



**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 and 2021 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.**

Note: LAST UPDATED June 30, 2021, V4

# OUR RETURN TO PLAY

## Terms & Definitions:

*St. Catharines Club Roma Soccer (also known as SCCRS, Club Roma Soccer, Club Roma Minor Soccer, CSR 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. Also includes Sir Winston Churchill Turf Field, 101 Glen Morris Drive, St. Catharines, ON.*

*Sir Winston Churchill Turf Field: located at 101 Glen Morris Drive, St. Catharines, ON. Also known as SW Turf Field.*

*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.

Ontario Soccer and Canada Soccer are our governing bodies.

## 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.

[Ontario Soccer Return to Play Guide Updated Feb 18 Updated.pdf \(sportnqin.com\)](#)

### **Release of liability, waiver of claims and indemnity agreement.**

This waiver is to be signed by participants of the age of majority and over.

[Ontario Soccer Return to Play Guide](#)

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

[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 coughing, sneezing, laughing or talking) during close interactions. 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.

# RETURN TO PLAY - ONTARIO SOCCER

The Government of Ontario announced on May 20, 2021 their new Road Map to Re-Opening Framework. Outdoor Team Sports have been confirmed by the Government of Ontario to open on June 11, 2021 at 12:01AM.

Ontario Soccer's Return to Play Guide (RTP) has been adjusted to reflect the Government of Ontario's new Three-Step Re-Opening Framework: Note: Steps 2 and 3 are tentatively scheduled to start 21 days apart and subject to Government of Ontario assessment and approval. Step 2 confirmed for June 30, 2021. Ontario Soccer will advise membership confirmation of Steps through updated Information Bulletins that will include updates to this Return to Play Guide.

Ontario Soccer's Return to Play Guide (RTP) has been adjusted to reflect the Government of Ontario's new Three-Step Re-Opening Framework:



Note: Steps 2 and 3 are tentatively scheduled to start 21 days apart and subject to Government of Ontario assessment and approval. Ontario Soccer will advise membership confirmation of Steps through updated Information Bulletins that will include updates to this Return to Play Guide.

## Reference Guide (Steps) - OVERVIEW

|  | Step 2      | Step 3 |
|--|-------------|--------|
| Completion of Canada Soccer's Return to Soccer Risk Assessment Tool                                    | YES         | YES    |
| Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide (Clubs/Academies/Leagues) | YES         | YES    |
| Safety Field Marshal   | RECOMMENDED | TBD    |
| Physical Distancing for Participants   | NO          | TBD    |
| Equipment disinfecting after each game/practice  | YES         | TBD    |
| Use of Change rooms  | NO          | TBD    |
| Indoor Activities Permitted  | DAY CAMPS   | YES    |
| Outdoor Activities Permitted   | YES         | YES    |
| League Games or Scrimmages   | YES         | YES    |
| Travel to other Districts or Regions   | YES         | YES    |
| Trials/Tryouts/Open Evaluations/Camps  | YES         | YES    |



Play. Inspire. Unite.



|   |   |   |
|---|---|---|
| <b>Maximum number of Participants<br/>(Players, Coaches, Match Officials)</b> | NO RESTRICTIONS                                 | OUTDOOR: NO<br>RESTRICTIONS<br>INDOOR:TBD |
| <b>Maximum number of Spectators</b>   | 25% OF<br>FACILITY CAPACITY                     | TBD                                       |
| <b>Masks</b>  | FIELD: NO<br>BENCH: NO                          | TBD                                       |
| <b>Physical Distancing (2m)</b>   | ON FIELD: NO<br>ON BENCH: NO<br>Spectators: YES | TBD                                       |
| <b>Contact Tracing</b>  | YES   | TBD                                       |

\* Person under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.



## Step 1: Individualized Outdoor Training

Date: June 11: 12:01AM.

Conditions: Now met. Approved to begin.

Restrictions: Outdoor sports and training up to 10 participants at one time. 10 per field quadrant with distancing (3m). No contact, no league, exhibition, festival or tournament games.

