



RICHMOND FC RETURN TO PLAY

ACTIVITY CHECKLIST FOR COACHES, MANAGERS & PLAYERS

BEFORE PRACTICES/GAMES

- Use the self-assessment tool [COVID Self-Assessment Tool](#) to perform a symptom screening check.
- If you do not feel well or are displaying symptoms of COVID-19, you must stay home, you cannot sit on the bench or be at the field to watch, you must stay home.
- Wash your hands or use hand sanitizer before entering the field (Note: Richmond FC recommends that players and coaches carry a personal hand sanitizer in their bags. Any teams needing hand sanitizer, please contact admin@richmondfc.ca).
- Bring your own water bottle and keep in a personal bag/backpack – no sharing.
- Change into your soccer apparel at home (not at the field) – arrive in your cleats.
- If your team is using the change rooms, follow the requirements of the Return to Play Plan that are in place at the time of use, no exceptions.
- Arrive to the field and find your pre-arrange team meeting location on the Park maps [HERE](#).
- Comply with all physical distancing and mask wearing measures and recommendations issued by the provincial government health authorities both on and off the field of play.

DURING PRACTICES/GAMES

- Do not shake hands or do fist bumps, with other players/coaches.
- 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.
- Use hand sanitizer frequently as needed.

AFTER PRACTICES/GAMES

- Leave the field as quickly as possible after you finish playing, no gathering and you must leave the field of play immediately following your session or game.

NOTE: When travelling for away games, please be respectful of the opposition Club's Return to Play protocols. Some clubs maybe under Regional Health Orders that do not apply to Richmond FC.