



Victoria Spartans Football

Return to Play Plan

General Safety Plan:

- Risk mitigation is key to maintaining the health of all participants
- BC Public Health Orders formulate the safety plan:
 - physical distancing
 - gathering size(s)
 - hygiene
- All participants are required to understand the risks associated with returning to play
 - Each participant and/or guardian must sign an acknowledgement letter
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- Each session must commence with a wellness check of each participant
 - A record must be kept of wellness check.
- Procedures for responding to the possible ill health of a participant will be implemented without delay
- Appropriate signage must be in place for all football programs/activities

Football –Specific (PHASE 2):

- Characteristics of football training in PHASE 2:
 - Skill and fitness development only
 - Maximum of 50 total participants (players, coaches, staff)
 - Smaller groups are recommended
 - Physical distancing is mandatory.

Guidelines for Phase 2

Restrictions in Place

- Maintain physical distance (3m)
- No non- essential travel
- No group gatherings over 50

Enhanced Protocols

- Increased hand hygiene
- Symptom screening in place

Facility

- Outdoor is safest

Participants

- Small groups
- No spectators

No Contact Activities

- Fundamental movement skills
- Modified training activities and drills

Contact Activities

- Should not occur
- Contact sports should look for non-contact alternatives to training

Competition

- In club play or modified games may slowly be introduced

Equipment

- Minimal shared equipment
- Disinfect and shared equipment before, during and after use

Participant Agreement

- All Participants of Victoria Spartans Football agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return to Sport Protocol:
- I agree to symptom screening checks, and will let my club and/or coach know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

- Participant Name:
- Signature:
- Signature of Parent or Guardian:
- Date:

Communication to Participants/Parents

Communication of the guidelines to your participants, parents and spectators is an important component of the Return to Sport Plan:

- Each participant must:
 - receive a copy of the guidelines
 - acknowledge they have read the guidelines
 - acknowledge that they understand the associated risks before participating.
 - Participants (or parent/guardian) must sign a participant agreement specific to COVID-19 related risks and acknowledge the health rules that apply to continued participation.

It must also be communicated to participants that they are subject to removal from activities/facility use should they fail to comply with outlined protocols.

Participant Checklist

- Come dressed ready to play; other equipment such as a gloves and masks are recommended.
- Be prepared for a health assessment before **every** session.
- Bring your own bottle of water with enough to last for the duration of the activity.
- Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored).
- Coaches and Safety Officers will designate where each athlete will place their personal belongings.
- Use the designated entrance and exit; follow the drop-off and pick-up protocol.
- Only athletes, coaches and safety officers are allowed within the perimeter of the field of play.
- Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers.
- If you show **any** symptoms of COVID-19 you are required to stay home.

Illness Policy

The following policy must be strictly adhered to.

In this policy, “team member” includes an employee, volunteer, participant, parent or spectator – basically anyone associated with the club or league.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as 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.

2. Assessment

a. Team members must review the self-assessment signage located throughout the facility before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.

b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.

c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.

3. If a Team Member is feeling sick with COVID-19 symptoms

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and /or are showing symptoms while at the training session, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.

c. No Team Member may participate in a practice/activity if they are symptomatic.

4. If a Team Member tests positive for COVID-19

a. The Team Member will not be permitted to return to the practice/facility until they are free of the COVID-19 virus.

b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.

c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak.

An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

This situation must be reported to the BCPFA immediately
[\(executivedirector@bcdfa.com\)](mailto:executivedirector@bcdfa.com).

Steps:

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported. Assign an individual within the organization has the authority to suspend or cancel activities.

2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the activity place, implement enhanced cleaning measures to reduce risk of transmission as well as notify the facility right away.

Implement the *Illness Policy* and advise individuals to:

- self-isolate
- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
- use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.
- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
- Individuals can learn more about how to manage their illness here:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

3. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your *Illness Policy* and your enhanced measures.

4. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.

First Aid

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

. Facility Plan

Colquitz Middle School

The following are the guidelines are to be followed when arriving, participating and departing the fields.

All entrances and exits will have appropriate information signage, sanitizing stations and a volunteer to help direct you through the process.

Arrival

- Please arrive by the main parking lot at the entrance of the school
- Players are then checked in through the wellness checkpoint **PRIOR** to any field access. Parents must stay with the player until they have passed the health and wellness screening
- Players are then sent to their designated field

Departure

- Families are asked to pick the players up on Dumeresq Street. Overflow will be the main parking lot but only to be used if needed.
- Field exit is on the opposite side of the school along field B. Please use this as the exit so other teams can arrive safely while others are leaving.

Player Bench Area

- This is a player and coach only area. No parents are aloud on the fields at any time unless asked to do so from a Spartans coach or board member.
- All benches will have reminder signage as well as sanitizing stations
- Players required to bring their own water. There will be no fountains available and **NO** sharing of drinks



Facility Plan

Bullen Field

The following are the guidelines are to be followed when arriving, participating and departing the fields.

All entrances and exits will have appropriate information signage, sanitizing stations and a volunteer to help direct you through the process.

Arrival

- Please arrive by the main parking lot (A) lot shared by the arena off of Lyall Street
- Players are then checked in through the wellness checkpoint **PRIOR** to any field access. Parents must stay with the player until they have passed the health and wellness screening
- Players are then sent on to the field area

Departure

- Families are asked to pick their players up on Lyall Street road along side the field or in Parking Lot B located by the pool and outdoor water park off of Fraser Road
- Field exits will be the gate opening along Lyall Street road or open field exit to parking lot B

Player Bench Area

- This is a player and coach only area. No parents are aloud on the fields at any time unless asked to do so from a Spartans coach or board member.
- All benches will have reminder signage as well as sanitizing stations
- Players required to bring their own water. There will be no fountains available and **NO** sharing of drinks