No spectators permitted unless under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.

Soccer organization must have completed the 'Canada Soccer Return to Soccer Assessment Tool'.

Ensure the organization's own Return to Play Guide is aligned with Ontario Soccer's Return to Play Guide & Government of Ontario guidelines prior to resuming activity.

Ensure you have contact tracing in place for any activities

Spectator Area:

- No spectators permitted unless under the age of 18 years who is engaged in activities in the facility may be accompanied by one parent or guardian.

## Step 2: Team Training and League Games

Step 2: Team Training and League Games

Date: June 30, 2021: 12:01 am

Conditions: Now met, reopening to begin

- Restrictions: None
- League, exhibition, festival and tournament games permitted.
- Spectator capacity limited to 25% of the facility capacity.
- Soccer organizations must have completed 'Canada Soccer's Return to Soccer Assessment Tool'.
- All participants must be registered in OSCAR, Ontario Soccer's official participant registry.
- Ensure the organization's own Return to Play Guide (Safety Plan) is aligned with Ontario Soccer's Return to Play Guide prior to resuming activity. Ensure you have registered contact tracing in place for any activity with all records held for 30 days.

## Step 3: Continuation of Team Training and League Games

Date: 21 days before next step (TBA by Government of Ontario)

Conditions: 70-80% adults with one-dose of the vaccine and 25% fully vaccinated allows for: Indoor Sport and Recreational Facilities to re-open.

Restrictions: Subject to further information from the Government of Ontario

### 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 3 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).
- Hand sanitizer must be carried at all times by participants.
- 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. New players will provide their own bag.
- 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 (if recommended by governing bodies)

- 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*

**All participants must review Ontario Soccer and our current Return to Play to ensure they are familiar with and understand all guidelines and protocols.**

- **Indoor soccer activities NOT permitted.**
- **Maximum number of participants on one field/area indoors is 10.**
- **Declaration and Waivers to be signed and submitted by all participants.**
- **Physical distancing of at least three (3) meters is required from all participants. Focus will be individual development. Heading the ball is prohibited.**
- **No spectators permitted. Note: 1 parent/guardian may accompany participants under 18. Parent/guardians may be required to wait in designated wait areas.**
- **No games or scrimmages, or contact between participants is permitted during this phase.**
- **Any locker rooms, change rooms, showers and clubhouses must be closed, except to the extent they provide access to equipment storage, a washroom or a portion of the facility that is used to provide first aid. NOTE: WASHROOM FACILITIES ARE CLOSED AT THIS TIME.**
- **Any equipment must be cleaned and disinfected between each use.**
- **Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players. Participants (spectators when permitted) must maintain 3 meters distance when entering and exiting field area.**
- **All players must bring their own ball, sanitizer and bag with equipment items such as shin pads and cleats. Equipment must be sanitized regularly.**

- Each participant must comply with all requirements of our Return to Play protocols. Non compliance will result in a Return to Play Compliance Review.
- If attending a facility outside of Roma, please refer to governing body guidelines and rules regarding COVID-19.
- Contact Tracing log must be completed by each Team. Teams will designate 1 person to assist with COVID-19 protocols. Return to Play safety marshal will track and maintain all logs and forward to the Administrator after each training session.
- All participants must complete the online COVID-19 self assessment prior to each training session. Safety Field Marshals will ensure all participants have completed their online self assessments.
- A club representative will attend training sessions unannounced to ensure our Return to Play protocols are enforced. Failure to comply will result in a Return to Play Compliance Review.
- Any equipment must be cleaned and disinfected between each use.
- Any soccer activity must comply with the social distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities, including the arrival and departure of players.

