



# Return to Play Guide

## Plan, Protocols and Recommendations

(Updated June 8, 2021)



*Pitch in*  
**Play ON!**

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## Contact Us for any Questions Regarding this Return to Play Guide

[helpdesk@ontariosoccer.net](mailto:helpdesk@ontariosoccer.net)



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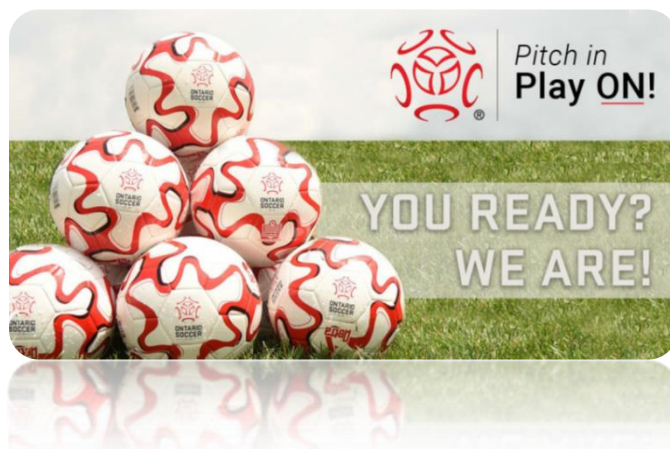
## Introduction

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

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

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

Canada Soccer has reviewed this document and is aligned with the Government of Ontario's amateur sport guidelines and protocols.



Based on current Public Health research, guidelines from the Federal of Canada and Government of Ontario, Ontario Soccer has developed this Return to Play Guide in concert with specialists in sport and exercise medicine, infectious diseases and public health.

The principles outlined in this document apply equally to recreational, competitive and high performance level soccer. The Return to Play plan is a timely tool for 'how' reintroduction of soccer activity will occur in a cautious and progressive manner, to optimise participant and community safety. Ontario Soccer and the Government of Ontario directives as they relate to public health and safety will form the foundation of this Return to Play Guide, three (3) phase process. The priority at all times will be to preserve public health, while minimising the risk of community transmission.

This document details the Return to Play Plan and Protocols for Ontario Soccer's member Clubs and Academies.

The Return to Play Plan will include multiple phases, recommendations, and guidelines for anyone participating in sanctioned soccer. We would like to stress that when we all return to play; soccer will look different from pre COVID-19 pandemic times, therefore we will not be able to jump right back into the game as normal. The multiple phases will have varying degrees of time between phases to ensure the highest level of safety precautions for everyone involved in the game.

This plans detail and recommendations are guidelines for member Clubs and Academies, administrators, coaches, match officials and anyone organizing sanctioned soccer activities within the Province of



Ontario. The plan will provide technical resources in the form of sample sessions, which fall within the recommendations and guidelines of Canada Soccer, to support members that want to offer soccer programming; as well as recommendations and guidelines for players and parents.

With a situation that evolves daily and may differ by region, Ontario Soccer continues to follow the guidance of the Province of Ontario, provincial health authorities (PHU) and requires all members and affiliated Clubs and Academies to do the same. We also understand that each municipality has potentially different localized governmental restrictions and limitations for on-field bookings and activity, therefore, we advise everyone to work with your local town/city/municipality to adhere to any appropriate requirements to ensure you are providing a safe environment for all participants.

Ontario Soccer's Return to Play Plan will consist of a phased-in approach ensuring return to soccer (final stage) is done in a progressive manner. This method is to ensure the soccer system transitions as governmental health authorities modify their health and safety standards over time as our communities return to the new normal of life as well as sport and recreational participation.

It is recommended that Clubs and Academies use this document to design their own return to play plans and /or use this document to submit to their municipal facilities, **if required**.

Also included in this document are measures and precautions to support a safe phased-in Return to Play approach. We encourage our members and affiliated Clubs and Academies to use, tailor as appropriate, and share with each other to support soccer activity for your organizations.

