

Elma Minor Soccer **Return to Play Guide**

Sport positively impacts Canadians; sport promotes physical and mental health, improves self-regulation, and enriches academic achievement.

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Canadian society.

OBJECTIVE

Our primary objective is to keep the health and safety of our participants' front and center in all of our planning.

REQUIREMENTS/POLICIES

Physical Distancing for Participants - NO

Equipment disinfecting after each game/practice - YES

League Games or Scrimmages - YES

Travel to other Districts or Regions - YES

Number of Participants (players, match officials and coaches) allowed in a sporting facility.- UNLIMITED

Maximum number of spectators allowed in an indoor facility.

(does not include facility staff)- UNLIMITED for outdoor

Masking Requirement (Exemptions Apply)- NOT required for outdoors

Physical Distancing (2m) - as best as you can outdoors. Not required to monitor

Contact Tracing - none required

Proof of Vaccination -

PLAYERS:

EFFECTIVE DECEMBER 20, 2021, REQUIRES PROOF OF VACCINATION FOR YOUTH AGED 12 AND UP PARTICIPATING IN ORGANIZED SPORTS AT RECREATIONAL FACILITIES.

OUTDOOR FACILITIES-AFTER MAY 1ST, VACCINE PASSPORTS ARE NO LONGER REQUIRED. If the government changes said rules, we reserve the right to implement a vaccine requirement at any point of the season.

Sanitization- recommended at both the entry and exit of the field. No requirements for outdoor events

RECOMMENDATION FOR PLAYERS

- If you experience any of the symptoms, please follow Public Health recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 25 minutes prior to activity commencing.
- Bring your own water bottles clearly labelled with your name. Do not share with others.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- All "non-essential" contacts should be avoided (handshakes, high 5's, etc.).
- Only use your own equipment.

- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks.
- Do not spit at any time.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

RECOMMENDATIONS FOR PARENTS

- Follow the hygiene protocols in this document.
- Parents/guardians to keep a reasonable distance from the bench.
- At home, ensure all the player's equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.

RECOMMENDATIONS FOR COACHES

- Coaches SEND a EMAIL pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, pick up and drop off, hand washing, cough suppression, no spitting or nose clearing, etc., prior to commencing your first training session.
- Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment. If necessary, have each player take it home with them and wash with their jersey.
- Regular sanitization breaks combined with water breaks.
- Soap or hand sanitizer will be provided in the soccer bin and should be made available to all players

RECOMMENDATIONS FOR MATCH OFFICIALS

- All Match Officials must be registered with Ontario Soccer before participating in any soccer activity.
- All match officiating activities must be aligned with Canada Soccer/Ontario Soccer recommended Return to Play guidelines.
- When travelling together, physical distancing must be maintained.
- When a player is injured, Match Officials may only observe and refer assistance to the applicable team bench. There is to be no Match Official contact with the player. Only team officials may assist the injured player.
- No handshakes or high 5's between players, match officials, coaches before, during or after the game.
- Parents are not permitted to enter the playing field at the end of game or during training. If this occurs, it is an expectation that the team coach will address with the parent(s).

- When Match Officials are taking part in practical training sessions, they must follow Canada Soccer/Ontario Soccer return to play as well as the Province of Ontario health and safety guidelines.
- Parents/Guardians of youth Match Officials are considered general spectators, therefore at any facility, they must adhere to rules and all Public Health and safety protocols.
- Wash equipment, towels, clothes, bags, water bottles, and other items after use.
- Individuals to bring a full personal use water bottle(s) and avoid touching or using public water fountains.
- Use new grip or fresh tape on flags if possible.
- Do not share pens, cards etc.
- Wash hands prior to leaving for games; bring personal use hand sanitizer to the fields. (Hand sanitizer will be available in the home coach's bin for use as well)
- Match Officials have the right to abandon any game where the required COVID-19 protocols are not being followed. In these cases, it must be reported on a Special Incident Report to the appropriate authorities.
- Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Government of Ontario Public Health authorities.

EQUIPMENT SAFETY AND CLEANING

Recommendations:

- Bring a personally marked water bottle(s) to any soccer activity
- Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Government of Ontario Public Health authorities.
- Disinfect all equipment after soccer activities before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can be the use of two different shirts (dark and light).
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- When sneezing or coughing cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle

EMERGENCY RESPONSE

The main body of this COVID-19 Emergency Response Plan is organized in three sections, which outline the key roles and responsibilities of your soccer organization in each of the three (3) pandemic phases:

1. Pre-pandemic Phase: This is the critical stage for COVID-19 pandemic preparedness. The pre-pandemic phase is NOW, and planning efforts need to focus on Club education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority

directives. In addition, coordination with facilities (especially if third party) should be included as they may have additional plans & procedures in place.

2. Positive Test Phase: Confirmation of a COVID-19 positive test within your soccer organization will declare when it is time to activate your COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within your organization and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of your soccer organization's participants.

3. Post-pandemic Phase: The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

LEGAL

Youth and Adult Participant Waivers are required for all participants registered with affiliated Clubs and/or Ontario Soccer. (Age of Majority is 18 years of age)

Contained within the Appendices section of this Guide and through the links attached, you will find;

1. Informed Consent and Assumption of Risk Agreement

This form must be signed by the parent or guardian of participants under the age of majority (17 years of age and under).

<https://www.ontariosoccer.net/page/show/5787197-ontario-soccer-return-to-play-guide>

2. Release of liability, waiver of claims and indemnity agreement. This waiver is to be signed by participants of the age of majority and over. (18 years of age and older)

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SUMMARY

Our collective focus, during the Return to Play Plan must be focused on the health and safety of our participants.

Soccer will play a special role in helping our participants recover from this pandemic and we will show how the power of sport can serve to transform and empower our youth.

Lastly, the choice to participate in soccer rests with the individual participant and/or their guardian. This is a very personal decision and must be made based on the trust and comfort they will have with your organization and the recommended safety protocols that are set in place and followed.

Best of Success.

Soccer is ON!

Elma Minor Soccer and Ontario Soccer