#### **Arrival / Departure Protocols:**

- Players should not carpool with teammates. This is strongly discouraged.
- Players must arrive/depart at their entry/exit points. See maps for details if applicable.
- Parents/Guardians are not permitted past entry unless permitted.
- Masks are mandatory while dropping off and picking up.
- Physical distancing of 3 meters must be maintained.
- Spectators are not permitted past entry.
- Players may arrive no earlier than 10 minutes prior to their session.
- Masks are mandatory from vehicle to field area for participants.
- No congregating in parking lots.
- Team training sessions will be 55 minutes in length. Teams will vacate the premises within 5 minutes of their session ending to allow the next team entry. At Sir Winston Turf Field, Teams may only enter when all participants have left the gated area. While waiting to enter the field, participants will wait to the right of the entry gate.

#### **Player Equipment**



- Player equipment is limited to one bag filled with equipment personal items.
- Players are responsible for bringing their own ball and sanitizer to each session. No ball or pumps are available for use at this time.
- Players must arrive in their training kits ready to train. No change room facilities will be available.
- Balls and other equipment must be sanitized after each session.
- Masks are mandatory from vehicle to field area.
- Bags must be placed 3 meters apart while engaged in training.
- Water bottles and bags must be clearly marked with the participant's name.

### **Safety Field Marshal**

- Each team engaged in training will assign one person as the Safety Field Marshal and is responsible for:
  - ◆ Contact tracing
  - ◆ COVID-19 Self Assessment participant confirmation
  - ◆ Ensure compliance of all Return to Play rules
  - ◆ Will ensure participants maintain physical distancing guidelines
  - ◆ Submit contact tracing forms to Administrator
  - ◆ Will ensure participants leave the field immediately after practice

