



Growing Our Game

Port Coquitlam Euro-Rite Football Club

APENDIX B – PLAYER & FAMILY CHECKLIST

1. IF YOU WISH TO PLAY SOCCER, BEFORE YOU PLAY:
 - a. You are a PCEFC Club registered player for the 2020-21 Season.
 - b. You understand the Club's Return to Play (RTP) Plan & associated documents and are ready to learn and implement the requirements of the RTP Plan.
 - c. Have with you the information or access to the information to reference emergency measures and contact information. (Documents can be found on our website at: <https://pocosoccer.com/club-forms/>)
 - d. Have with you safety equipment including:
 - i. Hand sanitizer for personal use
 - ii. Sanitary wipes for personal use
 - iii. Gloves, to be worn if requested by a PCEFC staff member or team official, or for personal safety comfort.
 - iv. COVID-19 safety mask to use if requested by a PCEFC staff member or team official, or for personal safety comfort.
 - e. Do not play if you:
 - i. Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - ii. Have been in contact with someone with COVID-19 in the last 14 days.
 - iii. Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
2. PREPARING TO PLAY – PROTECT YOURSELF AGAINST INFECTIONS:
 - a. Perform a daily self-check for possible COVID-19; wellness questionnaires and use of self-assessment tools are recommended; download the BC COVID-19 Support App which includes a self-assessment tool.
 - b. Have a clear understanding of the arrival and exiting plans.
 - c. Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
 - d. Bring hand sanitizer / sanitary wipes / gloves / masks.
 - e. Bring a suitable receptacle in your knapsack to hold disposed sanitary equipment or wipes until they can be safely permanently disposed.
 - f. Bring your own soccer ball if possible and requested.
 - g. Bring your own water bottle, and make sure you have enough water before leaving the house.
 - h. Clean your equipment, including your water bottle.
 - i. Do not share equipment that is not sanitized.
 - j. Change into your soccer apparel at home (not at the field location).
 - k. If you cough or sneeze, do so in a tissue or in your sleeve.
 - l. Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have



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touched as quickly as possible.

3. WHILE PLAYING:

- a. Check in with the session leader and take part in the mandatory attendance check.
- b. Comply with the distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure plans.
- c. Keep clear of the area of the field the coach is instructing from.
- d. Ensure only the person/people identified in the equipment plan to handle equipment do so.
- e. As much as possible, keep a 2-meter distance with other players.
- f. Avoid physical contact with anyone.
- g. Do not shake hands or do fist bumps, with anyone.
- h. Avoid touching the ball and other equipment with your hands or head.

4. AFTER PLAYING:

- a. Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- b. Do not use locker rooms or changing areas.
- c. Ensure you leave the field quickly following the exit plan.

5. SPECTATING:

- a. If watching any event, please do so at a safe distance from the event area, and well outside the event area boundaries.
- b. Adhere to all current social distancing guidelines as well as all facility guidelines; please refer to the City's facility guidelines at <https://www.portcoquitlam.ca/city-services/community-safety/emergency-preparedness/pandemics/covid19/>
- c. Do not convene in spectating areas unless strictly adhering to current COVID-19 guidelines.
- d. Do not come in contact with equipment (eg. balls) that leave the event area.

6. FAILURE TO FOLLOW:

- a. Should any participants and/or individuals fail to follow these recommendations and guidelines may result in removal from participation.