



COVID-19 Rules

1. If an individual is exhibiting symptoms of Covid-19 (coughing, fever, shortness of breath, Runny nose, or sore throat) they are legally obligated to self isolate. As per the declaration of compliance they are not permitted to return to play for 14 days from the day they last experienced symptoms.
2. Please respect physical distancing. Physical distancing of two (2) metres must always be maintained
3. Please respect proper hygiene practices (washing and sanitizing hands, covering your face while coughing)
4. Please do not congregate at the facility entry point.
5. No changerooms will be open during this time. Please arrive at the facility dressed to play
6. Please refrain from using public toilets, however if necessary, ensure hands are washed and sanitized
7. Please arrive no more than 10-15 minutes prior to activity commencement. You must also leave within 10 minutes of match completion
8. Masks are to be worn from the facility entrance to the field.
9. No food of any type can be consumed on the premises
10. **NO SPECTATORS ARE PERMITTED.** Only the participants are allowed in the facility during their allotted game time.
11. All non-essential contact (handshakes, high 5's, etc) must be avoided.
12. All players should bring a labelled water bottle for themselves as to avoid transfer of bodily fluids
13. Please only use personal equipment
14. No spitting of any kind is permitted.
15. To reduce bodily fluid transfer, **heading of the ball is not permitted for the foreseeable future.**
16. Please refrain from post game socializing.
17. Any personal equipment used should be taken home and washed separately from others.
18. All registrations will be done online.
19. A maximum of 12 players can be registered to a team
20. If a player is deregistered for any reason, a \$50 fee will be issued for any new player.
21. Game sheets will have a section that teams need to acknowledge they have done a self check and currently have no symptoms of covid-19.
22. Only registered players and coaches are allowed in the facility

Disclaimer: It is recommended that all participants utilize the self-check on the Ontario Covid-19 app to prevent any spread of Covid-19.

Disclaimer: Rules subject to change as per federal and provincial government guidelines