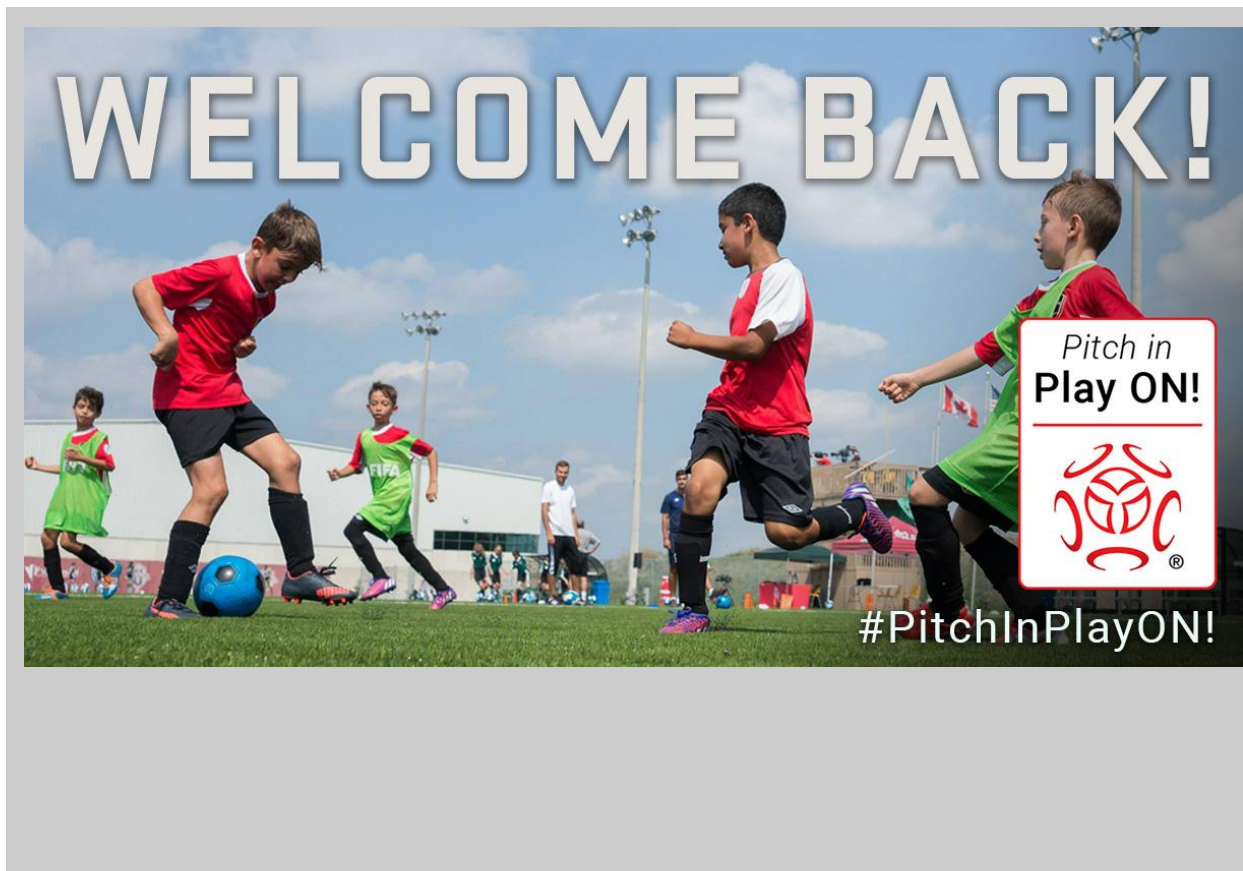
### **Compliance Checks**

- Return to Play monitors will conduct random Return to Play compliance checks. Any team not adhering to our Return to Play rules will be in violation of our Return to Play protocols and be written up.

**1st violation: Education - Return to Play monitor will review our Return to Play protocols with offending members/teams.**

**2nd violation: Participant(s) responsible for non compliance will be removed from the current and next training session in addition to a Return to Play protocol review.**

**3rd violation: Team responsible for non compliance will be removed from the next training session. Cost of session not refunded. Review of Return to Play protocols will be done.**



**\*\* Note -- Club must await confirmation from Ontario Soccer before moving to the next stage.**

## 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). All OS waivers and declarations to be submitted prior to practicing.
- ❑ 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.
- ❑ Safety Field Marshals will be appointed by each team with duties including contact tracing and covid-19 player self assessment confirmation.  
ACTION: Each team will appoint their own Safety Field Marshal responsible for sending the Administrator a copy of contact tracing form after each practice. Safety Field Marshals will monitor area for Return to Play compliance including monitoring number of participants and spectators when applicable.

- ❑ Health authorities / Public Health / Stakeholders will be contacted in the event a player or Team Official or volunteer has contacted COVID-19.  
ACTION: See SCCRS COVID-19 Emergency Response Plan and provide information to assist with contact tracing.
- ❑ Coach and Team Officials and Safety Field Marshals 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 Officials 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 and Declaration.
- ❑ 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. Each team is responsible for carrying their own First Aid kit essentials.
- ❑ 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: Safety Field Marshal / Team Official must record those players and Team Officials in attendance including first, last name, email and phone number, date and time of training session and time in and out. Contact logs will be reviewed regularly. All original contact tracing

forms will be kept with the team for 4 weeks at which time they must be destroyed by shredding.

- ❑ 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.

- ❑ Advise players must attend training sessions with their own hand sanitizer.
- ❑ 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.

## Ontario Soccer - “Pitch in, Play ON”



[https://www.ontariosoccer.net/news\\_article/show/1108888](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:





## 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. Parents / Guardians must assist players under 16 complete the online self assessment.
- ❑ Declaration of Compliance waiver to be completed by player or parent/guardian if underage of majority.
- ❑ All players registrations 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 Stage 1 and may be permitted in Stages 2 and 3 as noted. Parents are to remain on site during training sessions or readily available if arranged with your Team Official. 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 or parking lots.
- ❑ 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.

**WASHROOM FACILITIES ARE NOT AVAILABLE AT SIR WINSTON OR CLUB ROMA AT THIS TIME**

- ❑ 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 assist participants complete self assessment.
- ❑ 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 10 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 3 metres 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 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 15 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 or Safety Field Marshal) will take attendance when players arrive and monitor participants through contact tracing. Safety Monitor also responsible for contact tracing of the opponent team.
- ❑ 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 in accordance with Ontario Soccer rules.
- ❑ 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 . A coaches sanitizing station may be available after all training sessions through the exit area.
- ❑ Send Administrator Contact Tracing Report after the session is completed.

