



# SOCCER DIEPPE OPERATIONAL PLAN

RETURN TO PLAY - 2020



## Table of Contents

<b>RETURN TO PLAY PLAN</b> .....	3
<b>Guiding principles</b> .....	4
<b>Individual Development Activities</b> .....	6
<b>Roles and Responsibilities on the Field</b> .....	8
<b>PLAYING SOCCER SAFELY - Example</b> .....	9
<b>Field organization: Dover Park</b> .....	11
<b>COACHING TIPS:</b> .....	14
<b>PLAYER GUIDELINES/RESTRICTIONS:</b> .....	14
BEFORE YOU PLAY. ....	15
PREPARING TO PLAY .....	15
WHEN PLAYING/PRACTISING .....	16
AFTER PLAYING.....	16
<b>PLAYERS AND PARENTS RESPONSIBILITIES:</b> .....	16
Players:.....	16
Parents:.....	17
<b>Conclusion</b> .....	18



## RETURN TO PLAY PLAN

In response to the latest Covid-19 development and the ease of restrictions at the provincial level, Soccer Dieppe has been working closely with Soccer New Brunswick and following the health authorities for a safe and secure Return to Play. Our provincial association (Soccer NB) had multiple discussions with the Minister of Tourism, Heritage and Culture in conjunction with other provincial sports associations and has (SNB) developed a guide and an operational plan for easing back into the sport of soccer.

This plan is based on COVID-19 Operational Plan Guide and uses a phased approach that respects Provincial protocols such as social distancing, disinfecting and use of personal protective equipment that will permit the practice of the various soccer activities in a progressive, flexible plan that will evolve as the Province changes COVID management requirements.

Until group competition activities are permitted, Soccer Dieppe will focus on the individual player development on the physical, technical and cognitive level. This puts individual players at the centre of our priorities with no competition that would contravene provincial health directives. Even though the current situation constitutes a major challenge, it becomes, for us as a soccer organization, an extraordinary opportunity for individual player development.



## Guiding principles

Guiding principles will meet or exceed the criteria of distancing and sanitary measures.

### 1- No matches or games with opposition

There can be no soccer match without interaction of less than 2 meters with teammates or opponents. For this reason, no soccer match will be played by any age categories until such time as the Provincial Health Authority deems it appropriate. The focus will be on the practice of soccer skills, techniques and understanding for individual development.

This measure will be applied at the Mini Soccer, recreational and competitive levels at Soccer Dieppe.

### 2- Space management and group organization

To avoid large groupings and ensure compliance with the 2-meter social distancing criterion on the field all training sessions must be given outdoors. Permitted player numbers will be calculated based upon the space available and that is required for the designed practice sessions. Players will be divided into small groups and limits on the number of participants will be strictly enforced. The player / area ratio must be respected at all times according to the standards determined by Soccer New Brunswick and will be monitored by non-coaching field marshals.

### 3- Training in the form of a fixed workshop

Training will be given in the form of fixed workshops (group of players whose number is limited and involved in a predetermined space). The workshops must offer activities authorized by Soccer New Brunswick. Focus will be based upon foot-based skills with heading activities being prohibited.

A detailed training plan will be developed by our technical director for every age group and will be shared with Soccer NB for approval. This training plan can be subject to changed and adjustments based on any new Covid-19 development.

### 4- Control of Equipment Management and Use

#### Personal Equipment:

Personal equipment will be authorized under the following conditions:

1. It is disinfected before entering the field The field has a space dedicated to equipment and sufficient such that equipment can be separated or organized so players can maintain social distance



2. equipment must be limited to: a bottle of water (Labelled with Player Name), a towel, a disinfectant solution or sanitizer as approved by the Province,
3. a ball and
4. a bag (Labeled).

#### Team Training Equipment:

Balls, cones, etc. must be disinfected before each practice and between practices and before being stored at the end of training sessions.

\*Additional sanitizer must be available for coaches, field supervisor and others

#### 5- Creation of the roles of supervisor and reception manager.

Individuals (parents or volunteers) must be appointed and “trained” as supervisors to:

1. Ensure that the physical distance of 2 meters is respected at all times during training,
2. To coordinate access to the field in order to meet the requirements for distance.
3. Ask screening questions related to the symptoms of Covid-19.
4. Make sure that participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions) stay away from the field.
5. Ensure parents stay in the parking lot and away from training areas.