We understand and appreciate the eagerness to prepare for our *Return to Play*. We ask that organizations do not develop protocols that are independent of Ontario Soccer, Ontario Health Authorities and Canada Soccer guidance. **Organizations, teams, and/or coaches that offer soccer activity and do not comply with these recommendations and guidelines would expose themselves to claims under the Supporting Ontario's Recovery Act (Bill 128) and may be subject to sanctioning.**

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

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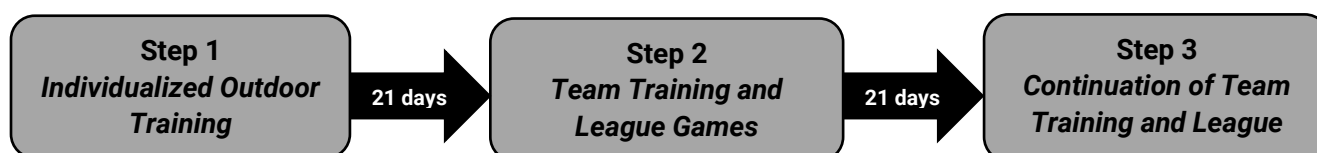
## Return to Play Key Steps and New Government of Ontario Three-Steps of Re-Opening

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.

Follow these steps in managing the COVID-19 pandemic in your soccer organization



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 a part 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 1	Step 2	Step 3
Completion of Canada Soccer's Return to Soccer Risk Assessment Tool	YES	YES	YES
Organization's own RTP Guide/Plan in alignment to Ontario Soccer's RTP Guide	YES	YES	YES
Safety Field Marshal	YES	YES	TBD
Physical Distancing for Participants (2M)	YES	TBD	TBD
Equipment disinfecting after each game/practice	YES	TBD	TBD
Use of Change rooms	NO	TBD	TBD
Indoor Activities Permitted	NO	YES	YES
Outdoor Activities Permitted	YES	YES	YES
League Games or Scrimmages	NO	YES	YES
Travel to other Districts or Regions	NO	TBD	TBD
Trials/Tryouts/Open Evaluations/Camps	NO	YES	YES



<b>Maximum number of Participants (Players, Coaches, Match Officials)</b>	10 PER FIELD QUADRANT WITH PHYSICAL DISTANCING (2M)	TBD	OUTDOOR: TBD INDOOR:TBD
<b>Maximum number of Spectators</b>	0*	TBD	TBD
<b>Masks</b>	FIELD : NO BENCH: YES	FIELD: NO BENCH: YES	TBD
<b>Physical Distancing (2m)</b>	YES	ON FIELD: NO ON BENCH: YES	TBD
<b>Field Safety Marshall</b>	YES	TBD	TBD
<b>Equipment Disinfecting</b>	YES	TBD	TBD
<b>Canada Soccer Risk assessment Tool Completed (cannot start without confirmation)</b>	YES	YES	YES
<b>Contact Tracing</b>	YES	TBD	TBD
<b>Ontario Soccer Club/Academy RTP Guide (cannot start without use of guide)</b>	YES	YES	YES

\* 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.

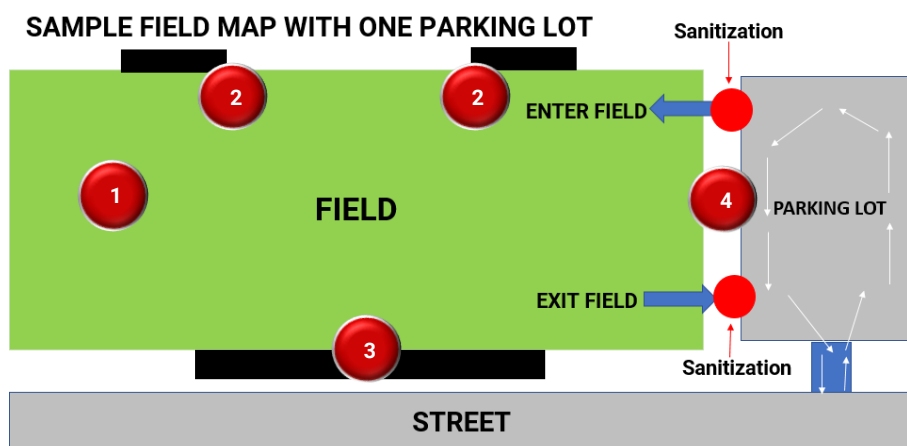
Conditions: Now met. Approved to begin.