## SAFETY FIELD MARSHAL RESPONSIBILITIES

- Contact Tracing - ensure all participants are accounted for attending each training session. After each training session, please forward a copy of your contact tracing sheet to Administrator - [scromasoccer@gmail.com](mailto:scromasoccer@gmail.com)
- Confirm all participants have completed the online COVID-19 self assessment. If anyone has answered “yes” to any of the questions or is feeling unwell or displaying symptoms related to COVID-19, they must leave the facility.
- Ensure Return to Play protocols are being followed throughout the duration of your training session.

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](mailto: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 3 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 3 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 and Sir Winston Churchill Turf Field 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 or quads as Ontario Soccer allows.
- ❑ A maximum number of participants on one field at any given time as permitted in accordance with Ontario Soccer governing rules.
- ❑ 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.

## Team Violations

Periodic compliance checks will be conducted by our Club to ensure all safety protocols are in place. Failure to comply will result in a team violation.

1st violation: Education - Return to Play policies will be reviewed to ensure everyone on the team understands and can comply.

2nd violation: Team will be required to leave the premises (Monitor discretion)

3rd violation: Team will be required to forfeit their subsequent training practice (Monitor discretion) No refund will be given.

## 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 immediate Athlete or Team Official test Positive for COVID 19 as a member at Club Roma Soccer, 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.  
Examples: If an immediate family member living within your household has been advised to self isolate or you have been asked to self isolate by Public Health or your school board, you must follow Public Health directives. Do not attend training until 14 days of self isolation have been completed.
- ❑ Sick individuals will be advised to Stay Home and not return to facility until they are well enough based on Public Health guidelines.

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 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 the 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](http://www.niagarahealth.on.ca/site/news/2020/03/24/niagara-healths-covid-19-assessment-centres)

## Rapid Test Facility Location (Local, Niagara)

Rapid Testing Facility (testing completed by molecular PCR analyzers - same as Public Health Ontario) - with same-day results, often within an hour.

Prompt Doc Urgent Care Clinic

532 Lake Street, Unit 101

St. Catharines, ON

L2N 4H4

Book appointments on-line at [www.promptdoc.com](http://www.promptdoc.com)

905-646-0015



## 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: \_\_\_\_\_

In the past 24 hours, have you experienced any \*symptoms, not due to previously known chronic conditions diagnosed by a health care professional?

Yes  No

In the past 24 hours, has anyone in your household (other than yourself) experienced any \*symptoms, not due to a previously known chronic condition diagnosed by a health care professional and has not received a negative COVID-19 test result with respect to those symptoms?

Yes  No

In the past 14 days, have you been in close contact with someone who has \*symptoms of COVID-19, and 1) has travelled to a more heavily affected area of Canada 14 days prior to symptoms appearing or 2) had close contact with a confirmed case of COVID-19 or 3) has lived in or worked in a place with a confirmed outbreak of COVID-19 or 4) has been tested and results are unknown, and has not been told they can come out of isolation?

Yes  No

In the past 14 days, were you or someone you live with 1) advised to consult with a health care professional about COVID 19, but chose not to do so, or 2) advised to get tested for COVID-19, but chose not to do so, or 3) tested for COVID-19 due to \*symptoms, but have not yet received the result?

Yes  No

Have you returned from travel outside Canada in the past 14 days? (This does not include essential service workers who cross the border regularly for the purpose of performing an essential job or function as per the Order issued under the Quarantine Act).

Yes  No

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If you answered **YES** to any of the questions above, go home, self-isolate right away, and call your health care provider if you have or begin to develop symptoms.

