



Langley United

Return To Play – Phase 1
Player Checklist 2021



Prior To The Training Session

Players must wash hands with disinfectant soap and water for at least 20 seconds or an alcohol-based sanitizer before going to the soccer activity.

Players must bring their own water bottle and hand sanitizer and keep them in a personal bag or backpack in the area designated for them on the field.

All items must be clearly identified with their names.

All player's personal equipment must be cleaned and sanitized before they arrive

Players must get dressed for action at home, which includes footwear.

Players are encouraged to bring a second water bottle filled with hydration fluid or water. Water fountains will be inoperable.

Players must wear masks walking to and from the field of activity.

If players happen to cough or sneeze, they should do this in a tissue or in their sleeve but not their hands. Dispose of all sanitary items in the allocated TOL garbage bins located at the side of the fields.

Players must not touch any items like door handles, gates, benches, and all other objects where viruses could survive. If they touch something, they are required to wash their hands as quickly as possible.

Parents should assist players to conduct a self assessment of symptom screening before every LUSA sanctioned session. [SELF ASSESSMENT TOOL](#)



During The Training Session

Players may only arrive 5 minutes before their training session.

Players must wait in the designated waiting areas identified on the field layouts.

Players must follow any posted signs at the training locations.

Player must check in with the LUSA representative or coach before every session.

Players must place their water bottle, hand sanitizer, bag or backpack in the area designated for them.

Players must adhere to all physical distancing measures and recommendations issued by the provincial government health authorities and the TOL, including the arrival and departure of players.

Players must listen to the coaching staff and remain in the area of the field they have been instructed to be in.

Players must keep a 3-meter distance from other players.

Players must not have physical contact with other players.

Players must not shake hands, do high-fives or fist bumps, with other players or coaches.

Players must not touch the ball with any other body part than the feet.

Players must not touch any other equipment.

Goalkeepers must not share gloves or spit in their gloves.



After The Training Session

Players must leave the field as quickly as possible after they finish training / games.

Players must wash their hands / use hand sanitizer before leaving the training field.

For the adult players, if the Return To Play applies, under no circumstances will there be any socializing in the carpark after the training session and should leave the location as quickly as possible.



General Reminders

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

If players have traveled outside of Canada, they are not permitted at the training facility or to participate in any Langley United programming until they have self-isolated for 14 days.

If players live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, they must stay at home.

If players are unsure of any symptoms that they may be displaying, they should use the self-assessment tool [COVID Self-Assessment Tool](#) to confirm their readiness to participate in the activity.