#### 6- Mandatory procedures for training sessions

To ensure the safety of all participants and all stakeholders, strict health protocols must be put in place by the clubs for the organization of soccer events. These protocols are developed by Soccer NB to be consistent with this plan.

Soccer Dieppe (member of SNB) is engaged to following the requirements for each training session as recommended by Soccer NB and all the government and health authorities.

The protocols will be revised according to government directives and the evolution of the situation facing COVID-19. The priority at all times will be the protection of participants and the safety of all.

#### 7- Continuous Re-evaluation and Improvement

This plan will require regular review and updating as COVID-19 prevention/protection measures evolve. To be effective, any changes will be communicated to members by e-mail and social media as soon as practical so changes can be applied.



The technical director (or a designated member of Soccer Dieppe Covid-19 committee) of the club must ensure follow-up with the Safe-Return-To-Play Coordinator. Soccer New Brunswick will appoint a full-time Safe Return to Play coordinator during the time of the crisis.

#### 8- Club program acceptance protocol

SNB will provide a template that each club must complete to demonstrate how they will meet Soccer New Brunswick's requirements for holding events during the COVID-19 phased return to play process.

Each Member must have a program plan for that respects/reflects the mandatory hosting, running, ending and transition procedures for events. Plans must be presented to Soccer New Brunswick for approval. Upon approval of SNB, the club can start its activities.

As with the SNB plan, A re-evaluation of each program must be carried out after each new government directive. Follow-up and assistance will be provided by Soccer New Brunswick.

Coaches and workers will receive return to play training.

### Individual Development Activities

The individual development of the player will be at the center of the activities offered during the progressive return phase. All training must rigorously respect all eight guiding principles presented above. A club which fails to apply these principles will be banned from all operations.

The individual development activities that to be offered are divided into 4 main families:

- **Individual technical development:**

Unopposed activities to develop techniques specific to soccer. For example, exercises of the “Coerver” type, juggling, drift work and ball driving on courses, specific work by shift in small groups. All these activities are carried out individually with a ball.

- **Activation and physical preparation:**

Motor and physical development activities; allow to prepare the body for exercise, to work on coordination, mobility, speed, balance, flexibility, etc. All these activities are carried out individually, with or without a ball.



- **Challenges:**

By challenge activity, we refer to activities which include competition between 2 or more players but without opposition (i.e. no possibility of contact). These activities can take the form of soccer-tennis, accumulating points in a specific time, etc. These activities can be carried out with 2 or more players, with or without a ball.

- **Online activity:**

Workshops for developing mental or tactical skills. This type of activity can be done remotely with more participants. For example, match analysis session, web conferences on various sports themes, cultural soccer activity

Each category of activity can take several forms depending on government safety measures and the evolution of the situation.

With this type of content, Soccer NB ensures a specific activity in soccer that is not conducive to COVID19 contamination.

Soccer has already launched a virtual training program to keep our players connected, active and on the move. Our club plans to start this Monday, May 18th, a free virtual training program. The purpose of this program is to offer our members the chance to reconnect in a context of soccer and work on the technical, physical and theoretical aspects of this beautiful sport while respecting the recommended measures in terms of social distancing. Go ahead, sign up quickly and invite your friends to do the same. Great opportunity to convince your friends to start playing soccer in the total comfort of your home.

<https://soccerdieppe.com/wp-content/uploads/2020/05/Virtual-Training-Program.pdf>



## Roles and Responsibilities on the Field

Roles and Responsibilities on the Field	
<b>Reception Manager</b>	<ul style="list-style-type: none"> <li>- Take attendance</li> <li>- Must administer the pre-participation questionnaire to all participants before they enter the field</li> <li>- Ensures that all stakeholders and participants who enter the field disinfect their hands</li> </ul>
<b>Field Manager</b>	<ul style="list-style-type: none"> <li>- Ensures that the health rules and regulations are respected</li> <li>- Ensures that ratios and obligations are respected</li> <li>- Validate training content and Intervenes with coaches when needed Ensures that the equipment is disinfected and maintained in the dedicated area.</li> </ul>
<b>Head Coach</b>	<ul style="list-style-type: none"> <li>- Manages the training content and the layout of the field (in order to promote social distancing)</li> <li>- Manage players to ensure compliance with instructions</li> </ul>
<b>Supervisor Marshall</b>	<ul style="list-style-type: none"> <li>- Supervises players to ensure compliance with distance rules</li> <li>- Assists the field manager to manage the players</li> <li>- Can play the role of reception manager if necessary</li> <li>- Manage situation when a participant feel unwell</li> </ul>

### Note:

- All organizers and training staff health checks will be performed before each training session.
- All organizers and training staff need to take a specific training based on return to play protocol operation plan.
- All organizers are encouraged to wear the Personal Protective Equipment (e.g. masks, gloves, visors) to help reduce the risk of transmission of COVID-19





## PLAYING SOCCER SAFELY – Example

	Phase 2 (Orange) Return to Play with restrictions	Phase 3 (Yellow) Return to Play with restrictions				Phase 4 (Green) Return to Play with restrictions		
		STEP 1	STEP 2	STEP 3	STEP 4			
U3					<ul style="list-style-type: none"> <li>- Small Groups less than 10 players.</li> <li>- No opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 30m*50m</li> <li>- Parents to participate with their children in individual drills.</li> </ul>	<p>Return to normal play under the recommendations of government and health authorities</p>		
U5								
U7					<ul style="list-style-type: none"> <li>- Small Groups less than 20 players.</li> <li>- No opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 60m*50m</li> </ul>		<ul style="list-style-type: none"> <li>- Small Groups less than 20 players.</li> <li>- No opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 60m*50m</li> <li>- Some parents to participate with their children in individual drills.</li> </ul>	<ul style="list-style-type: none"> <li>- Small Groups less than 20 players.</li> <li>- No opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 60m*50m</li> </ul>
U9								
U12	<p>No soccer activity is allowed other than the Virtual Training Program</p>	<ul style="list-style-type: none"> <li>- Small Groups less than 20 players.</li> <li>- No opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 60m*50m</li> </ul>	<ul style="list-style-type: none"> <li>- Small Groups less than 20 players.</li> <li>- Opposition</li> <li>- No Match</li> <li>- Focus on Individual player.</li> <li>- Minimum space required: 60m*50m</li> </ul>	<ul style="list-style-type: none"> <li>- Groups less than 50 players.</li> <li>- Opposition</li> <li>- Match</li> <li>- Minimum space required: 100m*65m</li> <li>- No spectators</li> </ul>	<ul style="list-style-type: none"> <li>- Groups less than 50 players.</li> <li>- Opposition</li> <li>- Match</li> <li>- Minimum space required: 100m*65m</li> <li>- No spectators</li> </ul>			
U13								
U15								
U17								
SENIOR SOCCER								



### Note:

Going from one phase to another depends entirely on the decision of the government and public health authorities. Soccer Dieppe will communicate the decision with its member a week or two in advance to better prepare adjust to the new phase restrictions.

Returning to play is different from one age category to another. Soccer Dieppe must have the approval of Soccer NB before deciding which category can start its Return to Play. You can see more details in the table above.

Important dates for returning to play:

