

Return to Play Plan

NEW WEST SC



#STRONGERTOGETHER

Purpose

As a community soccer club with foundations in New Westminster since 1965, NWSC provides a platform for its 1300 plus members to experience soccer in a safe and fun environment. With the current COVID-19 pandemic, NWSC has faced adversity like never before, having to cancel programs and teams unable to complete their respective seasons. It has truly affected the organization and its members, the majority being citizens of New Westminster. With the recent announcements of ‘return to play’, it is NWSC’s priority to ensure it is compliant with Canada Soccer and ViaSport’s rigid guidelines. NWSC believes that this is a collaborative effort with the City of New Westminster to enable activities to restart, with the consideration of safety and best practices for its members and citizens of New Westminster.

The purpose of this document is to provide up-to-date information and details of New Westminster Soccer Club’s Return to Play Plan. All accompanying information follows the recommendations and guidelines approved by Canada Soccer and is aligned with ViaSport’s “Return to Sport Guidelines for B.C.”, which were made public on Monday, June 1, 2020.

About Covid-19 & Transmission (information from ViaSport)

- COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.
- This requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.
- COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.
- For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.
- Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).
- Click [here](#) to review the Symptoms & Treatment checklist from the Government of Canada.

RETURN TO PLAY PLAN

Return to play – Introduction phase

As we proceed with a return to play introduction phase, ViaSport has outlined the "transition measures" as highlighted in the chart. NWSC is committed to following the transition measures to keep our members safe. We ask our members to continue to do their part and adhere to all safety measures as well.



	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept.	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment



NWSC - Return to Play – Guidelines

- The activity must always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household).
- As of June 2nd, 2020 – 6 feet between people and gatherings of 50 people or less (for soccer, unless otherwise stated by the municipality/city, this is 50 people per regular 11 v 11 full-size soccer field).
- Clearly layout, communicate, and mark (in consultation with municipality/city/facility owner) **player drop-off** and **pick-up protocol** for arrival and departure.
- Activities will be limited to small groups, solely to in-club/organization activity.
- The number of team staff (coaches, managers, etc.) that are on-field, noting the requirement to have a specific number of coaches to lead the session and all while adhering to the **Rule of Two**.

DROP-OFF PROTOCOL

- Please review our “Fields of Play” maps, which illustrates our point of **ENTRANCE**. No exceptions to this.
- Parents and guardians are asked to abide by the following options for enhanced safety precautions;
 - a) Stay in their vehicles during all training sessions
 - b) Leave the park and pick up their athlete at the end of the session
 - c) Keep within the confines of the viewing areas (6 ft distancing measures applied) that will be located at a safe distance away from the playing field
- Drop your child off **no sooner than 10 minutes** prior to the start of your training time.
- An NWSC volunteer, who will be clearly identifiable, will then usher the athlete to their designated area.

PICK-UP PROTOCOL

- Please review our “Fields of Play” maps, which illustrates our **EXIT** point. No exceptions to this.
- Players will be requested to leave the field of play as soon as their session has ended. NWSC will ensure there is no “bottle-neck” of traffic on the field between exiting and incoming player groups.
- Players will be asked to either wash their hands or use the hand sanitizer available before leaving the park. Stations will be setup at the field to allow for sanitization.

NWSC - Return to Play – Guidelines

- Training sessions will be led by NWSC certified instructors.
- Pre-Practice Checklist for **PLAYERS**
- Pre-Practice Checklist for **TECHNICAL COACHES & VOLUNTEERS**
- NWSC Staff will ask coaches, volunteers, and players for written confirmation regarding if they are experiencing any symptoms related to COVID-19. A record of this documentation will be retained by NWSC on record and as a potential tracing resource.
- Training session times between groups will be staggered to create a buffer between sessions and avoid an overlap of players on the field. There will be a **20-minute transition between sessions.**
- Poster boards regarding hygiene/distancing measures will be displayed on-site, with the intent of minimizing F2F interaction.
- Coaches will be equipped with first aid kits which will include protective items required by the health authorities. NWSC will ensure certified First Aid assistance is available at all times during the program.
- Participation will be limited to ages (U8-U15) and levels that understand and can adhere to the distancing measures and recommendations issued by the provincial government health authorities.
- All participants must be registered per the normal process under BC Soccer
- Registration to any programs will be online only (no cash).
- Parents and guardians must complete our online **WAIVER** authorizing their children to participate in soccer activity.
- **NWSC volunteers will electronically confirm those who are participating and when via TEAMLINKT, so that we can contact them if needed, for example, if an infected person is identified.**
- NWSC will adhere to ViaSport's **Emergency Response** and **Outbreak Plan**

