



# Sport & Social Club

## Safe Return to Play

### Player Guidelines

The Sport & Social Club (SSC) is committed to ensuring a safe playing experience for our community of players. The following guidelines have been put in place in accordance with provincial and municipal health authorities. The SSC will update these guidelines when necessary to ensure we are enforcing measures that are relevant and necessary.

### Before You Play



Do not attend any activities if you are exhibiting symptoms of or similar to COVID-19 or have come in contact with someone who is exhibiting symptoms of COVID-19. Go get tested. Self isolate.



Players must practice good hygiene. Wash your hands with soap & water and/or hand sanitizer before, during and after game play. Avoid touching your eyes, nose or mouth with unwashed hands. Players should bring sanitizer and any additional PPE they deem appropriate for personal use.



It is HIGHLY recommended that before and after the game, players wear a cloth face mask that covers the nose and mouth.



Captains / Team Rep's will meet at a 2-meter distance before the start of each game to discuss and ensure all COVID-19 safety pledges have been satisfied.



Captains / Team Rep's are required to ensure that online rosters are complete and that attendance and health pledges have been completed by all teammates prior to play.



Spectators are not permitted on-site for SSC games (players only).



Review the Member Playbook that was emailed to all members. This document includes everything you need to know for play this season.



### Preparing to Play

- As always, all participants are expected to review and understand Sport & Social Club general guidelines and sport-specific rules. Please follow all League Ambassador directions when they are present.
- Facility safety guidelines, when more stringent than ours will always supersede our guidelines. We will strive to harmonize messaging but this may not always be possible.
- When possible, play will be scheduled with buffer time in between games. Teams must arrive on time and depart games / facilities immediately upon completion of play.
- As a best practice, players should arrive at games dressed and ready to play with an expectation that change rooms and washrooms will very likely not be available at the field, diamond or facility.
- Physical touching like handshaking, high fives, fist/elbow bumps and huddles are not permitted. Teams are encouraged to follow our suggestions as listed in your sport specific rules to acknowledge your opponent.
- All teams must limit shared equipment and follow our sanitation schedule between use. Refer to the sport-specific league rules for more details.

### Team Bench



- Teams must spread out along the sidelines. Players must respect physical distancing of 2 meters.
- Limit use of the benches or dugout at play spaces. Players must cover their mouth and nose when coughing or sneezing. Put all garbage in bins. At the end of the game, leave absolutely nothing on-site.
- Do not eat at game locations. Do not share water bottles.

### Sport-Specific Rules



Review your specific sport rules for more COVID-19 accommodations that relate to your sport!

### COVID-19 Release

All players must have signed the updated waiver (including COVID-19 Release) before the first game. We highly recommend all members download the **Covid Alert Health Canada App** to their phones.

\*\* These guidelines are subject to change as the provincial response to COVID-19 evolves.\*\*