



# **BURNABY GIRLS SOCCER CLUB**

## **COVID-19 – TRAINING CHECKLIST**

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### **BGSC COVID-19: TRAINING CHECKLIST**

#### **BEFORE LEAVING HOME**

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Change into your soccer apparel at home (not at the field).
- Bring a Pack for your belongings as well as a garbage bag to keep your Pack dry if it rains.
- Bring your own labelled water bottle and make sure you have enough for the session.
- Bring a mask or gloves to wear while playing if it makes you more comfortable.

#### **DURING SESSIONS**

- Arrive 10 minutes before your session (not earlier) and in an area well away from the turf surface.
- All participants must bring own hand sanitizer and sanitize hands.
- Place your Pack of belongings in the area designated for you on the field (on the sidelines).
- Always comply with all physical distancing measures in any lineups.
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact and do not shake hands or do fist bumps, with other players.
- Avoid touching the ball and other equipment – let the coach handle the equipment.
- No heading the ball.
- Goalkeepers must not share gloves or spit in their gloves.

#### **AFTER SESSIONS**

- At the end of the session gather your Pack / belongings quickly as possible. Follow any Coach instructions for exit. All players must exit the field prior to next group coming on.
- Wash your hands / use hand sanitizer before leaving the Park.

#### **REMINDERS**

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any Club program until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- If you are unsure if you have any possible symptom, please use the [COVIDSelf-Assessment Tool](#) to confirm your readiness to participate in the Activity.

