



## **Return to Play Policy**

### **Players and Parents**

All soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario or the City of Ottawa health authorities.

The following individuals are not permitted to participate in any Kanata Dragons activity:

- Anyone who is sick or has any of the following symptoms: fever, cough, sore throat, runny nose, shortness of breath, difficulty breathing, headache
- Anyone who has knowingly been exposed to or been in contact with anyone who has tested positive for COVID-19, in the past 14 day

### **Guidelines**

1. While we are in stage 1 of reopening each team must stay on their designated portion of the field.
2. There will be no water fountains available. Players should bring their own water bottle with their name on it.
3. Please ensure your child brings their own ball to each session. Ensure their name is on the ball as they will all look the same.
4. Masks are not required for the coaches or players.
5. Parents can decide if they wish to wear masks. Parents are requested to sit 6 feet apart from other families while at the field.
6. Please cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, to dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes etc.) are placed into an approved garbage receptacle.
7. No spitting at any time is permitted.
8. All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).