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**COVID-19 Info-Line**  
905-688-8248 press 7 Toll-free: 1-888-505-6074  
[niagararegion.ca/COVID19](http://niagararegion.ca/COVID19)

**Niagara Region**

Created September 2020. Updated November 2020. version 2. Information about COVID-19 is evolving. Guidance from the Federal and Provincial governments change often. Refer to our website.

#### Symptoms

- Fever / chills
- New cough or a cough that is getting worse
- Loss of taste or smell
- Shortness of breath (while sitting or walking at a regular pace)
- Sore throat
- Runny nose / nasal congestion
- Unusual level of fatigue
- Unusual headache
- Nausea / vomiting, diarrhea, or loss of appetite
- Feeling unwell for an unknown reason

**Self-isolation guidelines are different for adults and children**, as there is an exception for those with children who have been symptomatic for less than 24 hours.

Refer to [niagararegion.ca/COVID19](http://niagararegion.ca/COVID19) for more details.



**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.

[niagararegion.ca/health](https://niagararegion.ca/health)

Niagara  Region

# 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



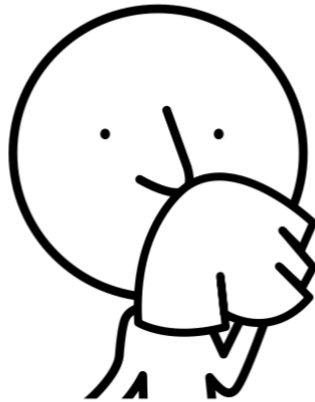
Avoiding visits to long-term care homes and other care settings

[niagararegion.ca/health](https://niagararegion.ca/health)

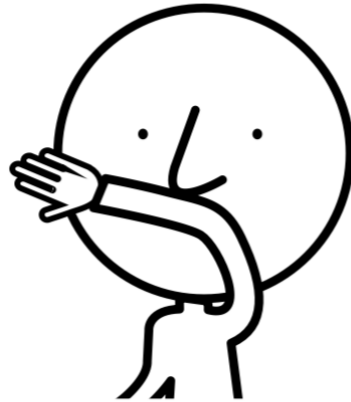
Niagara  Region

# 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.



[niagararegion.ca/health](https://niagararegion.ca/health)

Niagara  Region

# 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

Niagara  Region

[niagararegion.ca/health](https://niagararegion.ca/health)

SANITIZING AREAS WILL INCLUDE THIS POSTER:




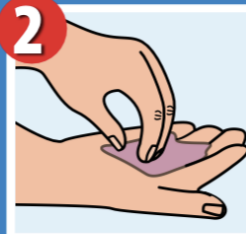






# clean your hands


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.

|   |   |  |   |
|---|---|--|---|
|  <p><b>1</b><br/>alcohol-based<br/>hand rub</p> |  <p><b>2</b></p>  |  <p><b>3</b></p>  |  <p><b>4</b></p>  |
| <p>Apply a loonie size amount of hand rub to open palms</p>   | <p>Rub fingertips of each hand in opposite palm</p>   | <p>Rub hands together palm to palm</p>   | <p>Rub in between and around fingers</p>  |
|  <p><b>5</b></p>                               |  <p><b>6</b></p> |  <p><b>7</b></p> |  <p><b>8</b></p> |
| <p>Rub the back of each hand with palm of other hand</p>  | <p>Rub each thumb with opposite hand</p>  | <p>Rub each wrist with the opposite hand</p>   | <p>Keep rubbing until hands are dry</p>   |

Niagara  Region [niagararegion.ca/health](https://niagararegion.ca/health)

# ATTENDING PRACTICE

- Masks are mandatory from your vehicle to the field. Once training begins, you may take off your mask.
- Bags must be placed 3 meters apart from each other. Water bottles must be placed in bags.
- Check in with your team Safety Field Marshal to confirm you successfully completed your self assessment and for contact tracing purposes.
- After practice, players must sanitize their hands prior to leaving.

