



Program Guidelines: Futsal/Indoor Soccer

Arrival at the Cowichan Community Centre

- Players should use the MPH main entrance to access the facility. Players should check in at the entrance of the MPH where you will be asked screening questions.
- Upon arrival into the MPH, players should store their belongings on one chair and use this location for the duration of the session; please use your selected seat only during the session.
- Players should arrive no earlier than 10 minutes prior to the scheduled activity session.
- Players should sanitize or wash their hands upon arrival at the facility.
- Please maintain a 2-meter physical distance while entering the building.

Game Play

- No spitting permitted in the facility.
- Player should bring their own water bottle as drinking fountains are not available.
- Skill development will be a primary focus.
- Game play to feature a modified format with no contact.
- There shall be no competing for a loose ball, instead the first player to the ball shall be provided opportunity to gain possession.
- Coaches to maintain physical distance with players whenever possible.
- Clean soccer balls will be used for each session.
- Players discouraged from touching soccer balls with their hands.
- No contact permitted.
- Players should refrain from entering goal crease area.
- Physical distancing should be practised while on player's benches.
- Players should avoid hand shaking or 'Hi-Fives'.
- Spectators are not permitted.

Departure

- Players are required to exit the building within 10 minutes upon completion of their scheduled activity. Please maintain a 2-meter physical distance while exiting the building.

NOTE: Recreational Soccer/Futsal Program Guidelines are subject to change. Those disregarding program guidelines may be asked to leave the facility.