



# LASALLE SOCCER CLUB



## Return to Play Phase 1

LASALLE SOCCER CLUB

Welcome Package for Parents and  
Players



June 20, 2020



# LASALLE SOCCER CLUB



## SOCCER PARTICIPATION

In order to be eligible to participate:

- 1) Your child **MUST** be registered with the club for the 2020 summer season
- 2) A parent/guardian has signed the waiver and medical questionnaire **BEFORE** the training day:

1) Medical Questionnaire: <https://forms.gle/cnB4JM425ZpnmJxM7>

2) Risk Recognition Waiver: Please read the waiver first (click the link), then fill out the google form.

a. [ACKNOWLEDGEMENT OF RISK - LASALLE SOCCER CLUB](#)

b. Google Form: <https://forms.gle/FnpYbwYeHUB9k1Z29>



# LASALLE SOCCER CLUB



# AGE CATEGORIES

U7 (2013)

U8 (2012)

U9 (2011)

U10 (2010)

U11 (2009)

U12 (2008)

U13 (2007)

U14 (2006)

U15 (2005)

U16 (2004)

U17 (2003)

U18 (2002)



# HORAIRE SOCCER PHASE 1

## LUNDI & MERCREDI

<u>18h15 - 19h00</u>		<u>19h20 - 20h05</u>	<u>19h20 - 20h20</u>	<u>20h25 - 21h25</u>	<u>20h40 - 21h40</u>
<b>U9M-U9F</b>	<b>U11M -U11F</b>	<b>U12M -U12F</b>	<b>U14M -U15M</b>	<b>U16F-U18F</b>	<b>U16M-U18M</b>
<b>RIVERSIDE</b>	<b>K-EWENSON</b>	<b>RIVERSIDE</b>	<b>K-EWENSON</b>	<b>RIVERSIDE</b>	<b>K-EWENSON</b>

## MARDI & JEUDI

<u>18h15 - 19h00</u>	<u>18h15 - 19h15</u>	<u>18h15 - 19h00</u>	<u>19h20 - 20h20</u>	<u>19h35 - 20h35</u>	<u>19h20 - 20h05</u>
<b>U10M-U10F</b>	<b>U13F</b>	<b>U7M-U7F</b>	<b>U13M</b>	<b>U14F -U15F</b>	<b>U8M-U8F</b>
<b>RIVERSIDE</b>	<b>K-EWENSON</b>	<b>RAYMOND</b>	<b>RIVERSIDE</b>	<b>K-EWENSON</b>	<b>RAYMOND</b>

\* 20 MINS TRANSITION ENTRE CHAQUE SÉANCES

\* U7-U12 : 45 MINS / U13 PLUS : 60 MINS

# Training Site PHASE 1

FIELD:

Energy Fieldturf #1

8300 rue George

1. PACC Parking lot

2. Entrance to field:  
Stands

3. Energy Fieldturf #1

4. Exit



# Training Site PHASE 1

FIELD:

Keith Ewenson

**8272 rue Centrale**

1. Parking lot on Centrale

2. Entrance to site: near Chalet

3. Keith Ewenson Fieldturf

4. Exit



# Training Site PHASE 1

## GRASS FIELD: Raymond

**555 blvd. Bishop-Power**

1. Parking: Bishop-Power, 9e Ave., Broadway
2. Entrance to site
3. Grass fields
4. Exits: Broadward or Bishop-Power

## Parc Raymond



# WAITING ZONE FOR PARENTS

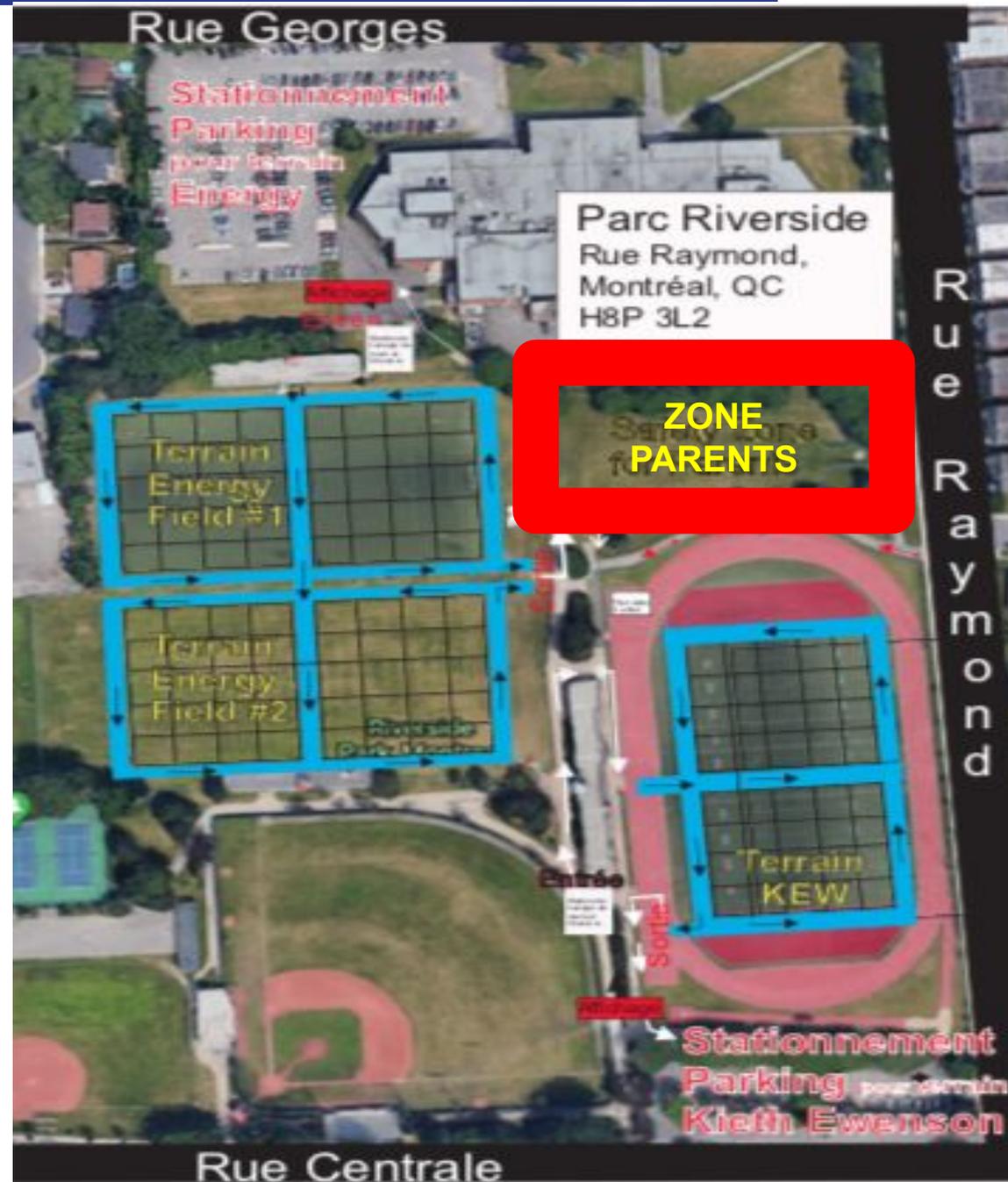
## FIELDTURF

### Energy Fieldturf #1

&

### Keith Ewenson:

- Parents can stay in the Waiting Zone or they can return to their cars.



# Check-In Protocol



- Please make sure that your child is fully dressed to participate (athletic clothes, shin pads, cleats, water bottle). NO BAGS!
- Please do not arrive more than 10-15 minutes before the start time of their training.
- Please park in the correct parking lot for your field.
- One parent must accompany their child to the designated entrance.
- Please keep your 2m distance while waiting to be checked-in at the registration table.
- The Horacio supervisor will verify that the player is fully registered with the club and will confirm that the waiver and medical questionnaire were both completed online.
- The Horacio supervisor will ask the 2 pre-participation questions. To be allowed on the field, the players must be fully dressed and can only bring their water bottle (labeled with their name).
- Once the parent and player have answered the questions and have said no to both, the player will wash their hands and bottle. They are not allowed to touch the table. They will receive their group letter/# and their educator.
- The players will enter the field using the established hallways and will join their educator at the designated area.
- Parents must leave the entrance and can either wait in the waiting zone or return to their cars. **IMPORTANT: Once the training session begins, parents are not allowed to enter or leave unless there is an emergency. We must try and reduce the amount of parents, participants or people not related to the trainings to not access the site.**

# Questions at Check-In



## BEFORE PARTICIPATING IN THE TRAINING, ANSWER THESE **2 QUESTIONS**

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- **Do you have any COVID-19 symptoms such as fever, muscles pains, cough and respiratory issues?**  
If **no**, move on to the next question.  
If **yes**, return home immediately and contact your regional health authority.
- **In the last 14 days have you been in contact with a person who has COVID-19?**  
If **no**, you can participate in the training!  
If **yes**, return home immediately and contact your regional health authority.

