



Pinnacles FC Player Pre-Training Checklist

BEFORE SESSION

- 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.
- Clean your equipment, including your water bottle before you arrive
- 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 or gloves 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.

DURING SESSIONS

- Arrive to the field only 10 minutes before your session, and wait in the designated waiting areas.
- Follow posted signs at the park at all times.
- You must check in with your coach before every session.
- Place your water bottle and hand sanitizer /bag/backpack in the area designated for you on the field.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players.
- 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.
- Avoid touching the ball and other equipment – let the coach handle the equipment.
- Goalkeeper must not share gloves or spit in their gloves.

AFTER SESSIONS

- Leave the field as quickly as possible after you finish playing.
- Wash your hands / use hand sanitizer before leaving the Park.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home
- 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

If you are unsure of any symptoms, use the [COVID Self-Assessment Tool](#) to confirm your readiness to participate in the Activity.