



RICHMOND FC RETURN TO PLAY

PLAYER CHECKLIST

BEFORE SESSIONS

- Use the [Richmond FC Covid-19 Self-assessment tool](#) to perform a symptom screening check before every Club sanctioned activity.
- Notify your coach and stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- Wash your hands thoroughly with disinfectant soap and water before going to a 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.
- 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.

UPON ARRIVAL AT THE FIELD / DURING SESSION

- Always follow the [Richmond FC Entry/Exit Park Maps](#).
- Do not arrive more than 10 minutes prior to the session start time and meet your team at your designated entry. Maintain 2m social distancing while waiting.
- **U11-U18 parents are encouraged to drop-off and pick-up.** U5-U10 players may have ONE family member accompany to the field entry, but family members are not permitted on the field, e.g., within the fence, unless registered as a coach with Richmond FC.
- Only coaches may handle the equipment, e.g., touching ball with hands. There is no spitting or nose clearing permitted on the field.
- Do not enter the field until the group before has completely left the field to comply with maximum player/field ratios.
- 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.
- Put your backpack/water in the area designated by the coaches respecting 2m social distancing.
- *Limited contact is now permitted and is defined as players being able to come together and have involuntary contact (i.e. challenging for the ball, etc.).*
- Modified rules for Covid-19 now state that throw-ins are not permitted and taken as a kick-in.
- Do not shake hands or do fist bumps. Goalkeepers must not share gloves or spit in their gloves.



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AFTER SESSIONS

- Players are to leave the field through the designated exit location as quickly as possible after each session.
- Wash your own hands / use hand sanitizer after every session.

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 fields 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.
- Be familiar with [Richmond FC's Illness Policy](#).