Restrictions: Outdoor sports and training up to 10 participants at one time. 10 per field quadrant with distancing (2M).

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 '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 activity.

### Zones and Restrictions



- Zone 1: Field of play
- Zone 2: Bench and Technical Area
- Zone 3: Spectator area
- Zone 4: Ingress and Egress areas, Clubhouse, etc.



**ZONE 1 – Field of Play**

- The total number of participants permitted to be involved in individualized outdoor training activity at any one time is limited to ten (10) participants per field quadrant.
- Physical distancing of at least **two (2) meters** is required between all participants. (Players, Coaches). No contact between participants is permitted during this stage.
- No games or scrimmages are permitted.

**ZONE 2 – Bench and Technical Area**

- Masks must be worn by Coaches at all times and by any player sitting on the sidelines.
- Physical distancing of at least **two (2) meters** is required between all participants.

**ZONE 3 – 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.

**ZONE 4 – Ingress and Egress Areas, Club house etc.**

- Physical Distancing of **two (2) meters** required as participants enter and leave the field.
- Masks must be worn by everyone.
- 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.
- All playing and/or training equipment must be cleaned and disinfected between each use.

**Step 2: Team Training and League Games**

Date:	21 days before next step (TBA by Government of Ontario)
Conditions:	70% of Adults in Ontario with one dose of the vaccine and 20% fully vaccinated allows for: Outdoor team sport competition to begin.
Restrictions:	Subject to further information from the Government of Ontario.

**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.



## Recommendations for Clubs and Academies

- Ensure information included in this document is widely available to your members. All Club/Academy officials, coaches and anyone coordinating the training sessions must have read and be familiar with these guidelines.
- It is recommended that all participants utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- It is important for insurance and risk management; all participants are registered in OSCAR, Ontario Soccer’s official participant registry.
- Prioritize use of online registration for programs to reduce gathering at Club/Academy office and/or handling of hard copies.
- Communicate all hygiene measures in advance to all your players, parents, match officials and coaches.
- Provide your employees with any protective items required by the health authorities and ensure that each member of your staff washes their hands regularly.
- Contact health authorities if an athlete, coach or match official has contracted COVID-19 and support them with contact tracing. Commence and activate your Club/Academy [COVID-19 Emergency Response Plan](#)
- Verbal and/or documented health checks for symptoms and Contact Tracing Logs should be completed prior to every training session. [See appendices section of the Guide for checklist.](#)
- If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self-isolate. As per the Declaration of Compliance, they are NOT permitted to return to training for 14 days from the day they last experienced symptoms.
- Source written approval (permit) from the landlord of your training facility (e.g. Municipality or Private Owner).
- Comply with any additional requirements imposed by the landlord.
- Ensure the venue meets all conditions in this document particularly the hygiene protocol.
- For modified games, a field marshal should be appointed to ensure compliance with social distancing rules and safety protocols. The field marshal should be a recognized authority within the soccer organization.
- Ask parents and guardians to provide written consent for players authorizing them to participate in soccer training, and ensure they understand hygiene protocol. [See Appendices for example of waiver.](#)
- Participation should be limited to the ages and levels that understand and can adhere to the distancing measures and recommendations issued by the provincial government health authorities.
- Stagger activity times between different groups to create a 15-minute buffer between sessions and avoid an overlap of players on the field.
- Limit gatherings based on restriction imposed by Government of Ontario orders.
- Recommend that only one parent/guardian accompany their child/player to the session or modified game and avoid mass gathering of parents. Parents should however remain nearby in the event of injury or emergency.
- Limit the number of team staff (coaches, trainers, etc.) that are on field, noting the requirement to have a specific number of coaches to lead the session while adhering to the Rule of Two.