*\*\*\*\* IT IS IMPERATIVE PARENTS AND GUARDIANS ARRIVE ON TIME FOR DROP OFF AND PICK UP.*



## 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.

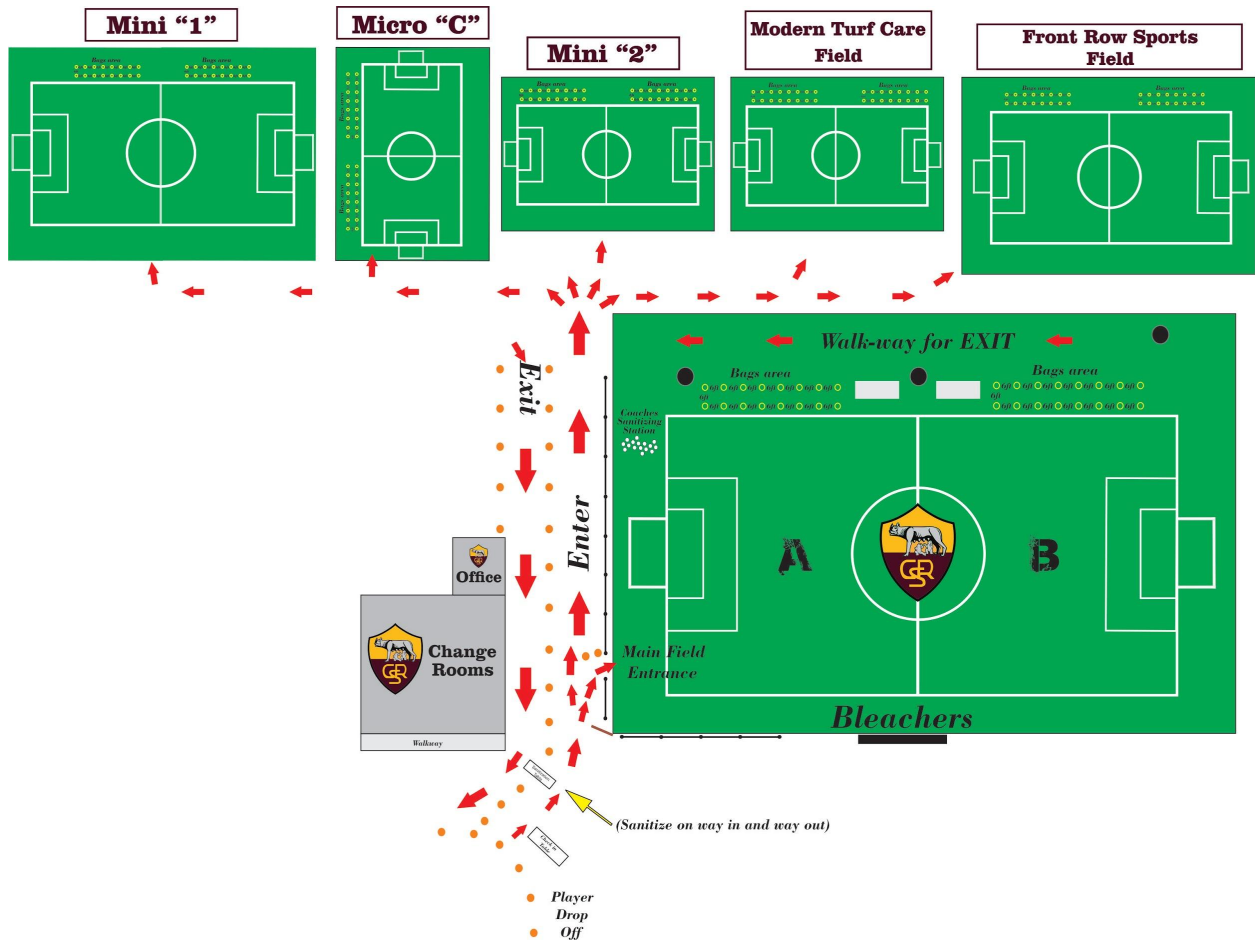
<https://www.niagararegion.ca/health/covid-19/pdf/screening-tool-colour.pdf>

- 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!*