COQUITLAM METRO-FORD SOCCER CLUB

Return to Play & Safety Guide

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INTRODUCTION

On May 6, 2020 the Government of B.C. announced B.C.'s Restart Plan: Next Steps to Move Through the Pandemic. The goal outlined within this plan "is to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine."

The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in B.C. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in B.C. viaSport works closely with provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the eco-system. Provincial sport organizations are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Each provincial sport organization is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Members of provincial sport organizations are required to follow and implement such policies. During this pandemic, the adherence to, and implementation of, these return to sport policies and practices for all members of provincial sport organizations, including clubs, associations, and individual members, will help promote the safety of our communities. These proactive measures can help preserve community health.

On June 1st viaSport released their Return to Sports Guidelines for BC. To help organizations in their planning, major stakeholders in each sector were asked to create sector-specific guidance documents. viaSport was asked by the Minister of Tourism, Arts and Culture, Lisa Beare, to develop this Return To Sport Guidelines document (the "RTS Guidelines") to support the provincial amateur sport sector in B.C. Prior to restarting, all provincial sport organizations and their clubs should use this RTS Guidelines to develop their own sport-specific Return to Sport plan and work towards careful and gradual restarting within their own communities.

On June 2nd BC Soccer Released their Return to Play – Phase 1 Plan.

From the guidelines set by viaSport and BC Soccer, Coquitlam Metro-Ford Soccer Club created the following Return to Play & Safety Guide. We recommend all families carefully review the processes outlined to fully understand the measures we are taking as a club to mitigate the risks associated with returning to play. It is imperative that all participants abide by all Club official and staff instructions communicated prior to and during sessions. Collectively we have to work together to get back on the field safely. All programs are considered voluntary, and anyone feeling uncomfortable with the current risks, should either not register or remove themselves from the program.

The Club, its staff and Board of Directors are excited to take this first step back to the playing field!

Currently we are in the Transition Measures Phase. This also means in September, there is a possibility that we could still be in the "Transition Measures" phase which would allow us to train with modified training activities under physical distancing measures.

	Strictest Controls Prior to May 19, 2020	**Transition Measures** Approx. May 19th to September	**Progressively Loosen** Future date TBC	**New Normal** Future date TBC
Restrictions in Place	Maintain Physical Distance (2m) No non-essential travel	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	Increased hand hygiene Symptom Screenings in place	Increased hand hygiene	Increased hand hygiene
Facility	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest Indoor activities slowly re-opening	Outdoor/indoor	Outdoor/indoor
Participants	Individual activities	Small Groups No or limited spectators	Groups sizes may increase Limited spectators	Large groups allowed No restrictions on spectators
Non-contact Activities	Low risk outdoor activities can occur (biking, running, etc.) Virtual activities	Fundamental movement skills Modified training activities	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	Should not occur Contact sports should look for non-contact alternatives to training	Introduction to pair of 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	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place	Shared equipment

COVID-19 TRANSMISSION & SYMPTOMS

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 participants, coaches or volunteers (balls, equipment, etc.).

Families should familiarize themselves with the symptoms associated with COVID-19 and the measures to take by reviewing the information found on the BC Centre for Disease Control website.

REGISTRATION

All programs run by CMFSC will be through online pre-registration (Power-Up) and there will be no drop-in programming allowed.

All registrants currently registered for programs, will be sent detailed information about programming under Social Distance Training and COVID-19 Safety policies. They will need to confirm they understand the CMFSC Assumption of Risk Waiver, Release of Liability, Waiver of Claims and Indemnity Agreement, and Participant Agreement , particularly that COVID-19 is not covered under club insurance.

All programs will track attendance.

STAFFING OF PROGRAMS

In addition to CMFSC session coaches, assistant coaches, and managers, CMFSC will assign Trained Employees/Staff for every field based on the following:

Town Center Park – Each field will have one staff member assigned to each field plus one Senior staff in attendance at the facility whenever there is scheduled programming.

Charles Best – Will be assigned to BCSPL teams exclusively where we have Employee Staff Coaches for every team. In addition, we will have a CMFSC Staff member in attendance as a Field Marshall.

Mundy Park/Miller Park/ Parkland/Eagle Ridge – Will be assigned two staff members.