# Rules During Trainings



- **Follow the instructions given by your educator**
- **A 2 meter distance must be respected at all times during the practice**
- **Place your well identified water bottle in the designated area of your station**
- **Do not touch the ball or the cones with your hands.** If this happens by accident, you need to tell your educator **immediately**. They will, with the help of the 'Horatio', **provide you with hand sanitizer to wash your hands.**
- **You must stay in your designated area or training station associated with your group.** If a ball rolls out of your designated area by accident, let it go. A representative of the Club (educator, field Marshall, 'Horatio') will take care of retrieving the ball and returning it to your area.
- **Headers are not allowed**
- **No contact or face-offs allowed**
- **In the case of an injury, stop and wait for instructions from your educator**

**NOTE: as needed, all materials will be disinfected before being put back into play**

# Exit Protocol



- Each player will gather their water bottle and make their way to the exit by following the lanes and proper direction of traffic all while respecting the 2 meter distancing. Depending on the age group, they will be accompanied to the exit.
- The players will wash their hands when leaving the field and will make their way to the exit.
- Parents will come meet their child at the exit
- All of these movements will be done while maintaining a safe social distance.



General information  
on COVID-19 to  
review before arriving  
at the park

# WHAT IS COVID-19?

## Symptoms



FEVER



COUGH



RESPIRATORY  
ISSUES



EXTREME  
FATIGUE

### OTHER SYMPTOM

- Sudden loss of smell without nasal congestion, and/or loss of taste

## Prevention



AVOID CONTACT WITH  
INFECTED PEOPLE



WASH YOUR HANDS  
REGULARLY



COUGH/SNEEZE INTO  
YOUR ELBOW



KEEP A DISTANCE OF AT LEAST 2  
METERS WITH OTHER  
PARTICIPANTS



ISOLATE YOURSELF IN  
THE EVENT OF ONSET  
OF SYMPTOMS

In case of doubt regarding COVID-19 symptoms,  
stay home.

# What to do if a player develops any symptoms related to COVID-19



It is vital that the Club be advised as soon as possible if a player is self-isolating due to a suspected symptom of COVID-19.

One of the requirements of the return to play is a rigorous taking of attendance at each event, practice or game, to enable a back tracing of players, educators and other Club personnel who might have come into contact with a given player in the case of a diagnosed case of COVID-19 and we receive a request from Public Health for such a list.

To best use this list of attendance, it is important to note the approximate date (as precisely as possible) of the onset of the suspected symptom(s).

# What characterizes a person at risk?



## PEOPLE AT RISK

If you are a person at risk or if you are regularly in contact with a person at risk (for example, a member of your family), it is preferable to not participate in the training.

However, what is a person at risk?

- **An elderly person.**
- **A person having an underlying medical condition (ex: cardiac illness, hypertension, diabetes, chronic respiratory illnesses, cancer)**
- **A person having a weakened immune system due to a health issue or a treatment (ex: chemotherapy)**

Source : [Gouvernement of Canada](#)



# Sanitary Regulations at the Event

# Rules Before Entering the Field

## STOP!



Before entering the field, take note of the following instructions:



WASH/DISINFECT YOUR HANDS  
BEFORE AND AFTER THE SESSION



LIMIT CONTACT  
WITH YOUR FACE



IF YOU COUGH OR  
SNEEZE, DO SO INTO  
YOUR ELBOW



KEEP A DISTANCE OF 2  
METERS WITH ALL  
PARTICIPANTS



NO SHARING OF  
MATERIAL (BOTTLE,  
BALL, ETC.)



NO CONTACT OR  
DUELS DURING THE  
ACTIVITIES



IF YOU HAVE ANY  
COVID-19 SYMPTOMS,  
RETURN HOME



NO HEADERS

# SANITARY RULES AND PROCEDURES

## PARENTS



IF YOUR CHILD IS SHOWING ANY COVID-19 SYMPTOMS, KEEP THEM AT HOME!



TAKE NOTE OF THE RULES AND MANDATORY HYGIENE MEASURES AND INFORM YOUR CHILD



ANSWER THE PARTICIPATION QUESTIONNAIRE (VERBALLY WITH THE "HORACIO" SUPERVISOR)



ARRIVE EARLY WITH YOUR CHILD ALREADY DRESSED AND READY TO PARTICIPATE IN THE ACTIVITIES



YOUR CHILD MUST BE REGISTERED AND AFFILIATED WITH THE CLUB TO PARTICIPATE IN THE TRAINING



STAY IN THE AREA IN ORDER TO INTERVENE WITH YOUR CHILD IF NECESSARY



COLLECT YOUR CHILD IMMEDIATELY AFTER THE SESSION



KEEP A DISTANCE OF AT LEAST 2 METERS WITH OTHER PARTICIPANTS



WASH YOUR CHILD'S EQUIPMENT WHEN YOU GET HOME



DISINFECT YOUR CHILD'S MATERIAL AS SOON AS POSSIBLE

In order to avoid too large gatherings, you can leave your child to present him/herself alone to the field reception (if he/she is old enough). During the training, you need stay nearby, outside of the field (in your car for example), all the while respecting the rules of social distancing.

# SANITARY RULES AND PROCEDURES

## PARTICIPANTS



IF YOU HAVE COVID-19 SYMPTOMS, STAY HOME!



TAKE NOTE OF THE RULES AND MANDATORY HYGIENE MEASURES



ANSWER THE PARTICIPATION QUESTIONNAIRE (VERBALLY WITH THE "HORACIO" SUPERVISOR)



ARRIVE EARLY WITH YOUR CHILD ALREADY DRESSED AND READY TO PARTICIPATE IN THE ACTIVITIES



LIMIT BALL CONTACT WITH YOUR HANDS



DO NOT SHAKE HANDS WITH OTHER PARTICIPANTS



NO CONTACT OR DUELS DURING THE ACTIVITIES



NO HEADERS



NO SHARING OF PERSONAL MATERIAL (BALL, TOWEL, BOTTLE, ETC.)



KEEP A DISTANCE OF AT LEAST 2 METERS WITH OTHER PARTICIPANTS

# Intervention Plan: Players U4 – U12



In the event of a minor injury (scrape or cut): Intervention by the educator from a 2 meter distance. If the player is able to walk, they will be directed to the designated intervention area to allow for the others to continue to practice. The 'Horatio' supervisor will take over by advising the parent and intervene with gloves and a mask, as needed.

In the case of a more serious, but not severe injury (sprain or impact): Intervention by a trained individual ('Horatio' or designated person). Advise the parent. Evaluation from a distance of 2 meters. If the player is unable to walk, await the parent to assist in moving the player to the designated intervention area. If an evaluation or treatment within 2 meters is necessary, gloves and a mask, found in the first aid kit are to be used.

Serious injury (fracture, respiratory distress): 'Horatio' will call the parent while remaining with the player and ask a nearby member (educator, field Marshall, assistant 'Horatio') to call an ambulance (911) with instructions on the situation. Someone will be sent to get the first aid kit for a trained individual to intervene with gloves and a mask, as needed. The 'Horatio' will then designate someone to ensure that the ambulance access to the field is unimpeded and waits for the ambulance to arrive to direct the driver toward the injured player. No CPR will be performed as it presents a risk of infection. During this time, all ongoing practices will be suspended. Each educator will manage their group.

# Intervention Plan: Players U13 +



In the event of a minor injury (scrape or cut): intervention by the educator from a 2 meter distance. If the player is able to walk, they will be directed to the designated intervention area to allow for the others to continue to practice. The 'Horatio' supervisor will take over by advising the parent and intervene with gloves and a mask, as needed (depending on the injury and the age, may supply materials such as alcohol swabs and a Band-Aid to the player for them to treat themselves). Do not allow players to touch the first aid kit to avoid contamination of the materials.

In the case of a more serious but not severe injury (sprain or impact): intervention by a trained individual ('Horatio' or designated person). Advise the parent. Evaluation from a distance of 2 meters. If the player is unable to walk, await the parent to assist in moving the player to the designated intervention area. A second individual may be needed (also with gloves and a mask). If an evaluation or treatment within 2 meters is necessary, gloves and a mask, found in the first aid kit are to be used. As needed, use on-time use instant ice packs. The player or the 'Horatio' will contact the parent for them to take over, especially if the player is unable to walk.

Serious or very serious injury (fracture, respiratory distress): 'Horatio' will call the parent while remaining with the player and ask a nearby member (educator, field Marshall, assistant 'Horatio') to call an ambulance (911) with instructions on the situation. Someone will be sent to get the first aid kit for a trained individual to intervene with gloves and a mask, as needed. The 'Horatio' will then designate someone to ensure that the ambulance access to the field is unimpeded and waits for the ambulance to arrive to direct the driver toward the injured player. No CPR will be performed as it presents a risk of infection. During this time, all ongoing practices will be suspended. Each educator will manage their group.

# Weather Intervention Plan



If there is a chance of a thunderstorm, the players and parents will be encouraged to verify the Club's website at least 30 minutes prior to the start of the event to verify if there are any cancellations.

If a thunderstorm starts to approach during a practice, as there is insufficient shelter at the parks for everyone to wait for it to pass over, the individuals in charge will quickly make a decision to interrupt the play to permit everyone to take cover before the storm hits:

U12 and younger: 'Horatio' and field Marshall make a quick decision to suspend the practice. The players are escorted towards the exit and have taken care of by their nearby parent (in the stands or their car). The absent parents will be contacted quickly to come pick-up their children.

U13 and older: The coach and 'Horatio' make a quick decision to suspend the practice. Assist the players in contacting their respective parents, depending on the case (e.g.. A player can leave by bicycle if they do not have far to go).