



RETURN TO SPORT

GENERAL SAFETY PLAN (PHASE 3)



Contact Activities

- Close physical proximity should still be minimized as much as possible.
- In sports and activities that generally involve interaction between participants at less than two meters, sport organizations should:
 - modify the activity or rules to keep participants at a safe distance.
 - limit the number and duration of contacts between different participants (when physical distancing is not possible);
 - enforce physical distance when outside the field of play (e.g.- dressing rooms, hallways, team benches, staging areas, etc.).
- Any introduction of activities involving either close proximity or physical contact should only occur within a sport cohort (see next section).

Contact Tracing

For contact tracing purposes, if sport organizations are not the owner or operator of the sport facility, they must provide the facility operator with the first and last names and telephone number, or email address of all participants. You can find the Ministerial Order [here](#) for more details.

Sport Cohorts

Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs. A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events). In this phase:

- Cohorts should be made up of individuals/teams of similar age or skill level.
- Each cohort can be comprised of multiple teams in order to form a mini-league.
- With the use of cohorts, game play can resume between teams within the cohort.
- Cohorts may not exceed 4 teams
- When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people ([see PHO Order](#)). To clarify, the

total number of participants (players, coaches, etc.) for each team cannot exceed 25 participants. (*Re: coaches, officiating crew see below.*)

- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times and use PPE (mask, gloves).
- Keep players together in designated cohorts and ensure that cohorts avoid mixing
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities.
- Individuals should limit the number of sport cohorts to which they belong to reduce the number of people they are interacting with.
- Where officials (if being used) are unable to physically distance, an official(s) should be assigned to a specific cohort and avoid having them interact with multiple cohorts.
- Officials should wear a mask whenever practical
- Spectators are not permitted
- Cohorts should be used for activities in which it is always not possible to maintain two metres physical distancing . When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.
- At least two meters distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.

Competition

This includes formal, organized games, matches and tournaments between participants where scores are recorded, and standings are kept. In this phase:

- For sports/disciplines that cannot maintain physical distancing, competition should only be introduced in the cohort environment.
- Inter-provincial competitions should not occur at this time.
- All competitions are required to have a detailed safety plan in place.

- Provincial Health Office (PHO) Orders related to group gatherings are still ineffect, limiting group numbers to 50 people.
- Limit contact:
 - Plan arrivals and departures of different teams/groups to avoid co-mingling
 - Avoid participants waiting on site between games/activities
 - Discourage groups of people gathering before or after sport activities
 - Schedule activities over a longer period of time (days or weeks) or at different locations
- Conduct symptom-screenings using the BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Develop a strategy to manage increased levels of staff/volunteers required to host a competition and ensure the illness policy is in place.
- Spectators **are not permitted**. The facility operator may also have policies.
- Participants may be fit and healthy, but groups need to consider the demographics of staff, coaches, and volunteers and how to mitigate risk to those individuals.
- Ensure that the outbreak plan is in place and that there are dedicated spaces that can be used for isolation if athlete/other personnel develop COVID-19 symptoms.
- if outbreaks occur, organizers may be asked to postpone or cancel competitions or activities, therefore a cancellation policy is recommended. This type of occurrence must be reported to the BCPFA as soon as possible.

Equipment & Uniforms

The equipment that a player uses is quite similar in every format of contact football; however, given the current social circumstances, a few modifications will be instituted. **The following only applies to clubs and leagues in Phase 3 of return to sport.**

Uniform

All players are required to ensure that their whole body is covered during training or games.

This will include:

- long sleeved t-shirts to the wrists
- football gloves covering hands**
- socks and/leggings that will fully cover the area between the cleats and the bottom of the football pants.

**** quarterbacks may elect to NOT wear a glove on their throwing hand**

Mouth Guards

All players are **required** to use a "soother" or "pacifier" style mouth guards (subject to available inventory):



Visor:

The BCPFA is recommending the use of a full visor. Note – actual face shield is clear



Tackle Football Equipment Distribution

Distribution of tackle football equipment may begin in Phase 3. Equipment distribution will require the following policies & procedures:

1. Distancing

- Schedule equipment pick ups under 30 people at one time (one player & parent) & able to maintain physical distancing at facility

2. Hygiene & Sanitation

- Individuals involved with the distribution of player/coach equipment should wear gloves throughout process
- Individuals involved with the distribution of equipment should wear masks
- Masks are recommended for any person picking up player/coach equipment
- Equipment fitters are recommended to sanitize between each fitting (wash hands for at least 20 seconds or use hand sanitizer)
- It is recommended all equipment be sanitized before distribution
- Equipment that a player tries on but is not taken by the player should be sanitized between fittings
- For proper sanitation procedures, it is recommended for teams & leagues to contact their equipment suppliers/makers
- Sanitization stations should be made available to all persons involved with equipment pick up
- Signage promoting the use of mask and the need to maintain physical distance should be visible to posted in the equipment pick up zone.

