

Boundary Youth Soccer Association's Return to Play Plan

In response to COVID-19 please follow these guidelines to protect yourself and others:

Please distance yourself 2 meters between each other.

Gatherings will consist of maximum 50 people per regular 11 v 11 full sized soccer field.

Limit the number of spectators watching (one parent only), if possible, please drop off your child off no more than 15 minutes prior to activity and pick up promptly to prevent overlap from other groups.

All participants will wash/use hand sanitizer before and after their session.

Participants will not share any equipment during practice times.

Participants will bring their own water and not share with others.

Participants will not share any food with others.

Participants will sanitize the equipment used throughout the practice with approved cleaning products provided by the association.

Cones will be used to divide the distance between participants.

Participants will notify BYSA if they experience any COVID-19 symptoms within the last 14 days.

Participants will stay home if they are feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.

Participants acknowledge that there are at risk when participating in soccer activities, and that measures taken by the COVID-19 Response Plan and Return to Sport Protocols, will not eliminate all risks.

Coaches, volunteers, and participants will verbally confirm that they are not experiencing and signs of COVID-19 each session.

Coaches will keep a list of the participants who attended each session in the case that follow up is required.

If First Aid is required a mask and gloves are required.

There will be no soccer games during phase 1 of the Return to Play protocol there will be a practice session of 1 hour.

Field Dimensions (Regular 11 v 11 Full-sized soccer field)

Set Up

Number of Groups = 4

Number of Players= 40

Number of Coaches= 8

Total Number of People=48 (meets minimum requirement of 50 people).

Each group has 20m x 30m for players to play within.

Adequate space is provided between the groups within the 2 meter physical guidelines.

Group Dimensions

Set Up

Number of Players = 10

Number of Coaches= 2

Player to Coach Ratio= 5:1

Each player will distance themselves 2 meters apart.

In the coned playing area, each player has 4.4m x 9m to play.

Within the players designed area, Player equipment will next to their area.

Session Structure

Session Duration= 60 min

Session Activity= 55 min

Rest & Transitions= 5 min

Sequence activities repeat if needed ,modify activities depending on the needs, abilities, and age.

For first 5 min Warm-Up:

Ball Control

For the next 15 min Pass:

One & Two Touch
Ball Swap
Through the Gates
Soccer Tennis

The following 15 min Dribble:

Small Touches
Relay Race
Turns
Skills

The last 15 min Game:

Keep Ball
Keep Ball to Goal (2 vs 2)
Keep Ball to Goal (4 vs 4)

The last 5 min Cool Down:

Ball Control

Please refer to the following website for details of activities:

https://bcsoccer.net/files/MemberService/ReturnToPlay/June_2_2020_BC_Soccer_Return_to_Play_Phase_1_Technical_Resources_Canada_Soccer_Approved.pdf