- Consider the comfort level of all your volunteer coaches under the current situation. Perhaps, in the first instance, limit sessions to being led by a select core group of coaches.
- Ensure that first aid materials and an AED are available at all times and are accessible.
- Game sheets must have an area where the coach will confirm that players have acknowledged no COVID-19 symptoms.
- Regularly remind and encourage people to wash their hands and adopt proper hygiene practices.
- Do not use any locker/change rooms and request all participants to change at home prior to and after sessions.
- Close all water fountains and ask that all players bring their own refreshments and do not share water bottles.
- Establish protocol for attendance to be taken at each training session.
- Recommendation: This is the time to promote soccer for all and to alleviate logistical burdens on families so siblings can potentially participate on the same time, same day and same group.
- Consider shortening the length of matches and reduction in number of players assigned to teams (max roster).
- Provide information to coaches, match officials and parents about each facility, which field entrances will be for [entrance and exit](#) of the field to reduce bottlenecks. Implement screening and cleaning protocols as well as pick-up, drop-off and spectator procedures.
- Adhere to facility restrictions or maximum capacities for facilities. Prioritize small game formats where possible.
- Hand washing/sanitizer station(s) onsite. Provide coaches with necessary sanitization equipment.
- Consider cancelling activities where the forecast calls for thunder/lightning.
- Complete an online pre-activity orientation regarding safety – hand washing, cough suppression, no spitting or nose clearing for players, coaches, match officials and parents.
- Create a protocol for use of face coverings except when playing.
- Provide fitness and law refresher courses for Match Officials. These sessions must adhere to the physical distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities.
- Removal of cash payment to Match Officials at games. Advise all Match Officials of the preferable method of payment for services.

### Other Precautions

Should any member organization and/or affiliated Club/Academy wishing to add stricter guidelines, measures and precautions they are able to do so for the soccer activity they oversee within their specific organization.



## Recommendations and Guidelines for Players

- It is recommended that all players utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
- If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
- Do not carpool unless with immediate family members.
- Always follow the instructions from coaches and respect physical distancing.
- Arrive no more than 25 minutes prior to activity commencing.
- Do not congregate at the facility entry point.
- Arrive prepared to train – changing rooms will not be in use.
- Bring your own water bottles clearly labelled with your name.
- Do not share water bottles.
- Follow the hygiene protocols in this document.
- Physical distancing of two (2) metres (6 feet) must be maintained when not playing.
- All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
- Only use your own equipment.
- Wash hands with hand sanitizer immediately before leaving home, after soccer activities, and during scheduled breaks.
- Do not spit at any time.
- Clearly label your own water bottle. Do not share bottles.
- Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
- Carry hand sanitizer in order to enable good personal hygiene.
- Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
- Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
- Avoid touching eyes, nose or mouth.
- Shower at home before and after training.

## Recommendations and Guidelines for Parents

- Follow the [hygiene protocols](#) in this document.
- Avoid congregating at facility entry points.
- Remind players to arrive to training dressed and ready, as change rooms will not be available.
- Only one parent/guardian attending soccer activities.
- Parents/guardians to keep a reasonable distance from the field.
- Exercise physical distancing (2 meters) at all times
- Ensure to check-in with coach for completion of attendance at the soccer activity.
- At home, ensure all the player’s equipment is washed separately from the other household items.
- Ensure child is healthy and has no sign of COVID-19 symptoms.
- Drop and pickup player while maintaining desired rules and regulations around pick-up/drop-off and being a spectator if allowed.
- Snacks should be discouraged, however if allowed, ensure they are consumed and/or disposed of on site and not taken home.



## Recommendations and Guidelines for Coaches

- Coaches hold an online pre-activity orientation with players and parents regarding safety protocols– i.e., social distancing, modified training, [pick up and drop off](#), hand washing, cough suppression, no spitting or nose clearing, etc., prior to commence your first training.
- Coaches should wipe down personal and field equipment using the disinfected swabs or towels, before and immediately after each session (do not go home and then clean – contaminated items may travel into the home environment).
- Only Coaches/Staff should handle equipment.
- Avoid using shared pinnies or any other additional equipment.
- Wear facemasks.
- Structure activities to maximize physical distancing.
- Age appropriate considerations may need to be taken when designing activities, for example, Active Start and Fundamentals players may need a sibling or parent to participate with them. This will allow coaches to have support managing the group of players and social distancing will not be required between siblings or parent/child (since they are from the same household).
- Design activities so athletes may stay within their existing small groups to reduce amount of contact with different people.
- Limit hand contact to equipment.
- Regular sanitization breaks combined with water breaks.
- Use cones and other equipment to ensure appropriate spacing is in place to support distancing.
- Frequently clean all surfaces, including counters, door handles, benches, tables, etc.
- Soap or hand sanitizer should be made available to all people in various locations throughout facility.



## Equipment Safety and Cleaning

Any soccer activity must comply with the health and safety protocols as outlined in this Return to Play Guide along with any new protocols issued by the Province of Ontario health authorities.

### Recommendations:

- Bring a personally marked water bottle(s) to any soccer activity and avoid touching or using public water fountains. Note: Water fountains should be closed.
- Cleaning of equipment and physical distancing should be practiced and conform to recommendations from the Province of Ontario health authorities.
- Disinfect all equipment after soccer activities before storing at home.
- Match Officials do not share pens, cards etc. Where required, wipe down pens with sanitizing wipes after use.
- Each player should be provided with personal pinnies that they do not share and take home and wash. The coach/manager should not be collecting team pinnies and washing them. An alternative can be the use of two different shirts (dark and light).
- Thoroughly wash or wipe down your equipment, towels, clothes, bags, water bottles, white boards, caps, cones and other items you have used or touched immediately after use.
- Wash hands thoroughly in warm soapy water for at least 20 seconds or use of alcohol-based hand sanitizer if water and soap are not immediately available.
- Do not share equipment – this includes shin guards, shirts, socks etc.
- When sneezing or coughing cover your mouth and nose with your arm or a tissue to reduce the spread of germs. Remember if you use a tissue, dispose of it as soon as possible and wash your hands afterwards. Ensure all discarded materials (tissues, wipes, sock tape etc.) are placed into an approved garbage receptacle.
- Avoid touching gates, fences, benches, etc. Option to wear gloves; latex (or similar) gloves—discard after one game, or purchase gloves that can be washed.
- Consider wearing a mask or a face shield when attending activities. Use this [reference](#) to help with your decision.
  - Avoid touching the mask while using it and clean your hands if you do.
  - Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer.
  - Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.
  - Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
  - Clean your gloves mask or shield after each use.
  - Replace the mask with a new one as soon as it is damp and do not reuse single-use masks.

### Electronics

For electronics such as cell phones, tablets, touch screens that could be used by Coaches:

- Do not share electronics.
- Follow the manufacturer's instructions for all cleaning and disinfection products.
- When possible, consider the use of cleanable covers for electronics.
- If no manufacturer guidance is available and when possible, consider the use of alcohol based wipes or sprays containing at least 70% alcohol to disinfect touch screens.
- Dry surfaces thoroughly to avoid pooling of liquids.



## Provide a Safe and Clean Environment

### Field, Clubhouse and Office Guidelines and Protocols

The following health and safety guidelines relate to providing clean and sanitized facilities to allow a safe Return to Play. This has been developed using recommendations from the Provincial Government provincial health authorities.

Additional public resource documents can be found here:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Or

<https://covid-19.ontario.ca/>

Office spaces, clubhouses, rental facilities, and training and competition areas should adhere to the following guidelines to minimize the risk of transmission of COVID-19:

1. Any employee/player/parent/coach who is exhibiting symptoms of illness should stay home.
2. Recognize and Assess - this virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then the eye, nose, or mouth. It can also cause a range of symptoms including; sore throat, cough, fever and shortness of breath.

If you, or someone you have been in contact with either at work, home, or at soccer related activities and begins to exhibit any of these symptoms, it is imperative to inform your Coach, Club/Academy representative immediately. In addition, you should:

- Self isolate
- Complete the online self-assessment available here; [Ontario COVID-19 Self Assessment App](#)
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

Screening of all individuals should also take place at a minimum weekly, or as directed by local authorities.

### Establish Controls

It is recommended that in order to reduce the possibility of transmission, it is important to establish controls, which need to be followed by all parties responsible for a safe Return to Play.

#### Offices

- When feasible and with the coordination of your Supervisor, work from home as often as possible until government restrictions are relaxed.
- When Return to Office is in affect, work surfaces, devices, laptops, screens, and equipment should be cleaned daily in accordance with established facility cleaning protocols.
- Employees wash hands thoroughly with soap and water, or an alcohol-based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched.





- Visitors sanitize hands prior to entering the offices and will be required to wear a mask.
- Numbers of staff allowed into the office should be limited in accordance with provincial guidelines. **Current regulations state two (2) metres (6 foot) distance required.**
  - Practice physical distancing at all times while in the office.
  - Team/group meetings to take place outdoors, or in meeting rooms large enough to accommodate physical distancing rules.
  - Lunchroom should be off limits for eating.
  - Do not enter rooms/spaces where two (2) meters distance cannot be maintained, including washrooms.
  - Facemasks should be worn when physical distancing cannot be maintained or guaranteed, i.e., meetings, walking to washroom, etc.
  - As staffing levels increase, it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained.
- Workplace, common spaces and readily accessible areas to be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols.
- All staff and visitors should be required to sign in and out to ensure that contact tracing will be possible.
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online.
- The use of central ventilation for heating and cooling to be minimized when possible. Open windows and doors where feasible, and use fans to force in fresh outdoor air to minimize the amount of recycled indoor air.
- Employees that do not feel well should not come to the office.
- Use of facemasks and gloves are recommended and should adhere to government directives for work place health and safety.

### Field/Clubhouse

- Ensure alcohol-based hand sanitizer, cleaning solution and disposable towels are present and readily accessible for each session.
- Prior to entry and at the end of each session, all individuals to properly sanitize hands.
- Establish and clearly define separate entrance and exit locations to field/clubhouse.
- Control entry and exit to ensure physical distancing is observed. Parents should not be allowed onto field of play and should be directed to an approved viewing location. **It is important to ensure NO gatherings of large groups while activity is taking place. Please respect social/physical distancing measures as set in place by governmental public health authorities.**
- Ensure method of accurately tracking players/parents/coaches in attendance at each session to assist in [contact tracing](#), if required.
- [Screening for symptoms](#) of players/parents/coaches to take place before each session. If symptoms present ensure the following steps are followed:
  - Individual moved to isolated area (with parent/guardian as necessary).
  - Field/facility vacated and sanitized.
  - Contact your Public Health Unit or Telehealth Ontario 1-866-797-0000 and report the situation.
- Define areas on field, where space is possible, for individual storage of personal items:
  - Ensure spacing of two (2) metres (6 feet) is observed.
  - Players bring and use personally marked water bottles. No sharing of water bottles permitted.



