



June 12, 2020

## **Return to Play Plan**

For lined 20 grid field at Myrtle Philip

We are currently in phase two of the return to play process. This phase allows us to run small-group trainings and ensures that all participants are able to attend in a safe and responsible manner. No competition is allowed.

### **REGISTRATION**

#### **Must PRE REGISTER**

Keep a record of participants that are participating and when so that they can be contacted if needed – for example if an infected person is identified (held in registration system).

*MAXIMUM 20 players per session*

Start times staggered to allow for clearing of program participants, sanitizing balls and washroom if open and fixing any cones.

Canada Soccer's Technical Committee "Age and Stage Considerations – Phase 1" will be followed so that ages and levels can adhere to the distancing measures and recommendations issued by the Provincial Government Health Authorities.

- U6 – U9 Must have a parent or guardian attend with them to ensure social distancing.
- 5:1 ratio adhered to for the younger ages with no parent /guardian attending.

### **VENUE**

RMOW lining Myrtle Philip field with properly distanced grids to maintain physical distancing as per B.C. Soccer guidelines.

Add cones where needed to further outline the individual grids.

*Posted on the shed* – COVID protocols must be displayed and well communicated to all users.

Have water fountains closed by RMOW.

BC Soccer states the maximum capacity for people on one 11X11 full size soccer field is We will request that participants are dropped off and picked up. We will have a maximum of 20 participants at a time. This will allow for extra space.

## **PRE PROGRAM START**

Emails to all registered participants

- BC Soccer's Return to Play Plan : Guidelines for Participants - BC SOCCER'S RETURN TO PLAY PLAN – Phase 1 - Released June 2, 2020 TIMELINES, RECOMMENDATIONS, AND GUIDELINES FOR PARTICIPANTS
- Pre Program Health Screening email questionnaire to go out day before to all registered participants. If participants answer "no" to all questions they can come to the field the next day.
- If player answers "yes" to any of the pre screening questions, player must not attend.
- Waiver filled out by every participant (Provided by BC Soccer) – This will be online and sent to registered participants with pre program email.
- Advise of requirement for each player to bring their own water bottle to each session.

## **DAY OF PROGRAM**

### **ARRIVAL AT FIELD**

All participants are to ARRIVE at the bottom parking lot on at the end of Balsam Way and Easy Street.

IF washroom is open wash hands, if washroom not open please proceed to the shed. We can use hand sanitizer if washrooms not open.

Parents are asked to walk their child to the shed – Request that players be dropped off by one parent or guardian.

Parents are asked to return at end of session

Upon arrival at field – check in at the shed, this will be at the shed near the porch.

- Apply hand sanitizer.
- Verbal health questionnaire - confirmation of no symptoms.
- Review of physical distancing rules, no hands or heads on balls, no sharing water bottles/snack, bags remain on the back edge of your grid, no high fives, players to remain in their own grids pre marked on the field.
- Each player has their own ball.

## **COACHING**

- Field marked into 20 physically distanced grids.
- Each player places their bag/water at the end of their grid.
- Players remain in their grid for the duration of the practice.
- Any additional cones will be placed and managed by coach (s).

- Practice will consist of skills and drills only during this phase.
- Limit contact with the ball to below the waist.

## **EQUIPMENT**

- Limit contact with the ball to below the waist.
- No heading.
- One ball per player.
- Balls sanitized at end of practice if shared or touched by other player.

## **END OF PRACTICE**

- Hand sanitizer.
- Meet parent or guardian at the path leading up to Myrtle Philip – Parents to park in the upper lot for pick up.
- Do not return to shed – walk directly to your parents or leave the field of play as soon as possible.
- Coaches – Sanitize the balls.

## **FIRST AID**

- In the event first aid is required to be administered during the activity, all persons attending to the injured individual must first put on a mask and gloves.
- PPE and first aid equipment will be available at the shed located at the Myrtle Philip Fields.

## **CLEAN AND SAFE ENVIRONMENT**

- If washroom is being used to wash hands, door must remain open to avoid use of door handle.
- Have hand sanitizer available at the washroom
- Water fountains closed – all players to bring their own water bottles.
- Hand sanitizer available at the shed and beside the practice field for use by players and coaches.
- Bathroom is public – door to remain open unless user needs to close it for privacy. Hand sanitizer and wipes will be in the washroom so users can wipe the surface down before and after use – Coaches will also sanitize in between groups. \*this is if the RMOW will have the washroom open.

## **ADMINISTRATION / GOVERNANCE**

- Keep a record of all participants
- Post guidelines at field and on our website.

- Adhere to ViaSport's Emergency Response and Outbreak Plan
- Monitor social media for member's concerns, negative feedback or questions.

## **OUTBREAK PLAN**

**Taken directly from ViaSport's Emergency and Outbreak Plan.**

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the cases; most important factors in limiting the size and length of an outbreak. An "outbreak" is two or more a "case" is a single case of COVID-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Determine who within the organization has the authority to modify, restrict, postpone or cancel activities.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Implement your illness policy and advise individuals to:
  - Self-isolate
  - monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
  - Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.

○ Individuals can contact 8-1-1 If further health advice is required and 9-1-1 if it is an emergency.

○ Individuals can learn more about how to manage their illness here:

<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

## **LINKS**

**[ViaSport's Return to Sport Guidelines for B.C.](#)**

**Learn more about managing Covid symptoms**  
**<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>**

### **Regional Health Authorities**

**<https://www2.gov.bc.ca/gov/content/health/about-bc-s-%20health-care-system/partners/health-authorities/regional-health-authorities>**