RETURN TO PLAY ACTION PLAN

A GUIDE TO OUTLINE OUR POST COVID-19 CLUB PROGRAMMING

RETURN TO PLAY – ACTION PLAN

OUR CLUB IS EAGER TO SEE OUR YOUNG PLAYERS BACK IN ACTION & PLAYING THE GAME THEY LOVE AS SOON AS POSSIBLE. HOWEVER, WE MUST TAKE A CAUTIOUS APPROACH IN ENSURING THAT OUR 'RETURN TO PLAY' IS DONE IN A SAFE AND ORGANIZED MANNER. THE POST COVID-19 'RETURN TO PLAY' WILL BE IMPLEMENTED IN PHASES AND WILL APPLY TO ALL ASA MEMBERS INCLUDING U4-U18 AGE GROUPS PLUS ALL AFFILIATED ADULT TEAMS.

THE OVERALL "RETURN TO PLAY-ACTION PLAN" MUST ADHERE TO BOTH PROVINCIAL HEALTH AS WELL AS NATIONAL & PROVINCIAL SOCCER ASSOCIATION GUIDELINES.

ADJUSTMENT OF THE OUTLINED PROGRAMMING BELOW MAY BE NECESSARY TO COMPLY WITH ALL REQUIREMENTS.

TIMING OF PROGRESSIONS FROM ONE PHASE TO THE NEXT WILL BE DICTATED BY THE ABOVE AUTHORITIES.

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PHASE ONE: RETURN TO TRAIN

PURPOSE

TO GET THE PLAYERS BACK ON THE FIELD AGAIN AND RE-ACTIVATE THEIR BODIES & MINDS.

EXECUTION

- PLAYERS WILL PRACTICE IN THEIR OWN DESIGNATED SPACE MARKED OUT BY CONES.
- AGE GROUPS WILL BE COMBINED (E.G. U11/U12).
- SESSIONS WILL BE ALLOCATED FOR 60MINS, WITH ATHLETES ACTIVE FOR 45 MINS.
- 15-MINUTE GAP IN BETWEEN PRACTICE SESSIONS TO REDUCE CROWDING.
- SESSIONS WILL BE CONDUCTED BY ASA STAFF, ASSISTED BY AGE GROUP COACHES AND/OR YOUTH LEADERS.
- PROGRAMS WILL RUN FOR 4-WEEKS JULY 6TH TO AUGUST 2ND.

PARTICIPATION REQUIREMENTS

- PARTICIPATION IN PHASE ONE: RETURN TO TRAIN, IS NOT MANDATORY FOR ANY PLAYER.
- PLAYERS/PARENTS NOT YET COMFORTABLE WITH THEIR PARTICIPATION ARE ENCOURAGED TO ONLY PARTICIPATE WHEN THEY FEEL READY.
- PLAYERS WILL BE REQUIRED TO COMPLETE A HEALTH ASSESSMENT FORM FOR EACH SESSION THEY ATTEND
- PLAYERS WHO REGISTER FOR THE 2020/21 FALL SEASON ARE EXPECTED TO PARTICIPATE IN THE RETURN TO PLAY PHASE TWO CAMP PROGRAM IN AUGUST.

PHASE ONE: RETURN TO TRAIN

COVID-19 PROTOCOLS

HYGEINE:

- PLAYERS MUST BRING THER OWN WATER BOTTLE AND NOT SHARE WITH ANY OTHER PERSON.
- PLAYERS ARE ADVISED TO WASH THEIR HANDS PRIOR TO LEAVING HOME.
- PLAYERS MUST SANITIZE THEIR HANDS UPON ENTERING THE FIELD (SUPPLIED AT LOCATION).
- NO HIGH FIVES OR HUGGING WILL BE PERMITTED BETWEEN PLAYERS AND/OR COACHES.
- ASA STAFF WILL CLEAN/SANITIZE ALL SOCCER BALLS BETWEEN TRAINING SESSIONS.

PHYSICAL DISTANCING:

- PARENTS ARE ENCOURAGED "DROP 'N' GO" AND NOT STAY TO WATCH THEIR CHILD'S TRAINING SESSION.
- IF IT IS NECESSARY TO STAY, PARENTS ARE ADVISED TO APPLY THE APPROPRIATE PHYSICAL DISTANCING REQUIREMENT AND STAY 6FT/2M AWAY FROM EACH OTHER.
- THOSE CHILDREN ATTENDING FOR THE FIRST KICKS (U4-U6) OR CLUB SESSIONS (U7-U9) WILL BE ALLOWED TO HAVE ONE PARENT STAY & ACTIVELY PARTICIPATE IN THE SESSION.