**June 15<sup>th</sup>:** Return to play for Senior, U17, U15, U13

**June 22<sup>nd</sup>:** Return to play for U12

**June 29<sup>th</sup>:** Return to play for U9

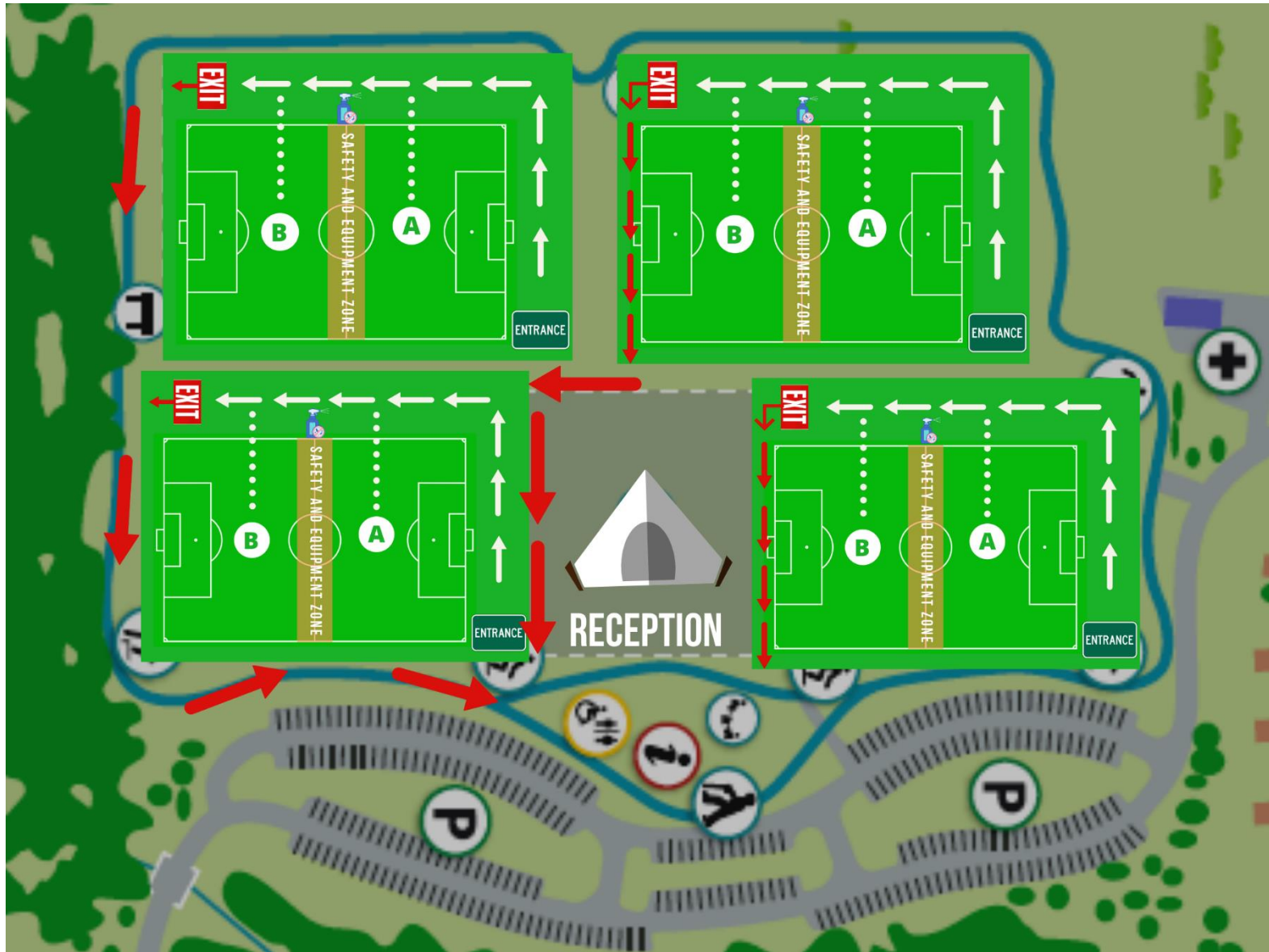
**July 13<sup>th</sup>:** Return to play for U7

