



RETURN TO SPORT

GENERAL SAFETY PLAN
(PHASE 2)
UPDATED JAN. 12, 2021



Guidelines for Skill Development (Phase 2)

Public & private gatherings are currently limited to 50 total participants

The *recommendation* is that activity during Phase 2 begin with small group training and skills development with public health measures still in effect:

1. Adequate field space must be maintained to maintain physical distancing during drills, in lines, etc.
 - Only outdoor practices will be permitted. No classrooms will be used.
 - Group personnel does not change, will be consistent
 - Parents are not allowed on the field at any time
 - No other teams on the practice field/green space will be permitted

2. Hygiene & Sanitation
 - Hand washing before & after with sanitizer available
 - All equipment is sanitized before & after
 - Personal water bottles and towels only
 - Refrain from touching your face – can lead to transfer from hands to equipment
 - Non-medical masks are recommended.
 - All equipment (including practice gear) 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 can be sprayed and wiped with appropriate disinfectant and allowed to dry
 - Soft goods (shorts, jerseys, gloves etc.) should be washed after every practice & game

3. Skills & Drills
 - Focus on fundamental skill-based drills **with no contact until VIA sports approves phase 3**



Return to Sport Plan

4. Wellness Checks

- Each participant (players, coaches, staff) must individually be asked about experience of any symptoms related to COVID 19.
- This can be done verbally and/or with a thermometer scan.
- This wellness check must be recorded for each session.

Session Wellness Check

Date ***Date*** ***Date*** ***Date*** ***Date*** ***Date*** ***Date*** ***Date***

Participant

Player 1								
Player 2								
Player 3								
Player 4								
Player 5								
Player 6								
Player 7								
Player 8								
Player 9								
Player 10								
Player 11								
Player 12								
Player 13								
Player 14								
Player 15								
Player 16								
Player 17								
Player 18								
Player 19								
Player 20								
Player 21								
Player 22								
Player 23								

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.

This situation must be reported to the BCPFA immediately (executivedirector@bcdfa.com).

Steps:

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Assign an individual within the organization has the authority to suspend 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 activity place, implement enhanced cleaning measures to reduce risk of transmission as well as notify the facility right away.

Implement the *Illness Policy* and advise individuals to:

- self-isolate
 - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 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-are-sick>
3. 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.
 4. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

Start Up Phase 2 – Training & Development Phase (current phase)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19, the club will suspend operations for a 14 day period.

Start Up Phase 3 – Competition Allowable Phase (anticipated September 2020)

- If a team has 2 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within the same division, the division will suspend operations for a 14 day period.
- If two teams have 2 or more confirmed cases of COVID-19 within different divisions, the league will suspend operations for a 14 day period and will be subject to review/approval by the PSO prior to re-commencing activities.

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

Participant Agreement

All Parents/Guardians will be required to accept this agreement online during registration in Esportsdesk

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 **3m 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:

UPDATED SIGNAGE

- The signage has been updated to align with the PHO from December 28, 2020

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 3 metres 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!



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
- Field set up for training and/or games
- NO SPECTATORS ON THE FIELD AT ANY TIME



First Aid

In the event that first aid is required to be administered during an activity, only the coaches or approved trainer may attend.

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>

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.

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.

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.

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. No spectators allowed on the field.
- 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.

