



## GSC Club Protocol – Parents and Players

### **Players**

- All players will utilize the “self checklist.”
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 15 minutes prior to activity commencement.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of two (2) metres (6 feet) must be maintained.
- No more than 1 person per 4m<sup>2</sup>.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc).
- Only use your own equipment.

### **Parents**

- Follow the hygiene protocols in this document.
- Avoid congregating at GSC facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Only one parent/guardian attending soccer activities.
- Parents/guardians to keep a reasonable distance from the field.
- No more than 1 person per 4m<sup>2</sup>.
- Ensure to check in with coach for completion of attendance at the soccer activity.
- At home, ensure all the player’s equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Drop and pick up player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator, if allowed.
- There should be NO snacks at the field of practice.