**July 27<sup>th</sup>:** Return to play for U5

**Date to be determined:** Return to play for U3

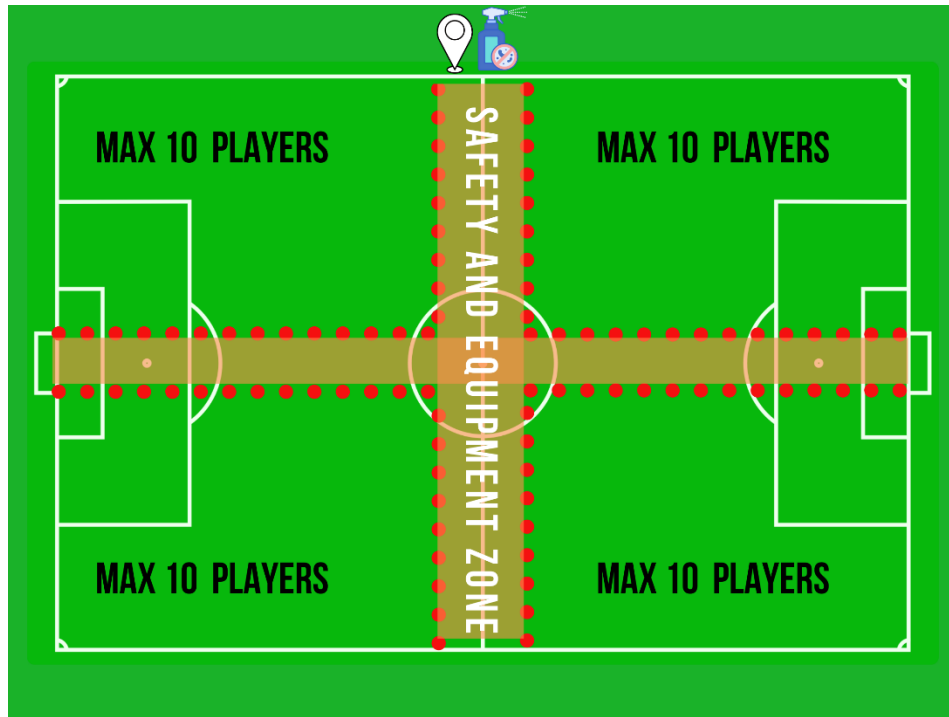


## Field organization: Dover Park

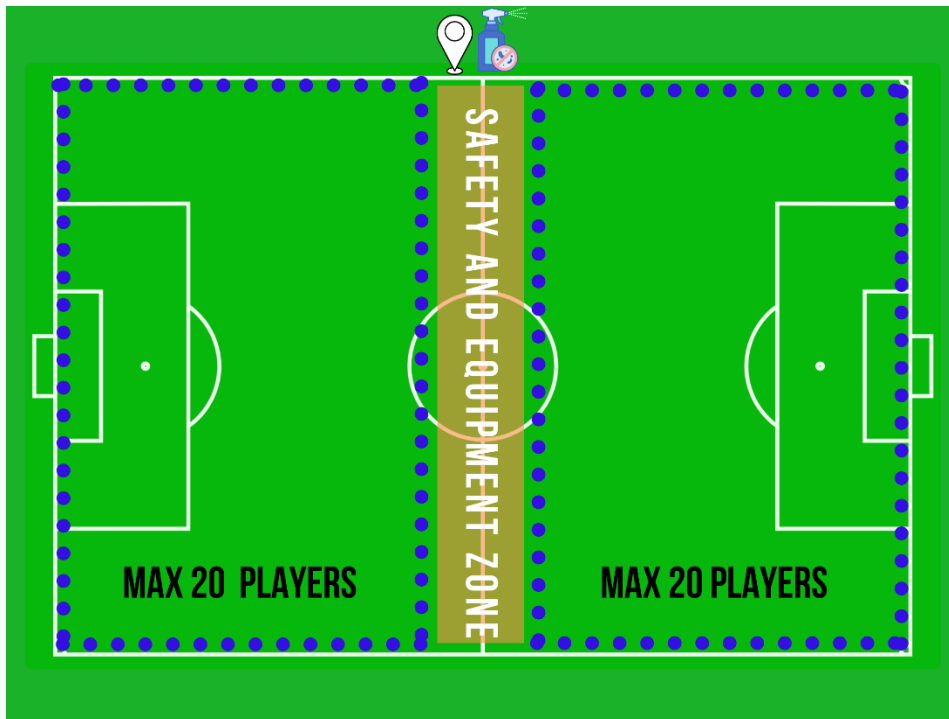




**Scenario 1:**

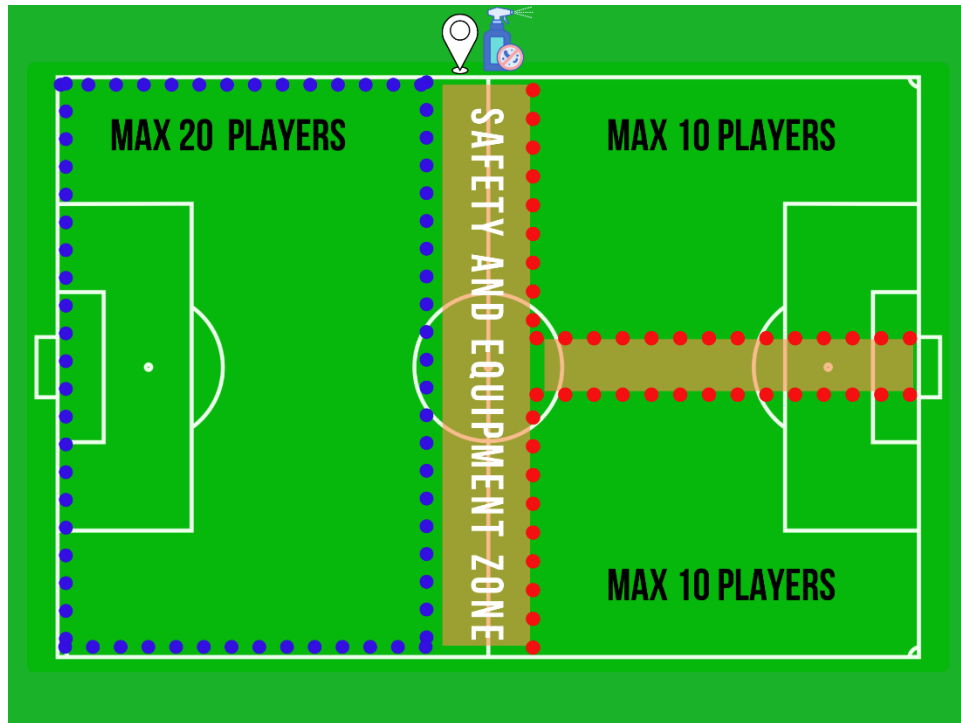


**Scenario 2:**





### Scenario 3:



#### Note:

- In order to limit the number of people on our facilities, Soccer Dieppe will not allow parents on the field. Parents will be asked to stay off the green spaces and adhere to social distancing requirements, restrictions and guidelines set forth by the Government of NB, the city of Dieppe and Soccer Dieppe.
- Players will receive the session plan and the field location in advance. Players will be escorted in and off the field to manage the flow and avoid any potential contact between groups.
- All the recommended signs will be in both French and English and will be placed in all the entrance and exit gates as well as the reception station.
- A Soccer Dieppe staff member or volunteer will be at every gate around the field, reception station and the Dover Park entrance/exit to enforce the club's procedures.
- Players and parents will be asked to follow the arrows placed in the parking lot and use the appropriate gates to enter and exit the field/park.



## COACHING TIPS:

PLAYER MANAGEMENT		
Before	During	After
<p>Consider sending a session plan to parents and players prior to the session.</p> <p>Highlight which zone is allocated to which player.</p> <p>Ensure parents are aware of the Return to play recommendations and guidelines.</p>	<p>Encourage the players to enjoy playing soccer in the current format.</p> <p>Don't be overly concerned about players lacking technical ability at this time.</p> <p>Keep distancing measures in place between players and coaching staff.</p>	<p>Validate the effort your players demonstrated during the session.</p> <p>Ask players if they have any suggestions for session activities next time.</p> <p>Ensure that each player goes home with their designated household contact.</p>

EQUIPMENT MANAGEMENT		
Before	During	After