PHASE ONE: RETURN TO TRAIN

PROGRAM OPTIONS:

CAMP 1 – CLUB: COMBINED AGES BUT GENDER SPECIFIC (E.G. U13/14 GIRLS)

CAMP 2 – FAMILY: BROTHERS & SISTERS ATTEND THE SAME SESSION (ACCOMMODATING FAMILY SCHEDULES & TRANSPORT ISSUES)

CAMP 3 – HIGH INTENSITY TRAINING (HIT): FOR PLAYERS WITH GOOD BASE LEVEL OF FITNESS. CAN BE USED TO SUPPLEMENT CAMP1 OR CAMP2 OR OFFERED AS A STAND-ALONE FITNESS REGIMEN (U15+ AGES ONLY – 10 PLAYER MAX PER SESSION)

SESSION SCHEDULE:

ALL OF THE ABOVE CAMPS WILL RUN FOR THE PERIOD OF JULY 6TH – AUG 2ND

- *THE TENTATIVE DATES FOR THE PHASE 2 CAMPS ARE AUGUST 3RD TO AUGUST 30TH.*

PHASE ONE: RETURN TO TRAIN

SESSION SCHEDULE - CLUB

THIS SCHEDULE MAYBE ALTERED AT ANY TIME BASED ON REGISTRATION NUMBERS AND FIELD AVAILABILITY.

FIELD ASSIGNMENTS WILL BE LISTED AS PART OF REGISTRATION PROGRAM ON ASA WEB SITE.

VENUE #1 CLUB	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	U11-U12 BOYS	U11-U12 GIRLS	U13-U14 BOYS	U13-U14 GIRLS	U11-U12 BOYS	First Kicks (U4-U6)	First Kicks (U4-U6)
11:15am	U15-U16 BOYS	U15-U16 GIRLS	U17-U18 BOYS	U17-U18 GIRLS	U11-U12 GIRLS	First Kicks (U4-U6)	First Kicks (U4-U6)
12:15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	U7-U8 BOYS	U7-U8 BOYS
1:00pm	U17-U18 BOYS	U17-U18 GIRLS	U11-U12 BOYS	U11-U12 BOYS	U13-U14 BOYS	U7-U8 GIRLS	U7-U8 GIRLS
2:15pm	U13-U14 BOYS	U13-U14 GIRLS	U15-U16 BOYS	U15-U16 GIRLS	U13-U14 GIRLS	U9-U10 BOYS	U9-U10 BOYS
3:30pm	U7-U8 BOYS	U7-U8 GIRLS	U7-U8 BOYS	U7-U8 GIRLS	U15-U16 BOYS	U9-U10 GIRLS	U9-U10 GIRLS
4:30pm	DINNER	DINNER	DINNER	DINNER	DINNER		
6:00pm	U11-U12 BOYS	U11-U12 GIRLS	U13-U14 BOYS	U13-U14 GIRLS	U17-U18 BOYS		
7:15pm	U17-U18 BOYS	U15-U16 GIRLS	U15-U16 BOYS	U15-U16 GIRLS	U17-U18 GIRLS		

PHASE ONE: RETURN TO TRAIN

SESSION SCHEDULE – FAMILY + HIT

THIS SCHEDULE MAYBE ALTERED AT ANY TIME BASED ON REGISTRATION NUMBERS AND FIELD AVAILABILITY.

FIELD ASSIGNMENTS WILL BE LISTED AS PART OF REGISTRATION PROGRAM ON ASA WEB SITE.

VENUE #2 FAMILY + FIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY
11:15am	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY
12:15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	FAMILY
1:00pm	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls
2:15pm	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls
3:30pm	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls	HIT - Boys	HIT - Girls

