



# Langley United

Return To Play Plan – Phase 2



This document will provide details of Langley United Soccer Association's Return to Play Plan Phase 2.

This must be read with the guidelines of our governing bodies of Canada Soccer, BC Soccer and our government, whom are overseeing the Return To Play.

Canada Soccer confirmed on June 8, 2020, that Langley United's Return To Play plan has been rated as "low risk". The club has successfully implemented Phase 1 and are now looking to move into the Phase 2 Return To Play.

The plan and all referenced documentation are intended to assist with the informed decision-making by our members, volunteers, coaches, staff and other individuals associated with Langley United as it relates to our club programming.

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## Langley United Return To Play Overview

# Return To Play Guidelines

ViaSport and BC Soccer released the Return To Play documents in June 2020. These documents are noted & hyperlinked below. All Langley United members, volunteers and staff must ensure that these documents have been read.

[ViaSport Return To Play document](#)

[BC Soccer Return To Play document](#)



# Human Safety



Soccer as we know it is in general terms an outdoor sport. Thus our fields are one of the safer environments. The Township of Langley hold the right to open and close fields as they feel fit in terms of safety. At the time of this document being published the status from the Township is that fields are not yet open for organized training.

Langley United will be implementing the following to ensure the venues are safe.

## **The LUSA Clubhouse at Willoughby Community Park**

The Langley United Clubhouse will remain closed and any board meetings, coach meetings or any other meetings will be done via the various online platforms.

## **Changerooms at all the locations**

All changerooms will be closed.

## **Equipment lockups and containers**

Equipment will be sanitized by the Club after every session with the appropriate sanitization products.

Players must not handle or touch any equipment other than the soccer balls, and ONLY with the feet. Equipment will be stored in the same, secure location after sanitation.

## **Fields**

Fields will only have one entrance and one exit.

The start and end times of training sessions will have a “time break” between sessions to allow coaches and players the appropriate physical distancing requirements and guidelines of health authorities.

Player's should only bring the minimal of personal items in the form of a carry bag or backpack and must be placed in the designated locations taking physical distancing into account.

Players must bring their own alcohol based sanitizer that must be used prior to, during and after each training session and / or game.

## **Garbage Bins**

Sealable containers will be available at all locations where hygienic items like tissues, masks, gloves and towels must be disposed of after use.



# Human Safety

## Training Field / Venues

Willoughby Community Park, Walnut Grove Turf, Yorkson Turf and Aldergrove Athletic Park will be used for Langley United's player programming. This may change as we enter into phase 3 of the Return To Play.

Traffic flow, drop off and pick up locations can be found at the following links:

### Field Access

Parents, guardians or other adults transporting the youth to training sessions are encouraged to drop off and go. If they are insistent on remaining at the field they are requested to remain in the vehicle in the parking area.

**FOR ALL YOUTH AND ADULT TRAINING AND OR GAMES, SPECTATORS ARE NOT PERMITTED.**

# Outline Phase 2



## ORGANIZING SOCCER ACTIVITY FOR PHASE 2

The activity must always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the BC health authorities, including the arrival and departure of players (except for family members or persons residing in the same household). Langley United will use the logistical model successfully implemented during Phase 1.

Clearly layout, communicate, and mark (in consultation with municipality/city/facility owner) player drop-off and pick-up protocol for arrival and departure.

As of 7 September 2020, we look to introduce limited player contact in training, BC Soccer and ViaSport approved this as of 24 August 2020. Limited contact is defined as players being able to come together and have involuntary contact (i.e. challenging for the ball, etc.).

For games both youth and adult Langley United would look to play modified games as of 7 September 2020, with the following modifications:

Activities will be limited to smaller groups by having identified "Soccer Cohorts" of a maximum of 40 participants or up to three (3) 8 v 8 teams (36 players). A "Soccer Cohort" is defined as a closed, smaller group of no more than 50 individuals who participate in soccer activity and remain together for the duration of a phase. The intent is to try to keep the interaction to the same cohort and group of people.

It is understood that if three (3) 11 a side teams are used, the number of individuals within the cohort may go above the 50 limit (for example, two teams with rosters of 18 players). NOT PERMITTED

- Coaches must be counted within the 50 individuals and must be able to maintain physical distancing at all times.
- Each cohort can be comprised of multiple teams in order to form a mini league/game play between teams within the cohort.
- Cohorts should be made up of individuals / teams of similar age and ability.
- Keep players together in designated groups and make sure that each group avoids mixing with other groups as much as possible.
- If cohort participants (or teams) need to be adjusted, a 2-week break between activities is required.