<p>Have a designated bag for your equipment and a designated location on the field to place your own equipment.</p> <p>Have enough cones and balls available for your session.</p> <p>Coach sets up all the equipment and follows club procedures for any equipment cleaning process.</p>	<p>Reset cones that delineate the physical distancing parameters whenever they are moved out of place.</p> <p>Ask and remind players to avoid touching the equipment.</p> <p>Be adaptive , If there is not enough goals for the game activities, use cones instead.</p>	<p>Ensure that all equipment is taken from the playing field in a safe manner.</p> <p>Consider cleaning and disinfecting all equipment after the practice is over.</p> <p>Reflect on how equipment was managed and distributed to improve this for next session.</p>

## PLAYER GUIDELINES/RESTRICTIONS:

Of primary importance is taking every precaution to help keep all participants safe.

Players can enjoy the many physical and mental benefits that soccer offers so long as everyone practices social distancing by keeping 2 meters apart from other players to ensure every individual is in a safe exercise environment and follow all safety guidelines included here.



## BEFORE YOU PLAY.

Do not play if any of you:

a. Are exhibiting any two or more of the symptoms of the coronavirus:

- Fever above 38 degrees Celsius
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- A new onset of muscle pain
- Diarrhea
- loss of sense of taste
- loss of sense of smell
- In children, purple markings on the fingers and toes

b. Have been in contact with someone with COVID-19 in the last 14 days.

c. Have travelled outside the province in the last 14 days

## PREPARING TO PLAY

Protect against infections:

a) Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand

sanitizer if soap and water are not readily available, before going to the field.

b) Clean and wipe down your equipment, including soccer shoes, shin pads and water bottles and

do not share any of your equipment.

c) Bring a full water bottle to avoid touching a tap or water fountain handle. The bottle must be

labelled with the player's name.

d) Consider taking extra precautions such as wearing gloves or a mask

e) If you need to sneeze or cough, do so into a tissue or upper sleeve.



- f) Arrive as close to the designated time when you need to be there as possible.
- g) Avoid touching field gates, fences, benches. Wipes/hand sanitizer must be available.

#### WHEN PLAYING/PRACTISING

- a) Remain at least 2 meters apart from other players. Do not make physical contact with them (e.g. NO SHAKING HANDS OR A HIGH FIVES).
- b) Avoid touching your face after handling a ball, or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- c) Don't share food, drinks or towels.
- d) Avoid using your hands directly to pick up the balls. No throw-ins will be practiced. e) Stay on your side of the field.
- f) Remain apart from other players when taking a break.
- g) If a ball from another field comes to you, send it back with a pass to the safety zone.
- h) No headers will be allowed.

#### AFTER PLAYING

- a) Leave the field immediately after practice obeying the required traffic zone and directional flow around the field going clockwise.
- b) Wash your hands thoroughly or use a hand sanitizer after coming off the field.
- c) Do not use the locker room or changing area. Shower at home.
- d) No social activity should take place. No congregation after playing.
- e) All players should leave the facility immediately after play.

#### PLAYERS AND PARENTS RESPONSIBILITIES:

If you are not comfortable with returning to play DON'T

Players:

- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after training
- Wash and sanitize training equipment after every training session
- Do not share water, food, and/or equipment
- Respect and practice social distancing
- Place equipment, bags, etc. at least six feet apart
- No high-fives, handshakes, knuckles, or group celebrations





### Parents:

- Check child's temperature before coming to any training session
- Ensure child's clothing is washed before coming to any training session
- Ensure all equipment is sanitized before and after training
- Notify club/coach immediately if your child becomes ill for any reason
- Supply your child with individual sanitizer
- Stay off the green spaces and adhere to social distancing requirement, restrictions and guidelines set forth by the Gov of NB, the city of Dieppe and Soccer Dieppe.
- Ensure your child has plenty of water

### SIGNAGE:

As per Public Health's [Guidance Document for General Public Health Measures and WorkSafeNB's Embracing the New Normal as we Safely Return to Work](#), New Brunswick businesses must follow strict guidelines and follow public health measures in order to open along with an [COVID-19 Operational Plan](#). The health and safety of all New Brunswickers is our top priority, below includes various signage to be displayed at the entrance of the field, different locations in the facility and office space.

- [Important Notice on Travel into New Brunswick](#)
- [Protect yourself and others from getting sick](#)
- [Hand Sanitizer Poster](#) (Government of New Brunswick)
- [Reduce the spread of COVID-19: Wash your hands](#) (PHAC Infographic)
- [Screening Tool](#) (bilingual)
- [Cleaning and Disinfection for COVID-19](#)
- [Use of a Community Face Mask to Help Reduce the spread of COVID-19](#)
- [Wash your hands poster](#) (bilingual)
- 

We will be using both French and English signage in our club house and fields to in every field gate and reception/information station. We will also work collaboratively with the city of Dieppe staff to install signage In Dover parking lot to show them their way in and out the field and remind them of our security measures.



## Conclusion

We, at Soccer Dieppe, understand our members excitement to start playing soccer again in an organized environment and we also believe soccer will play an important role in the social and emotional well being for our youth players.

Soccer Dieppe's board of directors believes firmly that the safety and health of our members will be first and foremost in the decision-making to come. With all the uncertainty surrounding these unprecedented times and any development that may occur in the future, Soccer Dieppe will have to adjust its operational plan to meet the government and health authorities' requirements.

Soccer Dieppe's Covid-19 committee is in continuous communication and collaboration with Soccer New Brunswick and the city of Dieppe. We are engaged to adhere to the appropriate requirements and ensure a safe and secure Return to Play to our member.

As we all know, sport is a powerful vehicle that supports the community, improving physical and mental health. We need your help now more than ever by:

- Volunteering and helping us ease our Return to Play operations;
- Remaining open and flexible to multiple adjustments and continuous process improvement initiatives until this pandemic is over;
- Follow the players and parents guide;

On behalf of Soccer Dieppe, we would like to wish you all the best of health and safety during these unprecedented times.

This operational plan has been approved by Soccer Dieppe's board of directors on Sunday May 31<sup>st</sup> 2020.