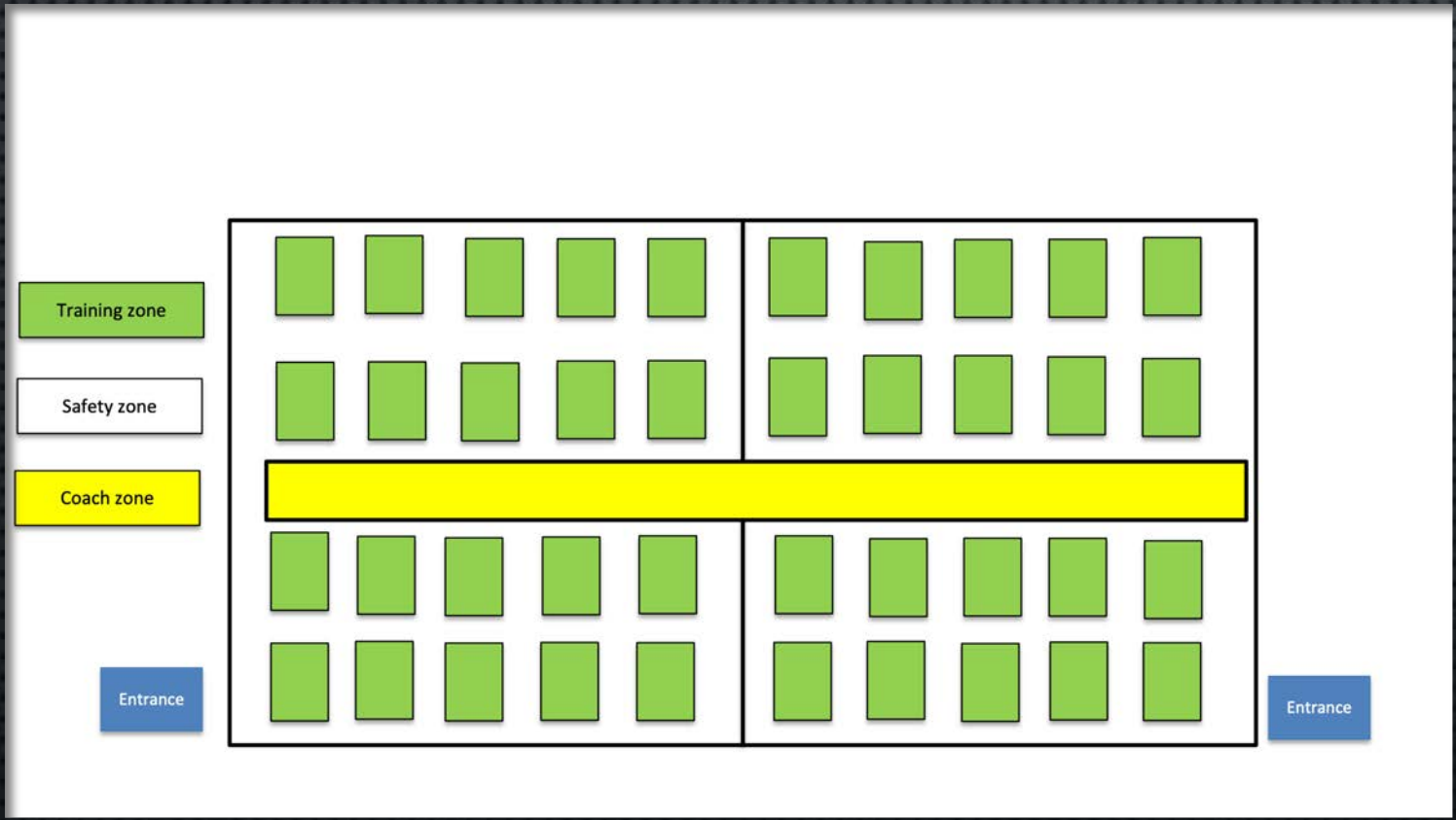
PHASE ONE: RETURN TO TRAIN

REGISTRATION

REGISTRATION & CAMP SIGN-UP IS LOCATED ON THE ASA WEB SITE – RETURN TO PLAY

- UPON REGISTRATION PLAYERS CAN REQUEST A PRACTICE DAY/TIME BASED ON OPTIONS FOR THEIR AGE GROUP.
- REQUESTS ARE FIRST COME, FIRST SERVED.
- PLAYERS CANNOT CHANGE THEIR PRACTICE TIME/GROUP ONCE SELECTED.
- THERE WILL BE A 15-MINUTE BREAK BETWEEN PRACTICES TO AVOID CROWDING.
- U11 AND UP WILL BE A MIXTURE OF ALL LEVEL OF PLAYERS.
- ASA RESERVES THE RIGHT TO ALTER THE SCHEDULE BASED ON THE REGISTRATION NUMBERS IN EACH CAMP SESSION.
- NUMBER OF STAFF OVERSEEING EACH PRACTICE WILL BE BASED ON NUMBER OF PLAYERS REGISTERED.
- WE WILL AIM FOR AN OPTIMAL PLAYER COACH RATIO OF 8:1.

PHASE ONE: RETURN TO TRAIN

TRANING FIELD PLAN

- ACCOMMODATES UP TO 40 PLAYERS.
- SEPARATE ENTRANCES WILL BE USED DEPENDING ON WHERE PLAYERS ARE DESIGNATED.
- COACHES CAN ACCESS SAFE SPACE WHEN NECESSARY.