



## Ottawa TFC Parent COVID Prevention Responsibilities



### General Hygiene Protocol

- Sanitize hands immediately before leaving home, before entering the field, after soccer activities and during scheduled breaks.
- Carry hand sanitizer in order to enable good personal hygiene.
- Do not spit at any time.
- Avoid touching eyes, nose or mouth.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Shower at home before and after training.

### Recommendations and Guidelines for Parents

- Follow the hygiene protocols in this document.
- Ensure that players have completed the COVID questionnaire prior to attending any events.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Complete Teamsnap attendance prior to arriving at practice... this is important for tracing and isolation purposes in the event of a COVID case appearing in our community
- Ensure that your child has his/her personal hand sanitizer with them prior to leaving the car.
- Drop off and pickup your player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- Parents are not to attend training in Phases 1 and 2 unless expressly asked to do so (i.e. for some of the grassroots programs with the youngest kids, or certain events).  
Only one parent/guardian attending soccer activities in Phase 3.
- Parents/guardians to keep a reasonable distance from the field, and social distance from other parents/spectators.
- Avoid congregating at facility entry points yourself, and help to reduce congregation of young players as well.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.
- Arrive 5 minutes before the end of any activity so that players can leave immediately after training rather than congregating around the field/exit.
- At home, ensure all the player's equipment is washed separately from the other household items.