENERAL INFORMATION**

**When will the communication detailed here be distributed to the players, parents and families? Is there any high-level one-pager that we can use and share to our respective teams?**

*Please share this FAQ.*

*Many of these items are in the Return to Play and Informed Consents, which will be distributed to all. For reference, all Managers will also have a digital copy and paper copy on hand, along with the complete Return to Play guidelines.*

*For coaches/managers who missed the training, they can access [here](#) to register/view.*

*All documents on Safe Return to Soccer can be found [here](#).*

**Do you feel that families understand what is going on? What happens if they are uncomfortable, and they want to not play this year?**

*We hope they do and this presentation will educate them further. If families don't want to participate we cannot force them.*

*There is a lot of information coming at members right now. And some more to come - including IMPORTANT Return to Play Guidelines and Informed Consents (in the next day).*

*If parents / players are really concerned, they should first talk to the Coach, then to the Club. We also have a revised refund policy in place as a last resort*

*<https://www.nsgsc.com/refundpolicies>*

**Can my team enter tournaments?**

*No. Teams are only allowed to play within their cohort. As soon as you introduce new teams you must refrain from play within your cohort for 2 weeks. Also, BCS is discouraging out of district travel, and at this time there are no BCS sanctioned tournaments.*

**Can my team organize friendly games within the club?**

*No. Teams are only allowed to play within their cohort.*

**What insurance does the league have for any COVID related claims? And does this new document cover this?**

*All sanctioned Clubs in BC are insured via BC Soccer. Information on insurance can be found on their website.*

*<https://bcsoccer.net/home>*

*Also, for reference in June, the Province of BC took additional action to ensure sport organizations and their representatives are protected.*

*<https://news.gov.bc.ca/releases/2020TAC0026-001038>*



*Our Return to Play plans have been approved by our Board of Directors and follow the guidelines of BC Soccer and viaSport in order to ensure our compliance.*

**Why the rush to games? Couldn't we as a club could make the decision to slow down and or also go to smaller cohorts**

*It is being discussed but can't commit to that yet, sorry.*

**I assume I can just send an email to parents to ask them to apply for CRCs?**

*Yes and the turnaround is very quick for on-line CRC. Link for more information is <https://www.nsgsc.com/crc>. They can contact me with any questions. Margo @ [clubadministrator@nsgsc.com](mailto:clubadministrator@nsgsc.com)*

**Will parents be provided an email with what the expectations are from a spectator perspective? E.g. keeping 2m apart etc.**

*Yes, it will be part of the Player Informed Consent, which will be reviewed/signed before they can play.*

**Will the league be offering Saturday goalkeeping sessions in future? (I realize this is probably not a priority!) Assume there won't be a lot of shooting/goalkeeping in initial practices but I have a few goalie keepers.**

*We have to see how that might look first before we can set programming.*

**What defines "limited contact"?**

Limited contact means refraining from tackling or passive defending. Always being respectful of the situation we are in during training sessions.

**Any tips on keeping 7 years olds not to touch their balls?**

First off, you will have to remind them A LOT. Coaching points will include "how to stop the ball with your feet". Keep reinforcing not using their hands to go anywhere near the footballs and try to play using the rule below knee height only allowed during training.

**How do you explain to 7 8 9 years old kid passive defending?**

*For some, this won't be an issue as they don't really like to tackle at this age, whereas a few will want to tackle. The goal is to set other objectives, such as don't let them get around you by*



*blocking their path. This will be a good practice in being "goal side". Demonstrate what passive defending is and reinforce this at all times. It means closing the player down in possession of the ball without tackling them.*

***There was been no discussion of how goalies are supposed to play the ball . Can you advise?***

*Not sure what is meant by "play the ball" here but if it's with the hands then the keeper should have their own gloves, please don't share gloves. If there are no gloves then the keeper will have to sanitize straight away after the session or during any breaks.*



## THANKS!

Thanks so much for a great and informative session. You're all doing a great job. It feels like you have worked through the safety and issues carefully.

Thank you for this session.

Thanks so much for all your hard work! I really appreciate your commitment to a cautious return to play approach and going slow this month as children return to school.

This was worthwhile - thx...but need those practice plans:layout ideas please :)

Awesome thanks - and thanks for this session - super helpful

Thanks guys, keep up the good work

Thanks for all your hard work you have done on this

Thank you guys - that was a great session, trying circumstances.

Thanks for running this guys, I wish the best for us all, nothing can dampen my excitement for the upcoming season 🏈🔥🌊

thanks greg

Thank you all for making the best of this situation and supporting everyone. Not an easy task.

Thanks guys

Thanks a lot for all the prep. Please send a link around for the training sessions when available.

Thank you!

Thank you all for doing this!

Thank you! This was very helpful.

Thanks Greg and Margo.



THANK YOU ALL very much for your dedication and time for this season!!! We are excited to start playing

Thanks Everyone.. Be safe