

# PLAYER PRE-TRAINING CHECKLIST



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## BEFORE SESSION

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- Conduct a COVID Symptom Check: [COVID Self-Assessment Tool](#) to confirm you are healthy to participate.
- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field. **THESE MUST BE CLEARLY LABELLED WITH YOUR NAME.**
- Change into your soccer apparel at home (not at the field) – arrive in your cleats.
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask while playing if you feel more comfortable wearing one.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

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## DURING SESSIONS

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- Arrive at the field in the manner identified on the [PARK MAPS](#)
- Arrive only 10 minutes before your session and wait in the designated waiting areas identified by your coach and shown on the [Park Map](#).
- Do not enter the playing field before instructed to do so by your coach/manager. This will be strictly enforced.
- You must check in with your coach/manager before every session.
- Place your water bottle and hand sanitizer/bag/backpack in the area designated for you on the field and where not designated, at least 2m away from anyone else's bag/water bottle.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure protocols.
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Do not touch the soccer balls or any other equipment – only the coach may handle the equipment.
- Goalkeepers must not share gloves or spit in their gloves.

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## AFTER SESSIONS

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- Leave the field as quickly as possible after you finish playing, using the exit identified on the [Park Map](#) and maintain physical distance from other individuals.
- Wash your hands / use hand sanitizer before leaving the park.

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## REMINDERS

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- If you do not feel well or are displaying symptoms of COVID-19, you must stay home. NO exceptions.
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any Club program until you have self-isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- Review the Surrey United Soccer Club [Illness Policy](#) for more details.