NWSC - Return to Play – Emergency Response

FIRST AID

- In the event that first aid is required to be administered during an activity, our NWSC technical leads attending to the injured individual must first put on a mask and gloves.
- From a safe distance (2m), coaches will assess the seriousness of the injured player through a series Q & A's.
- If the player is able to move freely, they will be asked to rest in their designated area until they are able to return to play.
- If additional assistance is required, we will have NWSC volunteers on hand to:
 - a) Follow our **Emergency Action Plan** procedures
 - b) Flag down or call the individual's parent or guardian
 - c) NWSC volunteer to contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

1. In the event that a 'case' or 'outbreak' is reported, the Director of Coaching in accordance with the NWSC Board of Directors will modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission.
3. Implementation of our **ILLNESS POLICY** and advise individuals to:
 - a. Self-isolate
 - b. Monitor their symptoms daily
 - c. Report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - d. Use the [COVID-19 self-assessment tool](#) to help determine if further assessment or testing for COVID-19 is needed.

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4. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
5. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
6. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

DISCLAIMER

NWSC'S Return to Play Guidelines are intended to be used for the purposes set in this document. We have written and aimed to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the Return to Play Guidelines.

It is important to note that our Return to Play Guidelines is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between the Return to Play Guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail.

This document contains links to third party web sites. Links are provided for convenience only and NWSC does not guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time.

NWSC'S documentation may be updated pending updated information from our provincial health organizations. Anyone registered for any NWSC programming does so voluntarily. NWSC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Return to Play Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.

ILLNESS POLICY

**In this policy, “Team member” includes an employee, coach, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment
 - Team members must review the self-assessment signage located on-site before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - If Team Members are unsure, please use the [COVID-19 self-assessment tool](#)
3. If a Team Member is feeling sick with COVID-19 symptoms
 - They should remain at home and contact Health Link BC at 8-1-1.
 - If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19
 - The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
 - As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

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6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
 - Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
 7. Quarantine or Self-Isolate if:
 - Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the playing area and must quarantine and self-isolate.
 - Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the playing area.
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Resources

PROVINCE OF BRITISH COLUMBIA

- [B.C.'s Restart Plan](#)
- [BC COVID-19 Go-Forward Management Strategy](#)
- [B.C. Go Forward Strategy Checklist](#)
- [PHO Orders](#)
- [Fraser Health](#)

HEALTH RESOURCES

- [COVID-19 self-assessment tool](#)
- <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/benefits-hand-washing.html>

SPORT AND RECREATION RESOURCES

- <https://www.viasport.ca/return-sport>
- <https://bcsoccer.net/return-to-play-information>

NWSC - Return to Play – Physical Distancing

- Our activities will always comply with the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players (except for family members or persons residing in the same household)
- **6 feet between people and gatherings of 50 people or less**
- The use of cones and other equipment to ensure appropriate spacing will be in place to support distancing.
- Reminders to coaches and players of the distancing requirements.
- It is recommended that only one parent/guardian accompany their child/player to the session

NWSC - Return to Play – Coaching

- Will position players in designated and well spaced-out stations/areas on the field.
- Will not let players manipulate the practice equipment.
- Coaches will take charge of set up and collecting equipment.
- Coaches to ensure that players do not touch the ball with their hands, or head

NWSC - Return to Play – Equipment

- Coaches will be in charge of set up/take down of their individual grids
- Players will not be handling any equipment with their hands.
- Coaches will restrict soccer ball use, one per player or in small groups. This will ensure minimal cross-over of soccer balls between participants.
- If equipment is manipulated by participants, hand sanitation and ball washing between sessions is required.
- Coaches will spray down and wipe soccer balls between sessions.

NWSC - Return to Play – Clean & Safe Environment

- Procedures will be well displayed and communicated to all users.
- Cones will be used to indicate proper distancing from staff.
- All doors accessible to the public must remain open to avoid contact with door handles.
- Soap or hand sanitizer will be made available to all people in various locations throughout our playing area.
- Signage displayed to remind and encourage people to wash their hands and adopt proper hygiene practices.
- No lockers/change rooms will be used.
- Participants are asked to change at home prior to and after sessions.

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- Players are to keep their bags and water bottles on their designated landmark, which will be located behind their individual grid.
- All players will be asked to avoid physical contact with others (hand shaking, high fives, etc.)

NWSC – Return to Play – Players

All adult players and parents/guardians of youth players must complete NWSC'S online **Return to Play - Participant Waiver** before they will be granted permission to participate in our programs. Failure to comply will limit any members from participating in any club programming.

Players are asked to use the **Pre-Practice Checklist** form as a reminder of the appropriate steps that must be taken before, during, and after every practice.

Reminders include;

- Changed and ready to participate prior to arrival
- Leave immediately after training is completed
- All personal belongings must be contained in a single bag/backpack that is clearly labelled
- Bring your own hand sanitizer
- Sanitize your hands before and after every practice

NWSC – Return to Play – Technical Staff & Volunteers

All technical staff and volunteers must complete a **Return to Play Agreement – Technical Staff & Volunteers** before they are granted permission to participate in our programs.

Coaches and volunteers are asked to use the **Pre-Practice Checklist** form as a reminder of the appropriate steps that must be taken before, during, and after every practice. A self-assessment will be required prior to attending any club programs.

All technical coaches, executives, and volunteers will be educated on all appropriate safety and hygiene protocols in advance of NWSC'S programs.

PLAYERS - PRE-PRACTICE CHECKLIST

BEFORE PRACTICE

- Wash your hands with disinfectant soap and water for at least 20 seconds before leaving your residence.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack. PLEASE CLEARLY LABEL ANY/ALL ITEMS WITH YOUR NAME.
- Clean your equipment, including your water bottle before you arrive
- Change into your soccer apparel at home (not at the field) – arrive in your cleats
- Water will not be shared or distributed by NWSC staff or participants
- Consider wearing a mask or gloves while playing if you feel it is required or if it increases your level of security and comfort.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive.

DURING PRACTICE

- Follow the PLAYING FIELD map to guide you in the appropriate direction.
- Arrive 10 minutes before your session. Walk to the entrance where an NWSC volunteer will check you in and guide you to the appropriate grid.
- You must check in with our NWSC volunteer before every session.
- Place your water bottle and hand sanitizer/bag/backpack in the area designated for you on the field.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players.
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.
- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with other players.
- No handshakes, high fives, or hugs allowed.
- Avoid touching the ball and other equipment – let the coach handle the equipment.
- Goalkeepers must not share gloves or spit in their gloves.

AFTER PRACTICE

- o Leave the field as quickly as possible after you finish playing.
- o Wash your hands/use hand sanitizer before leaving the park.

TECHNICAL STAFF & VOLUNTEERS – PRE-PRACTICE CHECKLIST

BEFORE PRACTICE

- Download and utilize the [COVID-19 self-assessment tool](#) before every NWSC sanctioned practice.
- Notify the Club and stay home if you are feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the soccer activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field.
- Change into your soccer apparel at home (not at the field)
- Consider wearing a mask or gloves during sessions if you feel more comfortable wearing one.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive.

DURING PRACTICE

- Always follow posted signs at the park.
- Check in with the DOC before every session.
- Check in all participants in your session at all sessions (TEAMLINKT).
- If any participants display any symptoms of illness they must be sent home.
- Remind players of the requirements for social distancing and equipment handling.
- Keep players to the area of the field under your control.
- Maintain physical distancing as required by health authorities.
- Avoid any physical contact with players.
- Do not shake hands or high five players.
- Players are to avoid touching the ball and other equipment – let the coach handle the equipment.

AFTER PRACTICE

- Players are to leave the field as quickly as possible after each session.
- Wash your hands/use hand sanitizer after every session.
- Spray the soccer balls with disinfectant solution between sessions and after practice. Let them sit for 5 minutes before wiping them down. The cones will need to be sprayed at the end of the training day.
- The use of gloves will be permitted when cleaning equipment

SITE MANAGEMENT

NWSC has created some reminders and guidelines surrounding the management of our sites.

Regarding parking lots, the expectation is that people:

- Do not congregate
- Maintain physical distancing at all times
- If a player is at an age that they will not be able to manage the above two points, they should be accompanied by an adult

Casual spectator areas will be around the fields of play. Our expectation is:

- A maximum of one spectator per family is allowed
- Physical distancing is maintained in the casual areas
- Masks are optional but recommended per the health authority's guidance
- Spectators are to stay on the side of the field where their child is participating and not move between or into other casual areas.

RISK MANAGEMENT

NWSC has come up with additional measures to mitigate risk which include:

- Appointment of contact tracing officer/risk manager:

Darryl Hogan

Riskmanager.nwsc@gmail.com

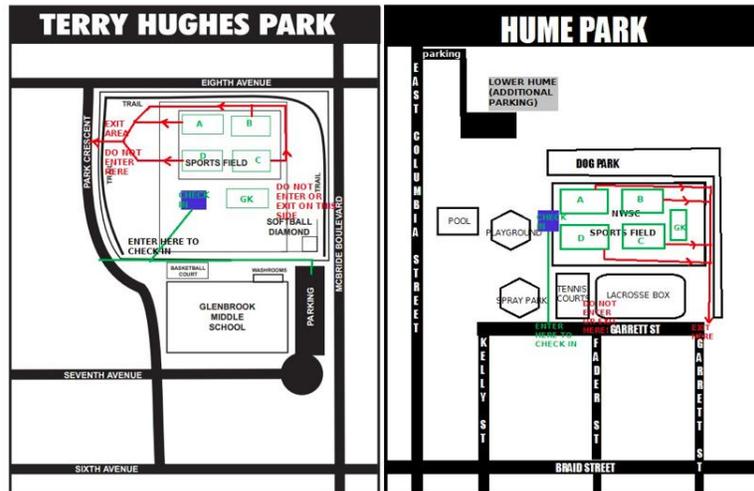
- Duties include:
 - a. Monitor advice and direction from health and sport authorities
 - b. Manage any contact tracing reports
 - c. Ensure that safe soccer compliance is met within all NWSC programming
- All NWSC summer programs will be overseen by our Director of Coaching
- All NWSC summer programs will have certified staff with CPR & First Aid
- All NWSC summer program staff and volunteers will be trained on our safety and hygiene protocols

Please note that we recognize that some of these protocols are inconvenient, but for everyone's safety we expect 100% compliance. Please do not take offence to any reminders provided on-site as we are simply trying to abide by the guidance of our provincial health authorities. We want to ensure that sport is back to normal as soon as possible. As such, let's continue to do everything in our power to make that happen!

FIELDS OF PLAY

MAPS AND GRAPHICS OF OUR SUMMER PROGRAM LOCATIONS.

IT IS IMPORTANT FOR EVERYONE TO REVIEW & ADHERE TO THE GUIDELINES PRESENTED



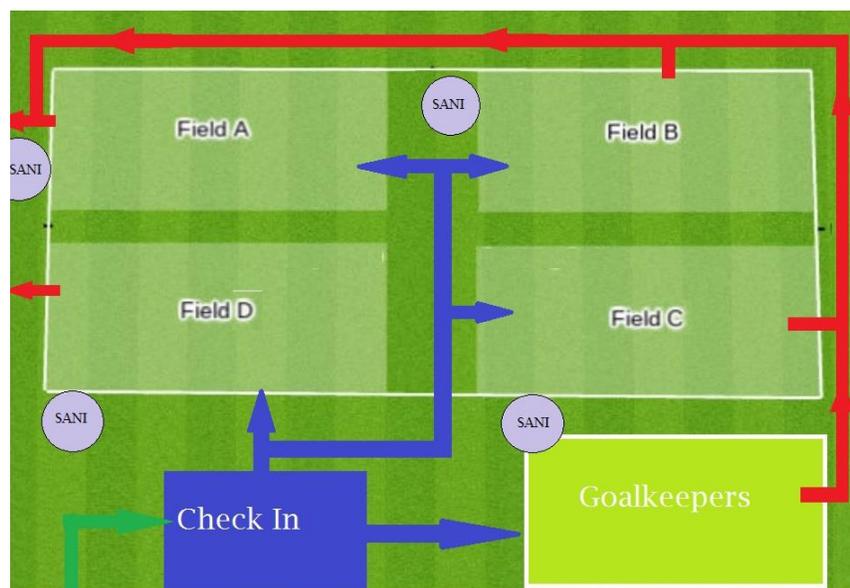
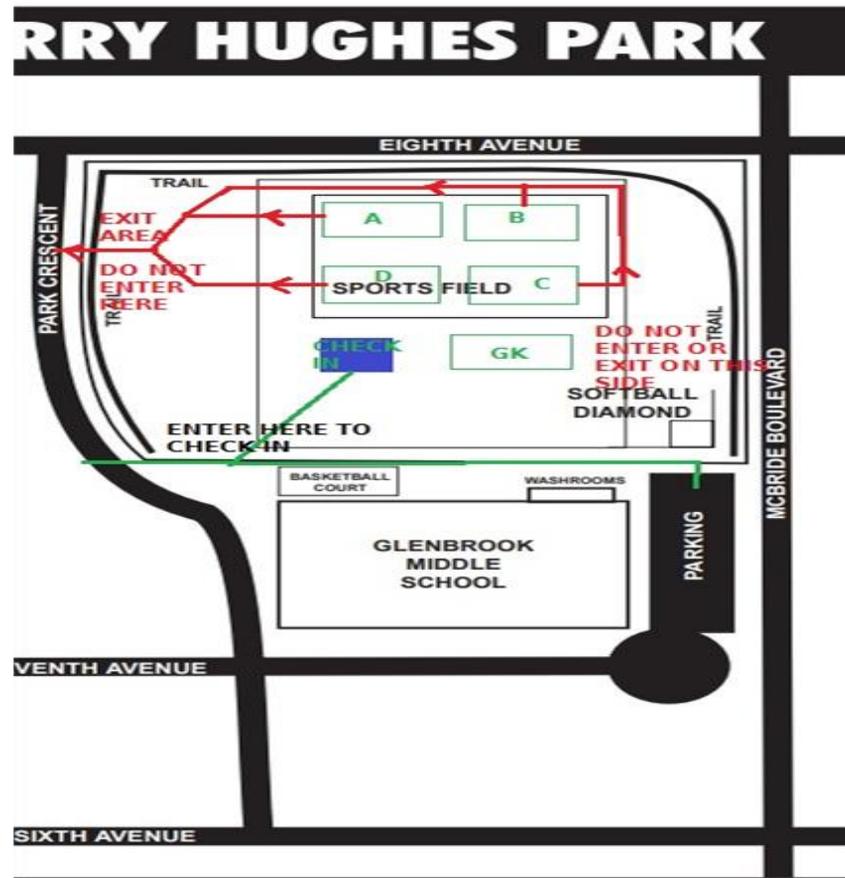
Please review our field maps and graphics which illustrate the layout of each location.

- It is essential to know which field (A-D) your child is playing on.
- **Map 1** shows TERRY HUGHES PARK, the flow of people in and out (entrance and exit) from their specific field of play. Players are expected to wait at the large yellow cones until their coach is ready to distribute them to their grids.
- ADDRESS: 8 8th Ave, New Westminster

- **Map 2** shows HUME PARK, the flow of people in and out (entrance and exit) from their specific field of play. Players are expected to wait at the large yellow cones until their coach is ready to distribute them to their grids.
- ADDRESS: 660 E Columbia Street, New Westminster

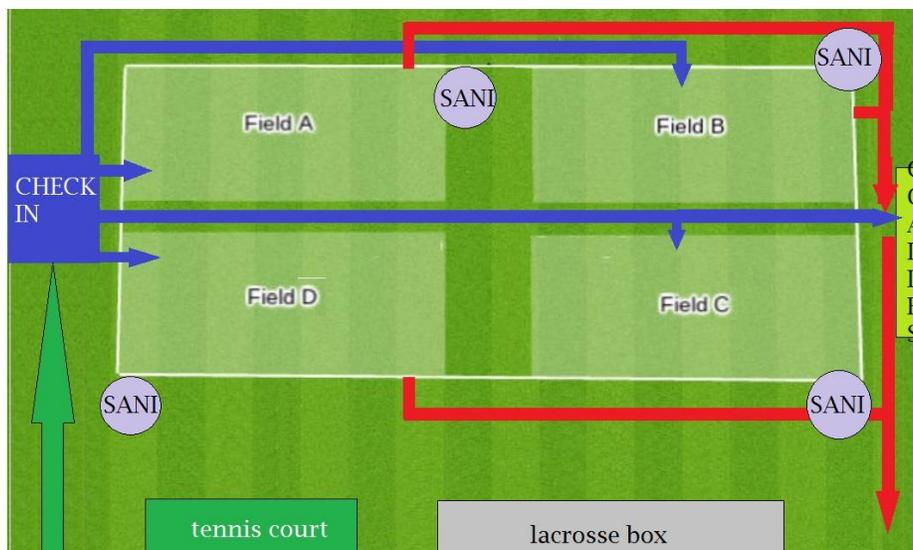
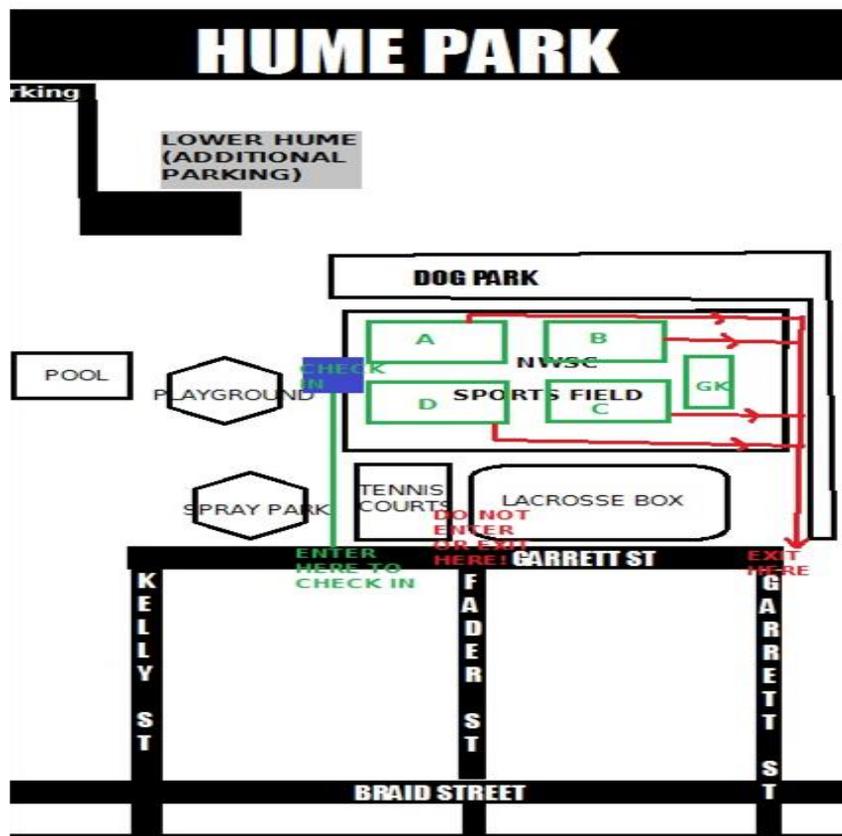
RETURN TO PLAY PLAN

Fields of play – MAP 1



RETURN TO PLAY PLAN

Fields of play – MAP 2



NWSC – RETURN TO PLAY – EXAMPLE LAYOUT

- DISTANCING MEASURES ENFORCED
- 10 PLAYERS + 1 TECHNICAL COACH + 1 VOLUNTEER COACH PER POD (EX: FIELD A)



NWSC – RETURN TO PLAY – VIDEO DEMONSTRATION

NWSC put together a video demonstration of what our Return to Play Player and Goalkeeper summer programs may look like. Sessions will vary to address age and stage of development.

Skill Development Program

<https://www.youtube.com/watch?v=-w8I52wrhMc>

Goalkeeper Development Program

<https://www.youtube.com/watch?v=7xTrEcXLe7k>

Additional Resources

ViaSport Return to Sport Guidelines for BC

https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf?utm_source=PSO+Connector&utm_campaign=f182dbdffe-Sportscape_2019_COPY_01&utm_medium=email&utm_term=0_9305c55a53-f182dbdffe-384327377

BC Soccer's Return to Play Phase 1 Documents

<https://www.bcsoccer.net/news/post/bc-soccer-releases-return-to-play-phase-1-documents-in-preparation-for-a-return-of-soccer>