Forming a Cohort

Clubs and leagues that wish re-introduce contact between participants are required to establish cohorts. A cohort can be as many as 4 teams (from one or more clubs) or 50 people. Only teams in the same cohort can play games against each other. **The cohorts will be formulated within each zone and as such there will be no crossover with other leagues.**

If officials are able to maintain/agree to social distancing and use of Personal Protection Equipment (masks, gloves, uniform covering exposed skin), they will not be required to be counted as part of the cohort. It is highly recommended that an officiating crew be assigned to specific mini league and not be moved around.

Switching Cohorts

Leagues that want to switch cohort teams can do so after a 14-day break from the original cohort grouping.

Example #1 – 4 Team Mini League

After **each team in the mini league** has played all the other teams (3 games) within their cohort, the league administrators may want to “tier” the teams to form another mini league and play a new set of games. Although the teams can continue to practise/train, there is a requirement for a 14-day break in between commencing play in the second mini league.

Example #2 – Player Movement Within A Club Cohort

If there is a desire to redistribute the players on each team **within the same cohort**, no break is required.

Example #3 – Player Movement Outside the Existing Cohort

If there is a desire to redistribute players among several cohorts, a 14-day break is required.

Facilities

A Field of Play for football is defined as a designated area where sport activities take place. The field of play does not include dressing rooms, hallways, team benches, staging areas, etc. It is imperative that clubs consult and collaborate with their municipal and facility partners before resuming and adding activities.

Field Set Up

Each team will be on opposite sides of the field. Benches will be a minimum of 30 yards in length. It is recommended that the bench stretch from 30- yard line to 30-yard line. If a Game Commissioner is present, they will be situated at least 10 yards away from the bench.

Spectators

Training

Teams from different cohorts must be safely distanced and not interact, have contact with each other's equipment, etc. Although *not* recommended, it is permissible to have teams from different cohorts to be on the same **regulation** size field based on the following guidelines:

- Each team is allocated the space between the 40-yard line through their own endzone (normally 55 yards of field space)
- There is no sharing of equipment (bags, sleds, balls, etc.) without sanitizing first.
- There is **ZERO** interaction between the teams on or off the field.
- **If the training facility is less than a regulation size field, only ONE team will be permitted at a time.**

Roster Sizes and Game Format

Only teams in the same cohort can play each other and the 50-person restriction on gatherings remains as a restriction. As a result, the roster limit for a single team will be approximately 20 players (plus coaches, field staff, etc.) under phase 3.

Team rosters must be formed in a manner that complies with the 50-person gathering requirement (when 2 teams play a game) and also comply with the minimum and maximum roster limits specified by Football Canada:

	Minimum to start season	Minimum to play game	Recommended to play a game	Maximum to begin thinking of other alternative options
Touch 5's	7	5	7	7
Touch 7's	9	7	9	9
Flag 5's	7	5	7	7
Flag 7's	9	7	9	9
6-a-side	9	8	10	10
9-a-side	17	13	15	15
12-a-side	30	24	28	45

Roster Limits from the [Football Canada Competition Review](#)

As a result, the 50-person gathering rule will preclude 12-a-side as an option in phase 3 of return to sport. Specifically, 12-a-side football requires a player roster of 24 to 30 players plus coaching and team personnel. Two teams of this size and composition would inevitably contravene the 50 person gathering rule when playing a game. :

Note: Football Canada mandates that there is a minimum full 3 days of rest between games.

Contact Football:

- As noted in the original *R2S Plan*, **equipment distribution guidelines** are to be followed (as a minimum requirement).

- Also noted in the original *R2S Plan* are the requirements for uniform and equipment when playing contact football.
- The direction to have a face shield is no longer mandated and is instead a recommendation; however, to mitigate the transmission of spittle, **soother-style mouthguards are mandatory**. The other mandated requirements have not changed in this revised plan.

Non-Contact Football

If a club decides that Flag Football is a more viable option, the following uniform requirements are mandated:

- There will be no exposed skin from neck down (including arms, hands, calves, etc.)
- Each player is mandated to use a “soother-type” mouthguard to mitigate the spread of spittle as much as possible.

Non-contact football cohorts are the same as contact football: No more than 50 participants (including coaches) **or** 4 teams. The actual format is the decision of the individual league.

Hygiene & Sanitation

- Players & coaches have their own water bottles (No waterstations)
- All equipment should be sanitized before & after practice:
- Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment providers for recommendations
- Cones, bags, and sleds can be sprayed and wiped with appropriate disinfectant and allowed to dry
- Soft goods (leg pads, pants, jerseys, gloves etc.) should be washed after every practice & game
- Hard goods (helmet, shoulder pads, rib protectors, back plates, etc.) should be sprayed and wiped with appropriate disinfectant and allowed to dry

Participant Agreement

All Participants of **FOOTBALL NANAIMO** 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 Sport Protocol:

- I agree to symptom screening checks and will let my club and/or coach 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 sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all my Clubs 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.

Participant Name:

Signature:

Signature of Parent or Guardian:

Date:

Signage

- The following are examples of signage that will be used:

FOOTBALL NANAIMO GUIDELINES



Practice Physical Distancing Even at Play

DO

- DO** walk to your right of the path when going to the field or leaving the field by the clubhouse and washrooms.
- DO** keep at least 2 metres (6 feet) distance when practicing whenever possible.
- DO** wash your hands with soap and water for 20 seconds before entering the field and when leaving the field.
- DO** bring your own bottle of water with enough to last for the duration of the activity.

DO NOT

- DO NOT** practice if you are sick - or have been exposed to somebody who has been sick. **TELL YOUR COACH IF YOU ARE SICK RIGHT AWAY!**
- DO NOT** share your water bottle or any other, personal items with others.
- DO NOT** high-five, fist bump or touch your eyes / nose / mouth.

Have Fun & Stay Safe!



Return to Sport Plan

Outlined Below:

- Diagram of pick up and drop off points
- Placement of signage
- Designated areas for hand sanitization



Return to Sport Plan

Outlined Below:

- Designated area for benches and support staff
- Viewing area for parents
- Field set up for training and/or games



Return to Sport Plan

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.

A guide for employers and Occupational First Aid Attendants:

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

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Communication to Participants/Parents

Communication of the guidelines to your participants, parents and spectators is an important component of the Return to Sport Plan:

- Each participant must:
 - receive a copy of the guidelines and a copy if they get updated
 - acknowledge they have read the guidelines
 - acknowledge that they understand the associated risks before participating.
- Participants (or parent/guardian) must sign a participant agreement specific to COVID-19 related risks and acknowledge the health rules that apply to continued participation.

It must also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

Return to Sport Plan

Checklists

LSO Administrator Checklist

1	LSO Board must familiarize themselves with the contents of the BCPFA Return to Sport Plan
2	LSO Board must pass a resolution to accept the BCPFA Return to Sport Plan
3	LSO Board/designate develop a facility plan, keeping in mind the local municipality requirements
4	LSO must submit the meeting minutes noting the accepted resolution and the facility plan to BCPFA Executive Director
5	LSO must receive acknowledgment from BCPFA prior to commencing programming
6	LSO must designate Safety Officers to oversee the delivery of on field programming and adherence to the Return to Sport Plan
7	LSO must ensure there is a Participant Agreement form completed as part of every registration.
8	LSO must ensure that the Return to Sport Plan is posted on their website.

Return to Sport Plan

Safety Officer Checklist

1	Planning Meeting	All Safety Officers to attend Head Coaches planning meeting prior to athlete's arrival to field.
2	Social Distancing	Key function is to manage the facility and training environment so that athletes, coaches and parents all adhere to social distancing requirements.
3	High Viz vest or jacket	All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized when arriving at facility and during the training session on the field.
4	Facility Entry Protocol	Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.
5	During Activity/Training	When all participants step onto the designated field of play, Safety Officers are to monitor the warm-up, drill activities, and water breaks, to ensure that social distancing is maintained.
6	Facility Exit Protocol	At the end of the session, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area.

Return to Sport Plan

Head Coach Checklist

1	On Site Prep Meeting	Conduct an on-site planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session.
2	Review Activity Plan	Review the activity plan against the approved permissions protocol for football's Return to Sport Plan.
3	Designated Person	Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management for safety.
4	Secure Confined Spaces	Ensure all benches and personnel areas are taped off as "No Entry" to avoid confined spaces.
5	Athlete Equipment Assignment	Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.
6	Drill Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Collection and cleaning equipment	All balls, cones, and markers are to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.
8	Equipment Transportation	Recommend having a lid for pail when transporting equipment to training.
9	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on a mask and gloves.

Return to Sport Plan

Participant Checklist

- 1 Come dressed ready to play; other equipment such as a gloves and masks are recommended.
- 2 Be prepared for a health assessment before **every** session.
- 3 Bring your own bottle of water with enough to last for the duration of the activity.
- 4 Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored).
- 5 Coaches and Safety Officers will designate where each athlete will place their personal belongings.
- 6 Use the designated entrance and exit; follow the drop-off and pick-up protocol.
- 7 Only athletes, coaches and safety officers are allowed within the perimeter of the field of play.
- 8 Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers.
- 9 If you show **any** symptoms of COVID-19 you are required to stay home.