If using referees, it is recommended if possible, to assign a referee(s) to a specific cohort and avoid having that individual assigned to multiple cohorts.



# Outline Phase 2



No throw-ins, kick ins only.

Player/Participants are to avoid spitting and nose clearing.  
If a player/participant does spit or clear their nose, the coach is required to substitute the player as quickly as possible.  
The player must sit on the sideline for a minimum of 15% of the total game duration. (For example, the match duration is 50 minutes per the BC Soccer Small Sided Soccer Development Manual, the substituted player would need to sit for 7.5 minutes).

Players and team personnel on the sidelines must adhere to 6 feet physical distancing as per the BC health authorities.

To respect the BC health authorities' guidance on limited travel:  
As of September 7, 2020 - Youth Game Activity may be expanded beyond solely in-Club/organization activity to include within Youth District Geographical boundaries and/or neighbouring Youth District Geographical boundaries while adhering to the Soccer Cohorts requirement.

As of September 7, 2020 Adult Game Activity may be expanded beyond solely in- Club/organization to include within the Adult League Member while adhering to the Soccer Cohorts requirement.  
The date that regular game and competition formats outside of cohorts may be considered is still TBA.

LUSA will continue to:

Limit the number of team staff (coaches, managers, etc.) that are on-field, noting the requirement to have a specific number of coaches to lead the environment, while adhering to the Rule of Two and "Soccer Cohorts".

Consider the comfort level of all your volunteer coaches under the current situation.  
Perhaps, in the first instance, limit sessions being led by a select core group of coaches.  
Include the daily requirement for any and all staff/coaches and participants to verbally confirm they are not experiencing any symptoms related to COVID-19.

Make sure to stagger training/game times between different groups to create a buffer between sessions and avoid an overlap of players on the field.

Limit all occasions for gatherings.

# Outline Phase 2



Communicate all hygiene measures in advance to all your players.

Provide your employees with any protective items required by the BC health authorities and ensure that each member of your staff washes their hands regularly.

Limit participation to those able to adhere to any restrictions in place.

Ensure all participants are registered per the normal process under BC Soccer. Facilitate registration online and no cash will be accepted.

Ask parents and guardians to provide written consent for players U18 and younger

On field substitute player and coaches benches / enclosures will not be permitted to be used



# Outline Phase 2

## Training & Game Cohort

### Groupings

#### Grassroots Under 6 to

#### Under 11 - Boys



Group 1	Group 2	Group 3	Group 4
U6B TEAM A	U6B TEAM B	U6B TEAM C	U6B TEAM D
U6B TEAM E	U7B TEAM A	U7B TEAM B	U7B TEAM C
U7B TEAM D	U7B TEAM E	U7B TEAM F	U7B TEAM G

Group 5	Group 6	Group 7	Group 8
U7B TEAM H	U8B TEAM A	U8B TEAM B	U8B TEAM C
U8B TEAM D	U8B TEAM E	U8B TEAM F	U8B TEAM G
U8B TEAM H	U8B TEAM I	U8B TEAM J	U8B TEAM K

Group 9	Group 10	Group 11	Group 12
U9B TEAM A	U9B TEAM B	U9B TEAM C	U9B TEAM D
U9B TEAM E	U9B TEAM F	U9B TEAM G	U9B TEAM H

Group 13	Group 14	Group 15	Group 16
U10B TEAM A	U10B TEAM B	U10B TEAM C	U10B TEAM D
U10B TEAM E	U10B TEAM F	U10B TEAM G	U10B TEAM H

# Outline Phase 2 Training & Game Cohort Groupings Grassroots Under 6 to Under 11 - Girls



Group 17	Group 18	Group 19	Group 20
U6B TEAM A	U6B TEAM B	U6B TEAM C	U6B TEAM D
U6B TEAM E	U7B TEAM A	U7B TEAM B	U7B TEAM C
U7B TEAM D	U7B TEAM E	U7B TEAM F	U7B TEAM G

Group 21	Group 22	Group 23	Group 24
U7B TEAM H	U8B TEAM A	U8B TEAM B	U8B TEAM C
U8B TEAM D	U8B TEAM E	U8B TEAM F	U8B TEAM G
U8B TEAM H	U8B TEAM I	U8B TEAM J	U8B TEAM K

Group 25	Group 26	Group 27	Group 28
U9B TEAM A	U9B TEAM B	U9B TEAM C	U9B TEAM D
U9B TEAM E	U9B TEAM F	U9B TEAM G	U9B TEAM H

Group 29	Group 30	Group 31	Group 32
U10B TEAM A	U10B TEAM B	U10B TEAM C	U10B TEAM D
U10B TEAM E	U10B TEAM F	U10B TEAM G	U10B TEAM H

# Outline Phase 2 Training Cohort Groupings YOUTH Under 12 - 18



Group 33	Group 34	Group 35	Group 36
U12 girls Phillips	U12 girls Leamont	U13 girls Jones	U14 girls Tubbs
U12 girls Aalhus	U12 girls TBA #1	U13 girls Shimmin	U14 girls Rink/Patterson
U12 girls Vanderstar	U12 girls TBA #2		

Group 37	Group 38	Group 39	Group 40
U12 boys Horn	U12 boys Molatore	U12 boys Macdonald	U12 boys TBA #4
U12 boys Phu	U12 boys Campbell	U12 boys Chiu	
U12 boys TBA #1	U12 boys TBA #2	U12 boys TBA #3	

Group 41	Group 41	Group 42	Group 43
U13 boys Daniel/Wong	U13 boys Dear	U14 boys TBA #1	U14 boys Wearmouth
U13 boys Stovold	U13 boys Pickard	U14 boys O'keeffe	U14 boys Ackermann

# Outline Phase 2 Training Cohort Groupings YOUTH Under 12 - 18



Group 44	Group 45	Group 46	Group 47
U13 boys Maltes	U15 Division 1 Boys Rathor	U15 Division 1 Girls Wandzura	U15 Division 3 Boys Brennan
U14 girls TBA #1	U15 Division 2 Boys Carey	U15 Division 2 Girls Skelton	U14 boys Blond

Group 48	Group 49	Group 50	Group 51
U16 Division 1 Girls Owen	U16 Division 1 Boys Kilby	U16 Division 2 Harper	U17 Division 2 Girls Wood
U16 Division 2 Girls Ellis	U16 Division 1 Boys A. Jones	U16 Division 2 Schasny	U18 Division 1 Girls Yarwood

Group 52	Group 53
U17 Division 1 Boys Young	U17 Division 3 Boys Wilson
U17 Division 2 Boys C. Jones	U18 Division 2 Boys Nuefeld

Outline Phase 2  
Training Cohort  
Groupings  
Youth FV Selects /  
LUSA BCSPL



Group 54	Group 55	Group 56	Group 57
LUSA BCSPL Hannesson	FV Selects Stams	FV Selects Turner	FV Selects Parker
LUSA BCSPL Soolsma	FV Selects Sheperd	FV Selects O’Dowd	

BCCSL cohorts for the Under 13 to Under 18 age groups are available at BC Coastal Soccer League website.  
At the time of writing this document the adult leagues cohorts for games are not yet available.

For the BCSPL the following clubs are in a cohort grouping:

- Langley United
- Langley FC Preston
- Surrey United
- Coastal FC

# Outline Phase 2 Training Cohort Groupings Adults



Group 58	Group 59	Group 60	Group 61
Men's Premier Palani	Men's Division 1 Kilby	Men's Division 2 Spurgeon	Men's Division 2 Brown
Men's Division 1 Palani	Men's Division 2 Morrison	Men's Division 2 Bezjack	Men's Division 4 Brown

Group 62	Group 63	Group 64	Group 65
Men's Division 3 Aalhus	Men's Master Division 1 Rowe	Women's Division 1 Bulcock	Women's Master Jaguars Mele
Men's Division 4 Foster	Men's Master Division 2 Blender	Women's Division 2 Palani	Women,s Master Lunachicks

Group 66
Women's Masters Ninjas

# Human Safety

## Check-In Requirements

All players, volunteers and technical staff participating in any of Langley United's programming must check in with their team coaching staff prior to entering the field of play.

Players will remain in the set team grouping for duration of the program or until phase 3 is implemented. Langley United will record training groups which will assist the health officials in the event of any COVID-19 outbreak

## Illness Policy

Langley United has a revised Illness Policy that must be followed by all attending and or participating in any of the programming. Failure to follow this policy will result in removal from the session, short term suspensions and the most severe cases, removal from Langley United. The Illness Policy can be located here:

[ILLNESS POLICY](#)







# Human Safety

## Players

All adult players and parents/guardians of youth players must complete a [LUSA Return to Play Document](#) before they will be allowed to participate in any LUSA programming. Not complying to this request will prevent players from participation in any of Langley United's programming, be this adult or youth.

Players must use the [Pre-Session Player Checklist](#) to continually refresh themselves of the steps they must take to participate in any Langley United programming. This must be carried out before, during and after every training session. The checklist includes the requirement for players to dress at home and arrive in their training uniforms and boots. **Players are required to bring their own hand sanitizer clearly labelled with their name for all training sessions. The sharing of sanitizers is not permitted.**

## Volunteer Coaches and LUSA Technical Staff

All volunteer coaches and technical staff must complete a [Return to Play Document](#) before they will be permitted to participate in any LUSA programming.

Coaches are asked to use the [Pre-Session Coach Checklist](#) to remind themselves of the steps they must take to participate in the LUSA programming before, during and after every session. This includes the requirement for a self assessment prior to attending any Club programming.

Technical Staff and Club volunteers will be educated on all sanitization requirements. Personal Protective Equipment kits have been assembled for any instance a technical staff member or volunteer find themselves unable to socially distance in an emergency (i.e., an injury on the field).



## BC SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered as we transition through the various return phases.

	<b>Strictest Controls</b> (Prior to May 19, 2020)	<b>Transition Measures</b> (approx. May 19 <sup>th</sup> to Sept)	<b>Progressively Loosen</b> (Future date TBC)	<b>New Normal</b> (Future date TBC)
<b>Restrictions in Place</b>	Maintain Physical Distance (2m) No non-essential travel	Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people	Refer to PHO and local health authorities	Refer to PHO and local health authorities
<b>Enhanced Protocols</b>	Increased hand hygiene	Increased hand hygiene Symptom Screening in place	Increased hand hygiene	Increased hand hygiene
<b>Facility</b>	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest  Indoor facilities slowly re-opening	Outdoor/Indoor	Outdoor/Indoor
<b>Participants</b>	Individual activities	Small Groups No or limited spectators	Groups sizes may increase Limited spectators	Large groups allowed No restrictions on spectators
<b>Non-contact Activities</b>	Low risk outdoor activities can occur (biking, running, etc). Virtual activities	Fundamental movement skills Modified training activities, drills	Expansion of training activities	No restrictions on activity type
<b>Contact Activities</b>	Should not occur	Should not occur Contact sports should look for non-contact alternatives to training	Introduction to pair or small group contact skills	No restrictions on activity type
<b>Competition*</b>	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
<b>Equipment</b>	No shared equipment	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place	Shared equipment

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines

Technical Programs  
Langley United will follow  
ViaSport's Return to Play plan



# LUSA Youth Participant Waiver

# LUSA Adult Participant Waiver

All participants registered in any of the Langley United Programming, be this youth or adult must sign the respective Participant Waivers.

All members are required to complete the online waiver, with out this document being completed the player will not be allowed to partake in any LUSA Programming.

[WAIVER LINK](#)



## Disclaimer

This Return to Play Plan is intended to be used for the purposes set in this document. While it has been written the Return To Play Plan with relevant information, as we know information available about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to completeness of any information provided in this Return To Play Plan.

In the event of concern or conflict between this Return To Play Plan, its referenced documents and the *Public Health Act*, regulations or orders thereunder, the *Public Health Act*, regulations and orders prevail. Nothing in this document is intended to provide legal advice.

This document contains links to third party web sites. Links are provided for convenience only and Langley United does not guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time.

Anyone choosing to participate in any Langley United programming does so at their voluntary and own risk. Choosing to participate is a personal decision that must be made with full information. Where a participant is identified as a “high risk” individual doctor’s permission is strongly recommended before participation in any Langley United Soccer Association’s activities.



<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

<https://www.viasport.ca/news/covid-19-updates-sport-organizations>

<https://www.viasport.ca/news/return-sport-guidelines-help-bc-sport-organizations-plan-reopening>

<https://sportlaw.ca/maintaining-safe-sport-during-covid-19/>

<https://sportmedbc.com/news/covid-19-health-guidelines-sport-organizations>

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Additional links: