



St. Catharines Club Roma Soccer

RETURN TO PLAY

SOCCKER

POLICY, RESPONSIBILITIES, PROTOCOLS & RECOMMENDATIONS

Safety is Our Priority

As the entire world faces unprecedented times in 2020 attempting to conquer the Covid-19 pandemic together, we now find ourselves longing for that normal life we once knew.

For now our focus shifts from wins and losses on the soccer pitch to developing key strategies for keeping a controlled, monitored and safe environment for our entire club membership as they return to soccer related activities. Our Direction will follow all provincial, federal and municipal rules relating to physical distancing and Canada Soccer/Ontario Soccer Return to Play guidelines.

Over the past 52 years, our club has been a proud tradition providing a positive environment and supportive infrastructure so that members of our community can have the opportunity to develop physically, intellectually and socially through the sport of soccer. We will continue this tradition with your support!

We have developed our own Clubs Return To Play (RTP) policies, responsibilities and recommendations we require all our members to follow.

Together our new normal will help ensure the future of our soccer superstars will be a healthy one.

OUR RETURN TO PLAY

Terms & Definitions:

St. Catharines Club Roma Soccer (herein known as SCCRSC for the purposes of this document).

Training session: refers to players attending fields at St. Catharines Club Roma Soccer engaged in practicing with other team members for the benefit of skill development.

Facility: includes all fields and designated SOCCER only areas at Club Roma, 125 Vansickle Road in St. Catharines, ON (includes Fields A, B, C, 1, 2, 3, 4 and MAIN (also known as Under Armour Field). Walkway entrance and exit included.

Team Official: includes any volunteer member of St. Catharines Club Roma Soccer who currently holds the title of Head Coach, Assistant Coach, Manager or Team Representative. May also include Game Official and/or Referee if applicable.

COVID-19: refers to coronavirus pandemic

Participant: player or individual attending our club facility engaged in soccer related activities. May also include a parent attending for the purposes of pick up or drop off.

Our Members (membership): refers to those families who have children currently registered to St. Catharines Club Roma Soccer.

Roma: refers to Club Roma Soccer Club located at 125 Vansickle Road, St. Catharines, ON.

Self Isolate: remaining at home away from others while having or possibly having symptoms related to COVID-19. To assist with protecting others from possible exposure.

Return to Play Monitor: a volunteer either from the Soccer Board, team or other who will assist with our Return to Play procedures during training sessions at Roma. May also be known as a Return to Play Field Marshall.

CONTENT DISCLAIMER

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. See Resources at the end of this document. The knowledge and circumstances around COVID-19 are changing constantly and, as such, St. Catharines Club Roma Soccer and Ontario Soccer makes no representation and assumes no responsibility for the accuracy or completeness of this information.

OUR GOAL:

To implement safety measures following Canada Soccer, government advisory and Public Health for the benefit of all our players, Team Officials, members and spectators helping to minimize their risk of contracting COVID-19.

CAUTION:

Playing sports with and/or against other individuals, in any capacity during this time, holds an inherent risk of a child or teenager becoming infected and potentially them infecting other individuals such as their household members.

Please consider this risk when allowing your child to participate in organized sports.

All participants taking part in soccer related activities at Roma will be required to sign a waiver eliminating liability and litigation rights against

ROMA should a participant fall ill under COVID-19. If participants are under age of majority, the parent will sign on behalf of the participant. Training, games, exhibitions and all soccer related activities are not mandatory. Players will never be penalized in any way due to non attendance.

GUIDING OUR RETURN TO PLAY:

The information regarding the COVID-19 illness is changing rapidly nationally and within our community. These policies and responsibilities will be reviewed and updated based on information taken from our local Public Health department and additional national and provincial governing bodies. Municipality by-laws may differ and will also be reviewed.

KEY STRATEGIES:

Key strategies recommended by Public Health include but are not limited to: frequent, effective hand hygiene, physical distancing, disinfecting high touch areas, and avoiding touching face. Education and communication regarding Return to Play guidelines will be done via emails, in person meetings, electronic communication tools such as email and guidance posters placed throughout the property.

INSURANCE AND REGISTRATION:

Only players and Team Officials within our Club who are registered with Niagara District Soccer Association along Ontario Soccer OSCAR, are permitted to attend facilities for training and coaching purposes. Players and Team Officials **must** be registered in good standing and in compliance of all registration requirements including payment.

Only those registered in good standing with our Club and Ontario Soccer are covered through HUB Insurance. Ontario Soccer advises HUB Insurance does not provide insurance coverage for COVID-19 pandemic related claims.

All persons participating in training must be registered and paid in full prior to engaging in training.

Participants may want to consider accessing their risk and contacting their local Insurance provider for coverage. All participants engaging in activity at Roma will be required to sign a waiver excusing all liability through SCCRS, Club Roma, Ontario Soccer and Canada Soccer.

The following documents are required by all participants attending Roma in following Ontario Soccer's Return to Play Guide:

Informed Consent and Assumption of Risk Agreement

This form is to be signed by the parent or guardian of participants under the age of majority.

<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.

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

In addition to the above, all participants are required to sign a **Declaration of Compliance - COVID-19.**

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

*** copies of all Waivers, Release and Declaration are found in Appendix A*

UNDERSTANDING COVID-19

COVID-19 spreads from person to person, most commonly through respiratory droplets (e.g., generated by a coughing, sneezing, laughing or talking) during close interactions (i.e., within 2 metres). COVID-19 can be spread by infected individuals who have mild symptoms, or who have not yet or who may never develop symptoms.

COVID-19 can also be spread through touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.

COVID-19 can cause more severe illness among people who are 65 and over, and those who have compromised immune systems or other underlying medical conditions.

COVID-19 spread can occur when personal preventive practices are not consistently followed.

Assessing Risk of COVID-19 at our Club Facility

As our priority remains the safety of our players, Team Officials, families and spectators visiting our club, we want to first understand the risks to them. Using the Canada.ca Risk Mitigation tool for outdoor recreation spaces and activities, we have compiled an assessment of risk factors currently at our club:

- Do participants, players, spectators and Team Officials interact closely with one another while at our club?
- While engaged in activity, do participants, players, spectators and Team Officials interact closely with each other while at our club?
- Do participants and Team Officials have prolonged contact with others while at our facility?

- Are outdoor field spaces and parking lot areas at Roma crowded at any time while in use?
- Are there other areas outside of field space at Roma where participants, spectators and Team Officials may gather or be in close contact with one another?
- Is there close contact with persons outside a family's immediate circle?
- Are visitors in close contact with high touch areas/surfaces?
- Are visitors attending our fields who are considered high risk (over 65 years of age) or have compromised immune systems or possible underlying medical conditions?
- Are visitors to our facilities able to maintain physical distancing at all times?
- Are visitors able to practice proper hygiene practices while at our facility?

Assessing Risk of COVID-19 to our Members:

- Risk level is affected by whether there is COVID-19 activity in the local community.
- If there is known COVID-19 activity in the community, the likelihood that it could be introduced into an outdoor space or recreational activity is higher.
- Risk of COVID-19 introduction and spread is also presumed to be greater if a higher proportion of individuals visiting the outdoor spaces or participating in the activity comes from outside the community.
- Do participants interact with many other people while using the outdoor space or during activity? A higher number of interactions with others carries greater risk.

- Do participants interact closely (within 2 metres) with others while in the outdoor space or during the outdoor recreational activity? Closer interactions carry greater risk than interactions at a distance.
- Do participants have prolonged close interactions with others while in the outdoor space or during the outdoor recreational activity? Prolonged contact is defined as lasting for more than 15 minutes;
- Is the outdoor space or recreational activity crowded (i.e., high density of people) on a regular basis? A crowded setting is presumed to have greater risk.
- Do any interactions occur indoors? Being in a confined indoor space carries a greater risk.

COVID-19 can also be spread through touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Return to Play Assessment Key measures:

- Training will not be held on multiple fields unless permitted and only when it can be done in a safe manner respecting all physical distancing guidelines and Region capacity group numbers.
- Community spread must not be of concern within our immediate community.
- Training will not include a significant number of High Risk participants.
- Training will include drills that are not considered to be of higher risk for spreading of COVID-19.
- All training sessions will be held outdoors.

Understanding of the overview of the current COVID-19 situation by the Club:

- Team Officials and volunteers will be provided communication and training if necessary to ensure all safety procedures will be followed.
- Club personnel will continue to monitor global and local daily situation reports.

Emergency preparedness and response plans:

- A COVID-19 Emergency Response Plan has been developed by our club.
- Hand sanitizer, garbage, soap canisters, tissues will be provided in washrooms and change rooms (when washrooms are open).
- Entrance and exit area will have hand sanitizer readily available.
- Protocol for Team Officials to follow in the event a participant displays symptoms of COVID-19 while training is in session.
- All Team Officials will be updated regarding safety protocols.
- Screening measures in place for participants including online self-assessment tool prior to attending facility, temperature screening checks at entry points, communication to members.
- Contact tracing through club members has been established in the event a participant is possibly exposed to COVID-19.

Stakeholder and partner coordination:

- Local Public Health authorities and Ontario Soccer to be contacted in the event of a COVID-19 possible and positive case.
- Training provided to facility volunteers and Team Officials.
- Communication with Club Roma representatives to review schedules, protocols, etc.

Risk Communication

- Designated person assigned at our club to deal with managing external communications with Provincial, Municipal governments including public health.
- Social media will continue to be monitored. Messaging is coordinated to provide targeted information to our members. Members will continue to be encouraged to check web pages and Facebook for updates.

Public Health Awareness:

- Provide communications to club members to ensure their understanding of current rules, regulations and recommendations to follow. Attach posters at the entry point to the facility.
- Review Return to Play with Public Health.
- Constant review of Return to Play protocols.

Specific mitigation measures:

- All players receive their own UA bag for safe storage of personal belongings during training.
- Training session times will be staggered to allow a minimum number of participants gathering at one time.
- Provincial and Municipal Public Health requirements will be met.
- Training will be adapted to ensure physical distancing requirements.

Minimizing the risk of COVID-19 at our club.

Risk Mitigation Principles and measures.

SCREENING AND MONITORING

Passive Screening

- Discouraging all participants, Team Officials, spectators, family members who are ill not to attend our facility.
 - ACTION: Email communication to be sent to club families reminding participants to not attend our facility if ill.
 - ACTION: Using social media as a communication tool, post website based notices and Facebook page updates to remind participants to not attend our facility if ill.
 - ACTION: Post culturally appropriate, accessible signage that takes into consideration the participants' age, ability, literacy level and language preferences to discourage individuals who are ill from accessing the outdoor space or participating in outdoor recreation.
 - ACTION: All participants attending field areas must

complete online self assessment for COVID-19 through Public Health Region of Niagara:

<https://www.niagararegion.ca/health/covid-19/pdf/screening-tool-colour.pdf>

- ACTION: Require individuals who are sick or have symptoms related to COVID-19, to stay home and consult with their healthcare provider or Public Health for assessment.
- ACTION: Advise individuals who are sick to refrain from attending the field until free from fever without medications for 72 hours.

Active Screening

- Temperature monitoring and screening checks will be done as players and Team Officials enter our facility for training.
- Anyone with a temperature reading of * 37.5 degrees Celsius (low grade fever 37.5 to 38.5 degrees Celsius) and higher will not be permitted to attend training. **subject to change*

PHASES

- Everyone will play a part in making our facility safer.

Phase 1 -

ACTION: Players and teams will attend facility one team at a time. Group training sessions will be spaced out to allow all team members to leave the facilities after their session before the next group arrives. Players will remain 2 meters (6 feet) during practice sessions and will work with similar players.

ACTION: One field will be open unless otherwise noted.

ACTION: no games or exhibitions during Phase 1.

ACTION: All soccer activities must comply with social distancing / physical distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities.

ACTION: parents / guardians are not permitted on field premises except for parking lot areas. No spectators permitted as all viewing areas remain closed.

ACTION: Main office remains closed.

*** Soccer organization to successfully complete Canada Soccer Return to Soccer Assessment Tool. Pass = Low Risk. Completed July 2020.*

**** Must wait for confirmation from Ontario Soccer before moving to the next phase. Permission granted July 24th, 2020 - OS Bulletin.*

Phase 2 -

ACTION: Players and teams will continue to attend facilities through staggered start. Group training sessions will be spread out to allow all team members to leave the facility prior to the next team arriving. Social distancing measures may be further relaxed and if so, all soccer activities must comply with social / physical distancing measures and recommendations, along with any gathering restrictions issued by provincial and health authorities.

ACTION: Additional fields may open.

ACTION: Up to a maximum of 100 participants in the facility at one time unless those participating are from the same immediate family (ex. Coach and his/her daughter).

ACTION: Team training may include small game formats ex. 1v1 to 11v11 via a modified format. This may include inter squad or inter club games. No games between other clubs or academies.

ACTION: Large groups including parents/guardian gatherings are not permitted unless club and current provincial and health authorities allow for increased number of gatherings.

ACTION: Main office remains closed.

ACTION: Parents / guardians / spectators not permitted into the facility unless advised otherwise. Maximum number of spectators is 100.

Phase 3 - Return to Soccer

ACTION: Physical / Social distancing recommendations have been lifted completely by provincial and health authorities.

ACTION: Games and exhibitions return to normal including those played intersquad, interclub and with other clubs.

ACTION: Parents, family and friends permitted to attend fields as spectators respecting all current restrictions if any determined by our club.

ACTION: Other fields at club facilities may be opened to allow for training / games at the same time as other training/game sessions.

**** Note -- Club must await confirmation from Ontario Soccer before moving to the next phase. Training sessions should start at least 2 weeks before beginning the next phase.**

Age Groups to be permitted to play at each phase:

Phase 1: U8 to U18

Phase 2: U7 to U18

Phase 3: U7 to U18

CHECKLIST FOR OUR CLUB:

- Ensure our Return to Play is readily available to all members of our club.
ACTION: All members including parents, players, coaches, team officials and volunteers will be emailed a copy of this document.
- Ensure all players are registered in good standing with Ontario Soccer (OSCAR) prior to attending our club for training/game/practice sessions.
ACTION: Club Administrator will register all players in good standing with Ontario Soccer (OSCAR).
- Communicate all Club expectations surrounding safety protocols regarding COVID-19.
ACTION: Email communication will be sent to existing members who “opt in” to receive electronic communications.

- ❑ SCCRS will provide safety equipment as required including face shield covering and sanitizing products and other as determined for each Head Coach.

ACTION: Protective equipment to be purchased / donated through SCCRS if available or coaches to bring their own protection equipment.

- ❑ Health authorities / Public Health / Stakeholders will be contacted in the event a player or Team Official or volunteer has contracted COVID-19.

ACTION: See SCCRS COVID-19 Emergency Response Plan and provide information to assist with contact tracing.

- ❑ Ensure coaches have documented health checks for symptoms and contact logs prior and during training and game/exhibition sessions.

ACTION: Coaches and/or Team Official rep from each team to be designated to send Administrator “Contract Tracing Log” as needed.

Note: Return to Play Monitor will confirm attendance for Phase 1 and Phase 2 training unless otherwise noted.

- ❑ Coach and Team Officials are to monitor individuals attending practice sessions. Those individuals exhibiting symptoms relating to COVID-19 must be sent home immediately and directed to contact Public Health for further instruction and assessment. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. Coach / Team Official must not allow players to return until they follow our Return to Play protocol and self-isolate for 14 days from the day they last experienced symptoms.

ACTION: Declaration of Compliance must be submitted to Administrator, Coach and Team Official. Written approval from SCCRS is required before a participant may return to training.

- ❑ Ensure appropriate Insurance liability is in place.

ACTION: Review Insurance policy with Insurance provider to verify appropriate protection in place (Director & Officer and Commercial General Liability Insurance must be valid as per Ontario Soccer).

- ❑ Ensure review of all protocols with property stakeholders including Club Roma.

ACTION: Ensure Club Roma is aware of schedules for training and games. Confirm whether contact logs are required to be shared.

- ❑ Ensure entry and exit points to the field/s are identifiable.

ACTION: section off entry and exit points with pylons/cones/markers/tape directing participants how to proceed to the field, enter field and exit field area all while practicing physical distancing. Signage will be required.

- ❑ Review parent/guardian designated areas.

ACTION: assign specific areas designated for use by parents/guardians to allow for spectating purposes when permitted.

- ❑ Review facility to ensure hygiene protocols can be followed.

ACTION: Coach / Team Official representative must attend facility 20 minutes prior to training or game session to confirm all safety protocols are in order.

- ❑ Ensure all parents and guardians provide written consent for players authorizing them to participate in soccer training and ensure they have read and understand hygiene protocol.

ACTION: Parent/Guardian must bring with them completed waiver, Declaration and Rowan's Law Acknowledgement to the first training session.

- ❑ To begin, stagger activity times between different groups to allow for a 1 (one) hour buffer between sessions to avoid an overlap of too many players on the field. Phase 1 requirement only.

ACTION: SCCRS Fields Coordinator will schedule all training sessions 1 (one) hour apart during Phase 1 - on Saturday, Sunday from 9am to 12pm, Monday through Friday from 6pm to 9pm provided Return to Monitors are present to conduct screening and monitoring duties. Buffer time may be relaxed as conditions are met. Phase 2 Soccer buffer will be decreased.

- ❑ Ensure safety equipment / first aid materials are made available.

ACTION: advise Team Officials and parents / guardians in advance where first aid materials are located on site. First Aid kit located through the change room door in the hallway.

- ❑ Ensure change rooms remain closed for Phase 1 and 2. (Change Rooms and washrooms to remain closed until further notice).

ACTION: provide advance notice that change rooms are not available and participants must change at home prior to attending the facility.

- ❑ Players are required to bring their own refreshments.

ACTION: Request Team Officials and parents / guardians remind players not to share water bottles and bring a labeled water bottle with them.

- ❑ Attendance to be taken at each training session.

ACTION: Return to Play monitor must record those players and Team Officials in attendance including first, last name, email and home address, date and time of training session and time in and out. Contact logs will be reviewed regularly. All contact tracing forms will be kept in one safe place.

- ❑ At a time when our club will facilitate bookings for other field locations in the City of St. Catharines, it is important to provide information to Team Officials, Team Reps, Parents/Guardians and players about each facility including but not limited to: field entrances and exits, drop off protocols, hygiene protocols, first aid location, maximum player count etc.

ACTION: Provide updates to Team Officials and parents/guardians and players via electronic communication such as email and posting updates on social media and our website.

- ❑ Provide hand washing/sanitizing stations onsite. Provide Team Officials with necessary sanitizing equipment. Advise players must attend training sessions with their own hand sanitizer.

ACTION: Our club will provide each Head Coach of each practicing team, 1 bottle of hand sanitizer. Players will be required to show proof of their own hand sanitizer for entry onto fields.

- ❑ In addition to rules, recommendations and protocols to be followed for COVID-19 safety, all Ontario Soccer rules remain in place such as lightning and thunder protocol.

ACTION: Ensure all Team Officials and Parents/Guardians and players are provided information on Ontario Soccer rules.

- ❑ Provide pre-activity orientation regarding safety including protocols for hand sanitizing, coughing, etc.

ACTION: Request all parents/guardians complete with their child/ren, our pre-activity orientation prior to attending our facility.

- ❑ MASKS: Further to the City of St. Catharines By-Law No. 2020-97, we at SCCRS recognize the importance of wearing face coverings out in public when physical distancing measures cannot be followed. We understand it may be difficult for some participants to engage in physical activity while wearing a face covering thus it is not mandatory for active participants to wear a mask at our club, however when spectators are present it may be a requirement. We do encourage and recommend our Team Officials to wear a mask or face shield while in training mode. Families must assess their own risks and determine whether wearing a face mask is required.

Ontario Soccer - “Pitch in, Play ON”

June 11th, 2020 - Ontario Soccer releases Return to Play guide - Protocols and Recommendations for members and releases “Pitch in, Play ON” campaign!



https://www.ontariosoccer.net/news_article/show/1108888

“Ontario Soccer in consultation with its sports partners Canada Soccer, the Canadian Sport Institute Ontario and Ministry of Heritage, Sport, Tourism and Culture Industries, has developed for its membership this Return to Play Plan and Guide for Ontario”.

This tool will guide our club on the reintroduction of activity that will occur at various stages set out in accordance with recommendations made by Public Health and directives made by the Province of Ontario around health and safety. This Return to Play will consist of a phased-in approach ensuring the safety of all its members is top priority.

“Ontario Soccer is asking organizations to not develop protocols that are independent of Ontario Soccer, Ontario Health Services and Canada Soccer guidance. Organizations, teams, and /or coaches that offer soccer activity and do not comply with these recommendations and guidelines may be subject to sanctioning.

PHASES - Return to Play (Ontario Soccer)

Ontario Soccer's Return to Play Plan consists of a three (3) phase approach that includes:

RETURN TO PLAY PHASES

If you are not comfortable with returning to play, DON'T.

PHASE 1

1

RETURN TO TRAINING

- No contact
- Remain 2M (6ft) apart
- Individual training, no group drills
- No league/exhibition/festival/tournament games

PHASE 2

2

RETURN TO TRAINING & MODIFIED GAMES

- Enhanced training & modified games
- Inter-squad & intra-squad modified games permitted (only *within* the Club/Academy)
- Physical contact minimized
- Social distancing measures are relaxed further

PHASE 3

3

RETURN TO SOCCER

- Social distancing restrictions have been lifted
- Regular competition, games and training



www.ontariosoccer.net



Pitch in
Play **ON!**

Note: Ontario Soccer will determine timelines for each Phase in alignment with the Province of Ontario provincial health authorities involving government orders, restrictions and guidelines. This will be communicated via future Action Bulletins when applicable.



RESPONSIBILITIES & RECOMMENDATIONS

WE are excited to WELCOME YOU back!
For everyone's safety, please ensure all safety protocols are followed:

PARENT / GUARDIAN RESPONSIBILITIES & RULES

- ❑ All parents/guardians and players over the age of 16 must complete the online self assessment tool prior to attending all practice/training/game sessions at Roma.
- ❑ Declaration of Compliance waiver to be completed by player or parent/guardian if underage of majority.
- ❑ All players MUST be paid in full prior to attending our Club and must be registered in good standing through Ontario Soccer (OSCAR).
- ❑ Check your child's temperature before coming to any training session.
- ❑ Parents / Guardians are expected to review ALL Roma electronic documents relating to COVID-19 to ensure their understanding of our safety protocols including those relating to individuals sent home exhibiting symptoms related to COVID-19.
- ❑ Parents / Guardians must follow all safety protocols in this document and those in accordance with recommendations from Public Health and provincial government level.



- ❑ Parents/Guardians are **not** permitted in the field area in Phase 1 & 2. Parents are to remain on site during training sessions or readily available if arranged with your Team Official. During Phase 3, parents may, while respecting physical distancing rules, remain on site within the facility as a spectator in a specifically designated area. Parents must leave directly after training sessions are completed to allow for safety review before the next team arrives.
- ❑ Parents must not congregate at facility entry and exit points.
- ❑ Drop off and pick up of players is done while maintaining safety protocols for our facility. Specific areas will be designated for entry and exit points to our field/s.

PLEASE NOTE: LA TERRAZZA WASHROOMS ARE NOT OPEN FOR SOCCER PARTICIPANTS who are training, however parents/guardians may choose to make a reservation for lunch or dinner while your child is engaged in training.

- ❑ Ensure child's clothing is washed before attending fields for training.
- ❑ Ensure all child's equipment is sanitized before and after every training session.
- ❑ Notify your Coach immediately if your child becomes ill for any reason.
- ❑ Supply your child with individual sanitizer readily available.
- ❑ Ensure your child has plenty of water in a labelled water bottle. NO WATER supply will be available on site during training.
- ❑ Individual snacks for your child are fine, however, please refrain from providing team snacks.

PLAYER RESPONSIBILITIES & RULES



- ❑ Adhere to all Return to Play protocols.
- ❑ All players must complete Self Assessment (see Appendix A) prior to coming to our facility. If under 18, parents must complete for participants.
- ❑ Wash hands thoroughly before and after training sessions.
- ❑ If you experience symptoms related to COVID-19 such as cough, runny nose, shortness of breath while engaged in training at our facility, please advise your Coach immediately for next steps.
- ❑ Do not carpool other than with immediate family members or those in your designated social bubble.
- ❑ Arrive no more than 15 minutes early to the facility.
- ❑ Wash and sanitize training equipment before and after every training session.
- ❑ Do not share water bottles, food and/or equipment.
- ❑ Make sure your water bottle is clearly labelled with your first and last name.
- ❑ No nose clearing, no spitting. **Immediate ejection from the field in addition to possible further penalties will occur if not following this rule.**
- ❑ Respect and practice physical and social distancing. Currently persons are required to be 2 metres (6 feet) apart at all times.
- ❑ All players will be provided Under Armour cinch bags to use for securing your equipment, water, etc. Place bags at least six feet apart during training sessions. Any garbage you are responsible for must be put in your cinch bag to dispose of properly.
- ❑ Come to practice sessions well rested.
- ❑ No high 5's, handshakes or team huddles.

- ❑ If you are not feeling well, you must not attend practice.
- ❑ Consider leaving electronics at home. If brought to the field, ensure proper cleaning is done afterwards.
- ❑ Respect your Coach and listen to all Team Officials especially when briefing of Return to Play procedures.

With your help we can maintain a safe area for your teammates to train. These restrictions related to COVID-19 will not be in place forever, however, until otherwise advised, all protocols must be followed. Failing to follow safety protocols will result in ejection from the field.

TEAM OFFICIALS RESPONSIBILITIES



- ❑ Team Official Representatives must arrive 20 minutes prior to training start time and complete a thorough review of safety protocols within the area and ensure the area is clean.
- ❑ Team Officials will hold orientation with players when they arrive at the field to ensure all safety protocols will be followed.
- ❑ Team Official (or RTP Monitor) will take attendance when players arrive and monitor participants through contact tracing.
- ❑ It is recommended ALL Team Officials wear masks or a face shield while engaged in training.
- ❑ Team Officials must have readily available a first aid kit which includes disposable gloves and face shield to eliminate droplet transmission should they be required to assess an injury.
- ❑ Structure activity and training to ensure physical distancing rules are applied.
- ❑ Ensure activities and training sessions allow for players to remain in small groups to reduce the amount of contact with different people.
- ❑ No heading, chest or hand contact with the ball. Feet only.
- ❑ Provide for regular sanitizing breaks combined with water breaks.
- ❑ Team Officials must wipe down all equipment used during training with disinfectant wipes, towels or spray before and immediately after each session. It is recommended by

Ontario Soccer that you do not go home and clean your equipment as potential contaminated items may be transmitted into the home environment. all bench surfaces before training and after. A coaches sanitizing station will be available after all training sessions through the exit area.

- ❑ Send Administrator Contact Tracing Report after the session is completed.

REMINDER - The following personal equipment shall **not** be shared during training:

- ▲ Shin guards
- ▲ Water bottles
- ▲ Towels
- ▲ Clothes
- ▲ individual pinnies or may be assigned during practice, however not shared between players and must be washed immediately after practice.

Should you have any comments or concerns on these or other safety considerations, please contact scromasoccer@gmail.com.

We appreciate your cooperation!

RECOMMENDATIONS for all Club Members:

Ontario Soccer and the Ontario Provincial Government outlines the following information to ensure the Ontario Soccer membership complies with existing government orders as the re-opening of soccer fields takes effect:

- ❑ Any person who enters or uses the facility (this includes all St. Catharines Club Roma Soccer fields and all fields which the club holds allocation to) maintains a physical distance of at least two metres from any other person who is using the facility.
- ❑ Team training is NOT practiced or played within the facility over the maximum allowable number of participants.
- ❑ Other sports or games that are likely to result in individuals coming within two metres of each other are not practiced or played within the facility.
- ❑ Any locker rooms, change rooms, showers and clubhouses in the facility will remain closed until such time permitted to open to provide access to a washroom or a portion of the facility.
- ❑ The only persons permitted to use the facilities are athletes (under the supervision of a Team Official), who are registered members of a recognized Provincial Sport Organization (PSO - Ontario Soccer).
- ❑ No spectators are permitted at the facility other than up to one accompanying parent guardian or other adult for each athlete under the age of 18 when permitted.
- ❑ Refrain from touching high touch surfaces such as fences, fence posts and goal posts.

HYGIENE RECOMMENDATIONS

- ❖ Wash hands for a minimum of 20 seconds following Public Health recommendations.
- ❖ Do not spit at any time.
- ❖ Do not share water bottles or any personal belongings.
- ❖ Any individual equipment should be taken home and washed separately from others in the household.
- ❖ Carry hand sanitizer in order to enable good personal hygiene.

- ❖ Cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- ❖ Washrooms may or may not be available during training sessions
(NOTE: WASHROOM FACILITIES ARE NOT CURRENTLY OPEN AT OUR CLUB). When permitted to open, please adhere to all personal hygiene protocols including washing hands thoroughly for 20 seconds.
NOTE: Washrooms at La Terrazza are NOT open during training.
- ❖ Avoid touching eyes, nose or mouth.
- ❖ Shower at home before and after training.

CLUB RECOMMENDATIONS:

- ❑ Field locations at Club Roma will be inspected on a regular basis to ensure social / physical distancing measures are being followed. .
- ❑ Post signage to clearly mark entry and exit points for all soccer participants.
- ❑ Clearly identify areas where participant bags and equipment can be kept with a marking device.
- ❑ Washroom facilities will NOT be open until permitted. Procedures will be in place once opened.
- ❑ Sanitized products will be provided such as antibacterial hand sanitizer.
- ❑ Practice times will be spaced out to decrease the number of individuals coming and going at the same time.
- ❑ Team allocations will remain consistent to ensure equal opportunity for training. For the purposes of booking field time at Club Roma, practices may be held on Fields A, B, C, 2, 3, 4 and MAIN will be split in half to

allow for 2 teams to practice at the same time if permitted. No 2 teams will be permitted on the same field at the same time with the exception of MAIN Field when permitted. While on MAIN Field, teams will remain on their half of the field only for the duration of their training session.

- ❑ A maximum of 10 people (9 players and 1 coach) are permitted on the same field at the same time. *Current as of July 15, 2020* **** updated July 25th, 2020 - a maximum number of 100 participants may attend the facility at one time unless within the same immediate family.**
- ❑ Hand hygiene is essential. Signs and sanitizing dispensing stations will be available to promote frequent and effective, hand hygiene with ample hand sanitizer. Posters will be displayed showing hand washing procedures and hand hygiene guidelines.
- ❑ Change rooms will **not** be open for general use other than to pass through when accessing washroom facilities when washrooms are open **(NOTE: WASHROOMS ARE NOT CURRENTLY OPEN)**
- ❑ When change rooms open for use, all athletes must review and adhere to social distancing protocols. Additional updates will be provided to members.
- ❑ Spectators, parents, guardians will remain off field or other designated areas during training sessions when permitted. No congregating will be allowed in the parking lot or on or off field areas. A drop off line for practices will be encouraged to minimize the player's exposure.
- ❑ In accordance with Federal and Provincial Governing bodies, masks are mandatory where social distancing cannot be practiced. We encourage all non athletes to consider wearing a mask / face covering.
- ❑ No sharing of water bottles is permitted during practice. An individual athlete may use their own water bottle and should be clearly marked

with their name and not shared with others. Cups may be used to drink water but should only be for single use.

- ❑ Coolers are not permitted.
- ❑ All team equipment must be sanitized before and after practices.
- ❑ No team huddles, fist pumps, handshakes or high fives.
- ❑ All jerseys, athlete clothing should be washed daily. Players should come to training wearing clean gear.
- ❑ Athletes and Team Officials who are within the vulnerable sector regarding Covid-19 should consider delaying their participation in training sessions.

WHEN NOT TO COME TO PRACTICE

Parents and Players who show symptoms of **any** of the following **must NOT** attend practice and contact their health care professional immediately:

- Fevers / Chills
- A new cough or a cough that is getting worse
- Difficulty breathing
- Shortness of breath (even when sitting or walking regularly)
- Sore throat
- Runny or congested nose
- Unusual level of fatigue
- Unusual headache
- Nausea, vomiting or diarrhea
- Feeling unwell for an unknown reason
- Unexplained tachycardia, including age-specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O2 sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)
- Unexplained fatigue/malaise
- Delirium (acutely altered mental status and inattention)
- Falls
- Acute functional decline
- Exacerbation of chronic conditions

Digestive symptoms, including nausea/vomiting, diarrhea, abdominal pain

****These symptoms may change as per Ontario Medical Association.**

**DO NOT ATTEND PRACTICE TRAINING SESSIONS IF ANY
OF THE ABOVE APPLY TO YOU OR YOUR
CHILD.**

CONTACT PUBLIC HEALTH IMMEDIATELY.

Non Compliance of Responsibilities

We understand this is not how soccer activities have been run in the past, however these are unprecedented times for us all.

In order to keep our members safe, we expect your complete cooperation to ensure our Return to Play is a successful one.

In the event you choose not to follow our Return to Play responsibilities and protocols,, you and your family will be required to leave the premises immediately. Additional penalties such as immediate suspension from team training will be considered.

Any Team Officials not following responsibilities will be subject to immediate suspension from the Club. Additional penalties may also apply.

Thank you for your cooperation!

COVID-19 Emergency Response Plan (ERP) for our club

Phases

Pre-Pandemic Phase

- ❑ Focus on education within our club membership (volunteers, Team Officials, participants, players/guardians).
- ❑ ERP Lead chosen for club is Club Administrator unless otherwise noted.
- ❑ Create ERP for COVID-19.
- ❑ Complete Canada Soccer/Ontario Soccer Risk Assessment with successful grade (LOW RISK).
- ❑ Incorporate Return to Play protocols from governing bodies.
- ❑ Verify permissions with Ontario Soccer, Province of Ontario and local municipal authorities for Returning to Play.

Positive Test Phase

In the event an Athlete or Team Official test Positive for COVID 19, Public Health will be notified and any persons having contact with this individual will have their contact information given to Public Health for follow up purposes. This will ensure timely and efficient contact tracing which is necessary to mitigate the spread of disease.

- ❑ Confirmation of a COVID-19 positive test within our soccer organization.

- ❑ Participant must self report to ERP Lead if:
 - A. They have symptoms of COVID-19, or
 - B. A positive test for COVID-19 is recorded or
 - C. Were exposed to someone with COVID-19 within the last 14 days.
- ❑ Sick individual will be advised to Stay Home and not return to facility until they are well enough based on Public Health guidelines AND

Note: Sick individuals will be advised to Self Isolate. Sick individuals must not attend club facilities. Individuals who experience symptoms related to COVID-19 will be advised to contact Public Health for further instruction.

Individuals should be tested for COVID-19. (ERP Lead)

Patty Forbes at Ontario Soccer must also be notified (ERP Lead)

- ❑ ERP Lead will contact Team Official and those in attendance to advise them of the current situation and provide follow up via email communications.

All persons with a positive Covid-19 diagnosis **must** follow a strict and safety protocol including meeting all the following criteria to return to training at our club.

- ❑ No fever for 72 hours without the use of fever reducing medications;
- ❑ Improvement in respiratory symptoms (NO cough, NO shortness of breath);
- ❑ At least 15 days have passed since symptoms first appeared;
- ❑ A second test with a negative COVID-19 result is required before returning to any training/team activities;
- ❑ MUST provide Club Administrator with a note for clearance from their Family Physician. Individuals without a medical provider can contact their local public health agency in direction to return to sport;

Clean and Disinfect Areas

- ❑ Facility will close off areas used by sick individual including entry point, and high touch surfaces that may have come in contact with sick individual (ERP Lead)

Notify Local Health Officials and Close Contacts (ERP Lead)

- ❑ All cases related to a participant at our facility will be reported immediately to Public Health.
- ❑ All members in attendance with sick individuals will be contacted by email communication to advise them of possible exposure to COVID-19.
- ❑ ERP Lead will work with Public Health to provide them contact tracing information including names and contact information of participants possibly exposed.

Post Pandemic Phase

- ❑ Confirm Provincial Public Health Officer has declared the COVID-19 pandemic is over. (ERP Lead)
- ❑ Official notice will be sent to our club membership that the pandemic is over, the province's state of emergency order has been lifted and soccer activities can resume full operations. (ERP Lead)
- ❑ Additional sport specific protocols may be in place to follow from Canada Soccer/Ontario Soccer and or Public Health, Municipalities etc. (ERP Lead)
- ❑ Full review of COVID-19 Return to Play Plan and COVID-19 Emergency Response Plan to be done to include a list of possible recommendations for improvements and possible future use. (ERP Lead).

RESOURCES & ATTACHMENTS

Various resources have been used to form this document. They include but are not limited to:

- Region of Niagara
<https://www.niagararegion.ca/health/covid-19/default.aspx>
- Screening Tool for Covid-19 (Attachment)
- Poster - Covid-19 symptom screening for building entrance (Attachment)
- Poster - What is physical distancing? (Attachment)
- Poster - Cover your cough (Attachment)
- Poster - Handwashing in six steps (Attachment)
- Poster - Clean your hands with hand rub (Attachment)
- Waiver - Assumption of Risk (under the age of Majority)
- Waiver - Assumption of Risk (over the age of Majority)
- Declaration of Compliance (COVID-19 Waiver)
- Contact Tracing Sheet

- Ontario Soccer - Return to Play Guide <https://www.ontariosoccer.net/>

- Government of Canada
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-mitigation-tool-outdoor-recreation-spaces-activities-operating-covid-19.html>

- Province of Ontario
<https://covid-19.ontario.ca/>

HOSPITAL & COVID-19 Testing Site

Niagara Health St. Catharines Site

1200 Fourth Avenue

St. Catharines, ON

L2S 0A9

Phone number

905-378-4647 ext 42819

Website

www.niagarahealth.on.ca/site/news/2020/03/24/niagara-healths-covid-19-assessment-centres

Appendix A

COVID-19 ONLINE SELF ASSESSMENT TO BE COMPLETED BY PARENT/GUARDIAN AND PLAYER PRIOR TO ATTENDING EACH TRAINING SESSION:

COVID-19 Screening Tool

Please use your own pen/pencil to complete to prevent the spread of infection.

Name: _____

Date: _____

Time: _____

Do you have any of the following:

- | | | |
|---|---------------------------|--------------------------|
| 1. Fever / chills | <input type="radio"/> Yes | <input type="radio"/> No |
| 2. New cough or a cough that is getting worse | <input type="radio"/> Yes | <input type="radio"/> No |
| 3. Difficulty breathing | <input type="radio"/> Yes | <input type="radio"/> No |
| 4. Shortness of breath (even when sitting or walking regularly) | <input type="radio"/> Yes | <input type="radio"/> No |
| 5. Sore throat (not due to allergies) | <input type="radio"/> Yes | <input type="radio"/> No |
| 6. A runny or congested nose (not due to allergies) | <input type="radio"/> Yes | <input type="radio"/> No |
| 7. Unusual level of fatigue | <input type="radio"/> Yes | <input type="radio"/> No |
| 8. Unusual headache | <input type="radio"/> Yes | <input type="radio"/> No |
| 9. Nausea / vomiting, diarrhea, or loss of appetite | <input type="radio"/> Yes | <input type="radio"/> No |
| 10. Feeling unwell for an unknown reason | <input type="radio"/> Yes | <input type="radio"/> No |

Have you been in close contact with someone who is either sick, sent for testing, or has confirmed COVID-19 in the past 14 days?

Yes No

Have you returned from travel outside Canada in the past 14 days?

Yes No

If you answered **YES** to any of these questions, notify your workplace, go home and self-isolate right away. Call your health care provider or the COVID-19 Info-Line at **905-688-8248** and a public health professional will give you detailed instructions to follow to protect you, your family and members of the public.

Novel Coronavirus (COVID-19) Info-Line

Talk to a public health professional Monday to Friday from 9:15 a.m. to 8:30 p.m., and Saturday and Sunday from 9:15 a.m. to 4:15 p.m.

905-688-8248 press 7, then press 2 Toll-free: 1-888-505-6074

niagararegion.ca/health

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Created May 2020. Information regarding COVID-19 is fluid and rapidly changing. Guidance from the Federal and Provincial governments change often.



STOP

Do you have any of the following right now?

- 1** Fever/chills
- 2** New cough or a cough that is getting worse
- 3** Difficulty breathing
- 4** Shortness of breath (even when sitting or walking regularly)
- 5** Sore throat
- 6** A runny or congested nose (not allergies)
- 7** Unusual level of fatigue
- 8** Unusual headache
- 9** Nausea / vomiting, diarrhea, or loss of appetite
- 10** Feeling unwell for an unknown reason

If the answer is **YES** to any of these, please leave this building and contact your health care professional immediately.

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WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

Keeping a distance of 6 feet from others



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

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STOP

Cover your cough



Cover your mouth
and nose with a tissue.



Cough or sneeze into your
sleeve, **not your hands.**



Put your used tissue in the garbage.
Clean your hands with soap and water
or alcohol-based hand rub.

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STOP

clean your hands

with soap and water for at least 20 seconds



1 Wet hands and wrists



2 Use soap to scrub palms and backs of hands



3 Scrub in between and around fingers and thumbs



4 Rinse well under running water



5 Wipe and dry hands with paper towel



6 Turn off water using paper towel

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SANITIZING AREAS WILL INCLUDE THIS POSTER:



clean your hands

with hand rub until hands are dry

Hand rubs should contain 70–90% alcohol.

Use hand rub when you cannot see dirt on your hands.

If you can see dirt, clean your hands with soap and water.

1 alcohol-based hand rub
Apply a loonie size amount of hand rub to open palms

2
Rub fingertips of each hand in opposite palm

3
Rub hands together palm to palm

4
Rub in between and around fingers

5
Rub the back of each hand with palm of other hand

6
Rub each thumb with opposite hand

7
Rub each wrist with the opposite hand

8
Keep rubbing until hands are dry

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ATTENDING PRACTICE

Training sessions will look a little different at our club. Here is a step by step guide of what to expect.

- 2 to 3 Return to Play (RTP) Monitors will be in attendance at every practice to welcome you to the club. RTP Monitors may consist of board members, volunteers from the club or parents/guardians from the practicing team and may direct traffic, assist with temperature screenings or guide players to their practice field. RTP Monitors will assist with educating our players and spectators with our Return to Play protocols and their responsibilities.
- Practices will be spread apart in Phase 1 Ontario Soccer (initially and progress to more time) to ensure a buffer between the practicing team leaving the field and the next team entering. This buffer will also allow for all players to safely exit and coaches to properly sanitize equipment as required.
- Cones, pylons, markers, arrows and signs will be placed throughout the facility to assist with direction.
- Sanitizing stations will be placed at entry way, exit area as well as on the main field or fields area.

Players will arrive by motor vehicle with parent/guardian and proceed to STOP at Drop Off (designated area near soccer entrance) where parent/guardian/player will be asked the following questions:

1. Did you complete the COVID-19 online self assessment?
2. Did you answer “no” to all of the questions on the self assessment?

If the participant answered yes to any questions on the self assessment, RTP Monitor will advise the parent and player to leave the premises and contact Public Health for further direction.

If the answer is no to all questions, RTP Monitor will conduct a temperature screening on the player as they remain in the vehicle with the window rolled down.

If they pass, they exit the vehicle and proceed to the registration table to check in. Once attendance has been taken, they will proceed to the entry where they will be greeted by a RTP Monitor advising them to sanitize hands prior to entering the field area.

- Once hands are sanitized, players will enter the field area while maintaining physical/social distancing rules.
- Players will proceed to their Coach for direction on where to place bags and wait for further direction. Bags will be separated 6 feet from each other on the field. A circle will be marked on the fields where bags are to be placed.
- After practice is completed, players will walk to the EXIT area (while maintaining 6 feet apart) and proceed to sanitize their hands. Then they will proceed to the parking lot area to meet the Parent/Guardian. RTP Monitors will assist younger players to meet up with Parent/Guardian.
***** IT IS IMPERATIVE PARENTS AND GUARDIANS ARRIVE ON TIME FOR DROP OFF AND PICK UP.*
- Team Officials will check in with the RTP Monitor upon arriving, sanitize hands prior to entering the field. After practice, Team Officials will proceed to the exit area, sanitize equipment and hands prior to leaving the facility.

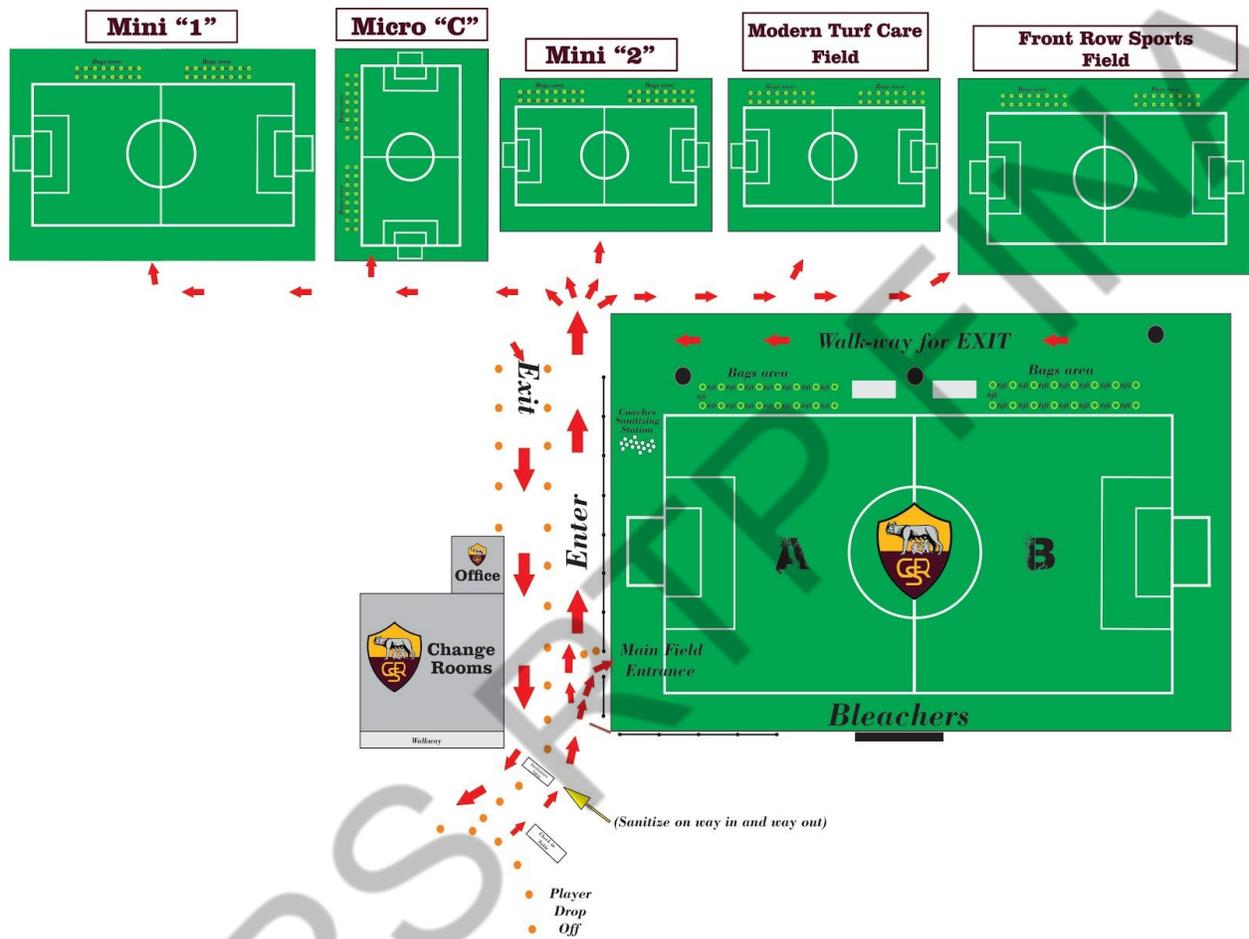


Checklist before attending Training session

- ★ Registration must be completed in full online.
- ★ Review Parent and Player Responsibilities & Rules prior to attending training.
Bring the following documents:
 - ★ Declaration of Compliance - COVID-19 Waiver
 - ★ Informed Consent and Assumption of Risk Agreement (under the age of majority, 18 yrs and under)
 - ★ RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (over the age of majority, over 18)
 - ★ Must complete online self assessment through Region of Niagara prior to attending each session. You will be asked to verify you have completed this assessment.
<https://www.niagararegion.ca/health/covid-19/pdf/screening-tool-colour.pdf>
 - ★ All Players must come dressed ready to train.
 - ★ All players must bring their own training bag AND hand sanitizer.
 - ★ **Reminder: no change rooms or washrooms will be open until further notice.**

Please be on time and follow ALL safety measures.

Return to Play - Map (Roma)



WE look forward to seeing you all on the Pitch!

Be Well and Stay Safe!