GROUP SIZES & TRAINING STRUCTURE

All regular sized soccer fields will have no more than 50 participants on the field. Group sizes will be based on the recommendations of BC Soccer. Training sessions will be structured to maintain a minimum of 2M of physical distancing between participants and coaching staff at all times.

POINTS OF ACCESS & PROCESS FOR DROP-OFF & PICK-UP

PARKING INSTRUCTIONS

Participants/Coaches/Volunteers must use the directed parking lots based on the fields that their program is located. Participants will be emailed directly with instructions and can be viewed on our website here (HYPERLINK).

ARRIVAL & DEPARTURE AT SESSION

As outlined in the CMFSC Field Exit & Entrance & Guide, there will be designated entry and exit areas for each field to allow participants to maintain social distancing while entering and exiting fields and will be communicated to participants prior to a program starting.

There will be a scheduled 20 minute gap between sessions to allow sufficient time to participants to leave the premises before the next scheduled group of participants arrive.

No one is to arrive prior to **10 minutes** before the session. Participants that arrive early are to remain in their car until 10 minutes prior to the session.

Where possible and age appropriate, participants are to be dropped off and walk to the field on their own. No loitering at the facility after your scheduled session will be permitted.

It is expected that parents/guardians pick up participants on time so we can ensure physical distancing protocols can be adhered to.

RESTRICTIONS / LIMITED USE FACILITIES

a. Equipment Storage Areas – to be accessed by designated CMFSC staff only
b. Locker Rooms – Are a restricted area and not to be used.

SAFETY FOR PARTICIPANTS, STAFF & VOLUNTEERS

COVID-19 SYMPTOM DAILY SCREENING

Each day there will be a symptom screening for all staff, volunteers and participants. Each morning participants in that day's session will be sent an email reminding them of their obligation to complete a daily screening. See APPENDIX A.

Participants, Team Officials & Staff should not attend a training session/game if:

a. you don't feel well or are displaying symptoms of COVID-19

b. someone in your household has COVID-19 or is showing symptoms of COVID-19
c. you have traveled outside of Canada within the last 14 days
d. someone in your household has traveled outside of Canada within the last 14 days
e. Consider your own risk - if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.
f. https://bc.thrive.health/BC COVID-19 Self-Assessment Tool is available for anyone that develops symptoms and can be used to help determine if you need further assessment or testing for COVID-19

ILLNESS POLICY

See Appendix B For the club's Illness Policy.

HYGIENE & SAFETY PROTOCOLS

Hygiene & Safety Protocols that will be adopted:

a. Participants, staff and volunteers at higher risk of experiencing severe illness should not take part in any soccer related activities.
b. All staff & volunteers are required to use hand sanitizer (provided by CMFSC) when arriving at the field/training session, between sessions and before leaving the session/field.
c. All participants are required to bring a bag with their own water-bottle, hand sanitizer, and mask to every session.
d. All participants will be required to use personal hand sanitizer when arriving at the field/training session and when leaving the session/field.
e. Participants will be instructed before each session the guidelines of the social distancing and no-touching. Failure to follow these rules will result in immediate parent pick-up, no exceptions and participant removed from the program.
    a. Reminders to avoid touching eyes, nose and mouth
    b. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
    c. No touching of the ball with your hands or heading the ball allowed.
    d. No touching will be permitted of other participants, the staff, or equipment.
f. Personal Protective Equipment (gloves, mask) will be available to staff where risk of exposure is high (cannot maintain social distancing). Training will be given to staff on how to put masks and gloves on and off to avoid cross-contamination. PPE is not to be used as a substitute for more effective safety measures (distancing, hygiene).
g. Rule of Two must still be strictly enforced.
h. No hand shaking, high fives allowed. No team huddle at the conclusion of the session.
i. No sitting on the benches allowed.
j. Only one staff at a time may be in equipment storage facilities to ensure proper physical distancing.

k. Wherever possible, in-person meetings will be limited and training and staff engagements will be done virtually.
l. Communicate where possible through email, text and/or phone.

EQUIPMENT & CLEANING

Training equipment will consist of cones and soccer balls. Club staff will manage the equipment and sanitize cones and balls after each session. Staff will be provided with training on how to avoid cross contamination with gloves and appropriate removal. Participants will not be permitted to pick up cones or soccer balls with hands.

Goal nets are only to be moved by staff and volunteers, no participants.

STAFF & EMPLOYEES RIGHTS

All staff have a Right to Refuse unsafe work conditions. Staff are to contact the Executive Director with any concerns of Unsafe Work Procedures.

PARTICIPANTS/FAMILIES

During this time, we ask families to limit the number of spectators watching a session. Those that are in attendance, should review and follow appropriate social distancing guidelines and are not permitted to enter the field during play. There is always risk to participating in sports and the risk will never drop to zero. All families and participants need to decide what their comfort level to return to sport/soccer is. Participants are subject to removal from activities should they fail to comply with outlined protocols.

FIRST AID

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

OUTBREAK PLAN

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and call 8-1-1 and discuss the suspected outbreak and follow the directions provided.

If an outbreak is reported modification, restriction, postponement, and cancellation of activities, will be assessed and decided upon by the Executive Director and the Coquitlam Metro-Ford SC Board of Directors.

If staff (including volunteers) or a participant report they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, we will contact the City of Coquitlam immediately so they can implement enhanced cleaning measures to reduce risk of transmission. We will implement our illness policy and advise individuals to:

- Self-isolate
- Monitor their symptoms daily, 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.
- use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. Individuals can learn more about how to manage their illness here: http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-

If staff (including volunteers) or a participant reports they are ill/sick and are at the workplace/activity place, we will contact the City of Coquitlam immediately so they can implement enhanced cleaning measures to reduce risk of transmission. We will implement our illness policy and advise individuals to:

- immediately report and discuss the suspected outbreak by calling 8-1-1. Implement your Illness Policy and your enhanced measures.
- If we are contacted by a medical health officer in the course of contact tracing, we will cooperate fully with local health authorities.

DISCLAIMER

It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience. Updates may be made as needed to this document and will be dated on the front page.

APPENDIX A – SAMPLE EMAIL SENT DAILY TO PARTICIPANTS

Dear CMFSC Team Officials, Particpants & Families,

You are not to attend the session if:

a. you don't feel well or are displaying symptoms of COVID-19
b. someone in your household has COVID-19 or is showing symptoms of COVID-19
c. you have traveled outside of Canada within the last 14 days
d. someone in your household has traveled outside of Canada within the last 14 days
e. Consider your own risk - if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being

Please ensure you have downloaded the British Columbia Self Assessment Tool and complete prior to attending the training field/session.

Additional Reminders for the Session:

Parking: Please ensure you are parking in the appropriate parking lot for the field you are scheduled at.
Entry to Field: Please ensure you follow the directions and enter at the assigned entry point.
Water bottle: Please ensure you have a personal water bottle with enough water for the entire session as water fountains will not be available.
Hand Sanitizer: Please ensure you have hand sanitizer in your bag and you sanitize when you arrive at the field and before you exit.
Mask: Please ensure you have a mask in your bag.
Soccer Ball: When applicable, bring your own assigned ball, clearly labelled with your name & team name.

APPENDIX B – ILLNESS POLICY

In this policy, "Team member" includes an employee, 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**
    a. Team members must review the self-assessment communication sent to them prior to their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
    b. Managers/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.
    c. If Team Members are unsure please have them use the self-assessment tool https://bc.thrive.health/covid19/en or through the COVID-19 BC Support App self-assessment tool.
3) **If a Team Member is feeling sick with COVID-19 symptoms**
    a. They should remain at home and contact Health Link BC at 8-1-1.
    b. 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.
    c. No Team Member may participate in a practice/activity if they are symptomatic.

4) **If a Team Member tests positive for COVID-19**

    a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus as per a doctor's note.
    b. 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.
    c. 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**

    a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
    b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and contact their local health authority.

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.
d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6) If a Team Member has come in to contact with someone who is confirmed to have COVID-19

a. Team Members must advise CMFSC Club Officials/coach if they reasonably believe they have been exposed to COVID-19.
b. 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:

a. 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 facility and must quarantine and self-isolate.
b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
d. 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 facility.

APPENDIX C – PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants").

All Participants of **COQUITLAM METRO-FORD SOCCER CLUB** agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return to Play Protocol:

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of the club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me. I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date:

Signature of Parent:

Name of Participant: