



RETURN TO PLAY PHASES

Ontario Soccer's Return to Play Plan consists of a three (3) phase approach that includes:

**Phase 1: Return to Training
(modified training)**

Conditions: All Phase 1 Return to Train conditions are met

Restrictions: No contact, no league, exhibition, festival or tournament games

**Phase 2: Return to Training and Modified Games
(enhanced training & modified games)**

*Conditions: All Phase 2 Return to Train conditions are met
Inter-squad and Intra-squad modified games permitted (only within the Club/Academy)*

Restrictions: No league, exhibition, festival or tournament games

**Phase 3: Return to Soccer
(regular competition, games and training)**

Conditions: Social distancing restrictions have been lifted

Restrictions: None

Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines.

Return to Play Age Groups and Stage Considerations

Active Start U6 and younger	FUNdamentals U7 U9	Learn 2 Train U10-U12	Soccer 4 Life & High Performance U13+
<ul style="list-style-type: none"> ○ 1 Player + 1 Parent/Guardian/Sibling ○ Children at this age may struggle to maintain social distancing and complete technical based activities. ○ Using a parent or sibling will aid the coaches to deliver different activities as the child will have a parent/guardian/sibling to help manage them and some of the logistics to ensure social distancing is maintained. ○ Be overly conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ○ 1 Player + 1 Parent/Guardian/Sibling ○ Children at this age often need interaction with someone to remain engaged and complete technical based activities. ○ Players may not have yet developed focus to find isolated practices with a ball enjoyable. Therefore, utilizing a parent/guardian/sibling to partake in the practice will provide a more fulfilling experience as it will increase the number of different activities the athlete can experience as someone from their own household does not need to maintain social distancing from the player. ○ This will help create opportunities to plan activities that include a partner or opposition. ○ Be overly conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ○ Athletes at the L2T stage should be engaged in the progression of activities during the different phases. ○ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ○ The individualized consideration will help keep the players engaged and focused. ○ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ○ Be conservative when spacing out areas to maintain social distancing. 	<ul style="list-style-type: none"> ○ Athletes at the S4L stage should be engaged in the progression of activities during the different phases. ○ Engaging them about their strengths and weaknesses within different activities will assist the coaches in giving the players individualized tasks. ○ The individualized consideration will help keep the players engaged and focused. ○ Creating fun challenges that include social outcomes will provide an enjoyable and exciting practice to participate in. ○ Players should understand what social distancing is and be able to respect the social distancing requirements in place.