

**Regina Inter-zone Indoor Soccer  
Return-to-Play  
COVID-19 Health and Safety Protocols  
October 1, 2021**

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The circumstances surrounding the COVID-19 global pandemic are rapidly changing and as our community implements health restrictions to reduce infection we are required to respond to those health challenges by adapting our game of soccer. This document describes the requirements that have been mandated for us to return to play soccer. This is a dynamic document and changes will be made as they are needed before and during the season. We will continue to adhere to Saskatchewan Health guidance and work with our facility partners to ensure we comply with their restrictions. Our number one concern is the health and safety of all in our soccer community.

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## **University of Regina COVID-19 Health Protocols**

The University of Regina instructions for handling Covid-19 are contained in the following document:  
<https://www.uregina.ca/hr/hsw/COVID-19-Resources/index.html>

***All members of the general public who come to campus will be required to follow the University's health and safety protocols for COVID-19, including masking, proof of vaccination, hand sanitizing, and physical distancing where applicable.***

### **Latest Provincial Health Guidance**

On Sept 17, 2021 the Government of Saskatchewan announced new measures to address health care capacity pressures caused by rising case rates, primarily driven by the unvaccinated population.  
<https://www.saskatchewan.ca/covid19-measures>

## **MASKS**

Effective Friday, September 17, 2021 an interim province-wide mandatory masking order will be implemented for all indoor public spaces, including schools. Everyone must wear a mask in indoor public spaces.

- Masks won't be required for indoor sporting events for those under 18 while they're participating in the athletic activity (games and practices).
  
- Masking is mandatory at all times for indoor, on-campus facilities including locker rooms, with the exception of when athletes are actively engaged on the playing surface. Spectators will be masked at all times. Only referees and players may remove their masks while playing. Everyone from our league will be required to be masked upon entry into the building. Players may remove their mask to participate, however they must put their mask back on immediately post-activity. Players will wear masks while on the bench. Coaches will be required to remain masked at all times.

## VACCINATION

As of October 1, 2021, the Government of Saskatchewan requires that individuals over the age of 12 show proof of full vaccination or negative COVID-19 test for public access to a number of establishments, businesses and event venues. The University of Regina is requiring mandatory proof of vaccination or a negative COVID-19 test for all staff, students and visitors on campus.

- All organizations renting the CK facilities for the purpose of physical activity or sport or any other activity must provide confirmation that all those aged 12 or older (includes participants, coaches, parents, spectators, and staff on campus during the rental activity) are either fully vaccinated or have been tested.
- Rapid tests must be completed within 24 hours of the event start time by a certified clinic. Note: home testing kits are not acceptable.
- PCR tests must be completed within 24 hours of the event start time by a certified clinic.
- Our league must provide confirmation that all those actively participating in the sport are fully vaccinated. Masking is optional **for participants** during actual physical activity/sport participation. Mandatory masking remains in effect for coaches, personnel, spectators or those on the sideline.
- Our league must provide confirmation that if one or more participants participating in the sport/physical activity are NOT fully vaccinated, but have been tested, then all participants must continue to be masked at all times (all participants, coaches, parents and spectators).

## STATEMENTS OF RISK AND WAIVERS

- A waiver will be needed for EVERY participant in order to return to play in any of our athletic activities. Participants will have to acknowledge the *"inherent risk of exposure to COVID-19 that exists in any public place where people are present"* and that they *"voluntarily assume all risks related to exposure to COVID-19 and agree not to hold the soccer association or any of their directors, officers, employees, agents, contractors, or volunteers liable for any illness or injury."*

## HEALTH STATUS CERTIFICATION

- By agreeing to play all participants (and parents/guardians of participants) will be assumed to have certified to the following health and safety declaration:
  - that they do not presently show any of the symptoms of a COVID-19 infection,
  - that they have not been in contact with anyone having a COVID-19 infection,
  - that they will notify the league if they do show any symptoms in the future, and
  - that they will observe all public health and league safety guidelines and requirements.

## CONTRACT TRACING

- We have developed plans for what actions we will take when one of our players, coaches, volunteers, referees or spectators acquires COVID-19 and there is a risk of infecting others in our soccer community.
- To assist with contact tracing in the event of an infection, attendance will be taken at every event for all people in attendance including parents (drivers). We have lists of all the players registered on a team, their coaches and the assigned referee. Anyone not on those lists such as other players, spectators, staff and volunteers should provide us with their name, phone number and/or email to facilitate contact tracing.
- All participants and spectators must be reminded that anyone exhibiting signs or symptoms of illness should leave the practice/activity. The league will need to know the name of the person who is feeling unwell who leaves in case contact tracing is required.
- We will be required to inform the health authorities of any positive or presumptive COVID-19 infection reported to the soccer league and provide them with information on contact tracing. We will also have to contact the facility owner to ensure they are aware of the situation. We will then decide on future actions regarding team or practice closures and contact the parents to keep them informed of the health guidance and our actions. Information will be posted on our website and on our social media feeds. We will work with provincial health authorities to implement any recommended actions.
- Any player found to have a positive test for COVID-19 and have been exposed to the other participants on that team, may result in the team to be immediately shutdown. It may also affect the other team, referees, league officials and spectators who may have been at that game. We will follow the guidance of the Provincial Health authorities with regards to our actions in these circumstances.

## CONDUCT

- All participants must adhere to the University and league Health and safety protocols. Failure to comply with health guidance will result in one thing – the police will be called and the offender will be banned the facility. There is a ZERO tolerance for endangering the safety of our children.
- Our league, coaching staff, and individual players are responsible for "policing" the health and safety protocols. The expectation is that we as guests visiting and using the University of Regina facilities, will follow all the provincial and local requirements. If not, people will be asked to leave the facility. Campus Security may be called to police the regulations.

## COMMUNICATIONS

- Our plans for communications with Saskatchewan Health and the soccer community is critically important. We need to be seen as open and transparent, concerned with participant safety, cautious in assuming risk, and adhering with all public health guidelines. We need to maximize our website and social media platforms to communicate carefully crafted messaging (based upon Saskatchewan Health guidance) to reassure and inform our community of the next steps to be followed. Board members will have to become more visible and be present at facilities and on-line to answer questions from parents as there may be significant hesitation in returning to play.
- Additional responsibilities will fall onto coaches to assist with the implementation of safety protocols. All discussion or coaching through any means must include reminders to players regarding physical distancing, no spitting, no face touching, no contact between the players, etc.
- After player registrations are completed and players assigned to teams, we will review with coaches how the season will proceed, what soccer will look like and allow them to ask questions. Topics would include safety protocols, facility use procedures, and play expectations. This information will also be posted on the websites for access by parents and participants.

## HYGIENE AND SAFETY PROTOCOLS

- Coaches and parents will have to assist in understanding and enforcing the rules. Anyone taking part in soccer will be required to observe proper hygienic practices. Anyone displaying **ANY** illness symptoms **WILL NOT** be allowed to participate or attend our activities. Anyone who has been in contact with someone who is sick or not feeling well should also consider not participating. All participants to shower/bath at first opportunity after each event. Jerseys and playing gear should be cleaned after use.
- All participants will be required to use hand sanitizer before entering the facility. Participants will have access to hand-washing or alcohol-based hand sanitizer at multiple sites in the facility. The University will provide the sanitizer.
- Participants may wear gloves if they wish.

## PHYSICAL DISTANCING

- There are no specific physical distancing requirements in place but all those visiting the campus, regardless of at what capacity, are encouraged to physically distance, as per guidance of SHA.

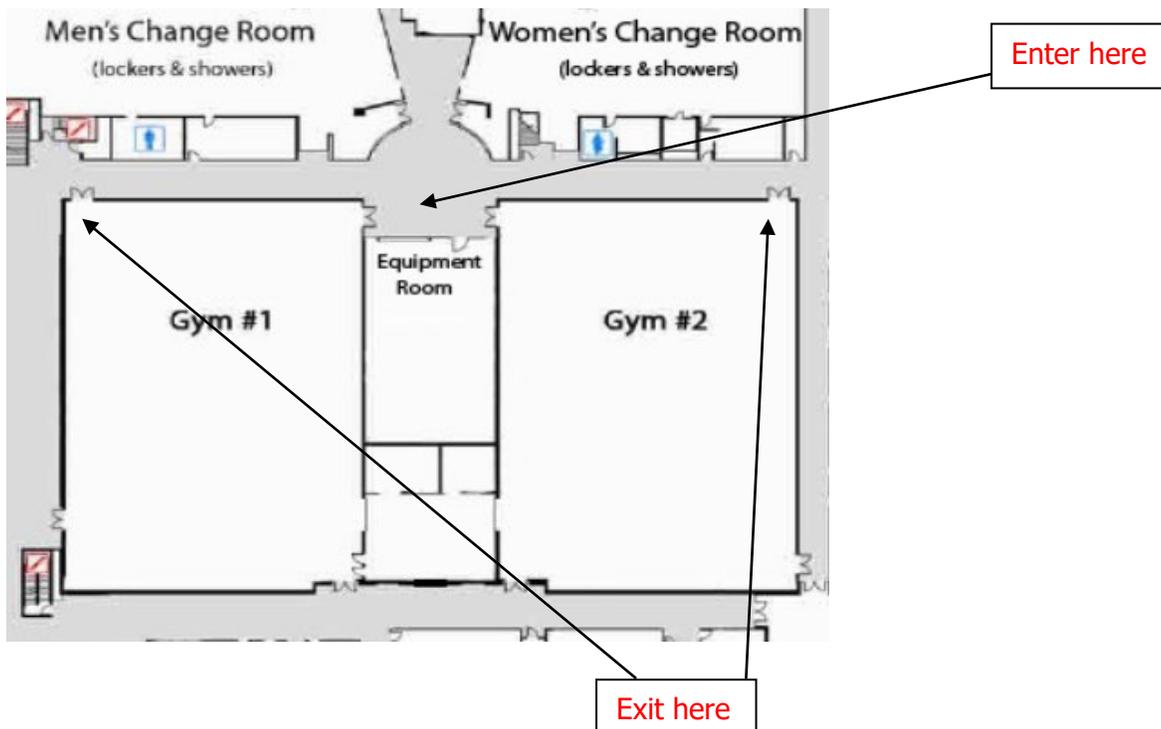
- Distancing per SHA and UR guidelines will be in place for spectator areas such as bleachers and chairs. All spectator seating will be required to be configured with University physical distancing requirements adhered to.

## CAPACITY NUMBERS

- There is no current restrictions on campus as to the number of people allowed in entrances, foyers, outside gyms, or in gyms. All University spaces (rooms, labs, theaters, etc.) have been evaluated based on several principles; they are currently booking those spaces at 50% capacity.
- As space is limited and to support physical distancing our league recommends that the number of spectators be reduced at games. Please consider having only one parent per player attend the game.

## ENTRANCES AND DIRECTIONAL FLOW

- The University does not have requirements for separate one-way entrances and exits, directional flow, signage or other measures exist to control movement throughout the campus.
- In order to control congestion in the use of the gyms we are specifying entrance to the gyms through the main doors beside the Equipment Room and to specify exit through the side doors into the main corridor. Signage would be posted and instructions provided.



## **RESTRICTIONS ON SPACES**

- All spaces in the facility are open and accessible – main lobby, changing rooms, showers, washrooms, common areas, etc.
- Common areas are available to put on shin-pads and running shoes but please respect physical-distancing.
- There are no restrictions in place for the use of bathrooms, water fountains or water bottle refill stations.

## **SIGNAGE**

- Signage outlining University policies and procedures will be provided. As well this information is available on their website. It is everyone's responsibility to follow the posted instructions.

## **CLEANING AND SANITIZING**

- University Custodial Services will clean and disinfect daily with a hydrogen-peroxide solution.
- There will be signs reminding people to practice good personal hygiene and sanitizing.
- Shared use equipment such as nets and team benches will not be wiped down in-between their games. If we require additional disinfection above and beyond the University current practices, this responsibility will be ours.
- Garbage containers will be available within all gyms for the disposal of used cleaning supplies and personal protective equipment.

## **EQUIPMENT USE**

- Players will be asked to use both their own personal equipment (shoes, shin pads, water bottles, etc.), and the shared equipment we will provide (balls, nets, etc.).
- There should be no sharing of personal equipment such as water bottles, shin guards, shoes or keeper's gloves. All participants should disinfect their own equipment such as gym bags and backpacks after each event. No sharing of personal items like phones, wallets, etc.
- Coaches will have been issued the team practice balls and are responsible for cleaning these balls after use.

## **SCHEDULES**

- Game schedules will be modified to ensure that we avoid congestion as players arrive and leave the facilities. Games in Gym 1 will start on the hour (e.g. 9:00am) and games in Gym 2 will start 15 minutes past the hour (e.g. 9:15am).

## **PHYSICAL CONTACT**

- The referee should avoid all physical contact with players, coaches, league officials, spectators or volunteers. They should limit their handling of soccer balls and use hand sanitizer at breaks.
- Coaches should minimize physical contact with players.
- Pre-game and post-game handshakes will be eliminated. No handshakes, fist bumps, elbow bumps or “high-fives” between participants at any time. We will use greetings that do not require any physical contact and respect physical distancing requirements. Post-game “display of respect from a distance” will be encouraged. At the conclusion of the game players will remain near their bench area, stand in a line facing the other team and clap at them in respect and acknowledgment of good play.
- In the enforcement of rules, referees and coaches should encourage players to minimize unnecessary physical contact.

## **COACHING AND PLAYERS ON THE BENCH**

- Team meetings should only be held in a controlled environment with physical distancing. By keeping roster sizes to a minimum we can support physical distancing on the team benches.

## **REFEREES**

- The league will provide hand sanitizer and disinfecting wipes for referees.
- The league will provide a bag of balls to be used by referees as the game balls. Referees will clean these balls with sanitizing wipes after use.
- If the referee becomes aware of a violation of the health and safety protocols they may mention it to the offender and if necessary bring it to the attention of the University Facility/Equipment staff who will contact University Security to handle. A coach or league official may be asked to support the interaction with an offender. We do not want referees to be verbally abused or threatened in their interactions.
- If the referee is required to wear a mask then verbal commands will be used.

## **City of Regina COVID-19 Health Protocols**

The City of Regina instructions for handling Covid-19 are contained in the following document:  
<https://www.regina.ca/home-property/safety-emergencies/emergency-preparedness/covid-19/>

As of October 1, 2021, the Government of Saskatchewan requires that individuals over the age of 12 show proof of full vaccination or negative COVID-19 test for public access to a number of establishments, businesses and event venues including City of Regina facilities. Masks are required in all indoor spaces regardless of vaccination or testing status.

All of the preceding league health and safety protocols apply in the use of City of Regina recreation facilities. There may be specific modifications depending on the facility.

### **Regina Public and Separate School Board COVID-19 Health Protocols**

We expect the announcement of Health and Safety protocols for the schools to be announced soon.