- Place personal items on a hard surface location, which can be easily cleaned and sanitized frequently, away from spectators. i.e., sidewalk, individual plastic bins, plastic covered tabletop.
- All items brought to the field in easily distinguishable individual player bags, and all items removed at the end of session. Anything left on field to be disposed of promptly and safely.
- Clean and disinfect team benches, score clocks, water fountains or other commonly touched surfaces.
- Facility change rooms are closed until government orders are lifted, except in cases where washroom facilities do not exist elsewhere and need to be accessed.
- Communicate with field provider (private or municipal) to ensure cleaning and acceptable use guidelines have been developed, and that all established protocols have been implemented. Copies of protocols should be requested and/or be publically posted.
- Commonly touched surfaces should be cleaned using appropriate sanitizing solution at the beginning and end of each session. Those surfaces should include but not limited to:
  - Door handles,
  - Tables,
  - Gate entrances,
  - Equipment (balls, training supplies, etc.),
  - Player equipment storage locations, and
  - Bleachers or seating used by spectators.
- No sharing of personal items such as water bottles, goalie gloves, shin guards, pinnies, towels, etc.
- Do not allow food of any type to be consumed at the field/facility.
- Ensure sufficient time is allocated in between sessions to properly sanitize facility.

### Cleaning Recommendations:

- Washroom and Change Rooms
  - Wet mopping of floors and shower floors/walls with 30:1 bleach solution.
  - Thorough cleaning of all fixtures, toilets, countertops, dispensers, doors, handles with approved sanitizing solution minimum two times per day or when visibly soiled.
  - Fogging of entire space using approved sanitizing solution is optional.
- Office Space
  - Wiping down of desktops, door handles, dispensers, countertops, storage, phones/handsets, photocopiers with approved sanitizing solution minimum two times per day or when visibly soiled.
  - Wet mop hard floor with 30:1 bleach solution.
  - Fogging of office space minimum of two occasions, six hours apart prior to staff return is optional.
- Field/Clubhouse
  - Wet mopping of hard floors with 30:1 bleach solution.
  - Thorough cleaning of all fixtures, dispensers, water fountains, door handles, fire extinguishers, vending machines, emergency devices, benches, time clocks minimum two times per day, when visibly soiled, and in between each rental group.
  - Fogging of all open spaces minimum of two occasions, six hours apart prior to re-opening of facility is optional.

[See appendices for more resource information.](#)



## Risk Management and Insurance Considerations

### Risk Management

As restrictions begin to ease relating to COVID-19, Canada Soccer in collaboration with Ontario Soccer are directing all member Clubs and Academies to complete Canada Soccer's **Return to Soccer Assessment Tool** for determining preparedness to mitigate COVID-19 risks and implications upon the resumption of soccer and related activities.

The Guidelines are primarily designed to help member organizations manage their liability and remain compliant with all applicable public health authorities when returning to play. The Guidelines may help member organizations determine which new policies need to be adopted, including social and physical distancing for training, restricting the number of players participating in such training, and restricting game play.

In preparation for this opening date for our sport, Ontario Soccer members are encouraged to complete these **critical sport specific steps and directives from Ontario Soccer**.

1. All affiliated Club and Academies must register their participants in OSCAR – the official Registry for Ontario Soccer.
2. All affiliated Clubs and Academies must read and understand [Ontario Soccer's Return to Play Guide \(the plan\) – Protocols and Recommendations document](#).
3. All affiliated Clubs and Academies must prepare their own Return to Play Plans for use within their membership. Use of Ontario Soccer's Return to Play Guide (the plan) is strongly recommended.
4. All affiliated Clubs and Academies must complete *Canada Soccer's Risk Assessment Tool*. **Please do not complete this tool until you have completed step 1, 2 and 3 above. Access by each Club and Academy must be done so by one single source. Do not forward or share the on-line link tool with others.**

To access **Canada Soccer's Online Risk Assessment Tool** [click HERE](#).

(once completed you will receive an automated message assessing your submission)

Last year, Ontario Soccer lobbied for and secured the Supporting Ontario Recover Act and [COVID-19 Liability Protection](#) for its members, which ensures, that if they follow all protocols, workers, volunteers and organizations are protected from any legal action which may arise as a result of the public health situation.



**However, this protection is only available to registered members and their participants registered in OSCAR with Ontario Soccer.**

**Failure to register participants will result in members being exposed to liability risk and lack of protection.**

### **Insurance**

Ontario Soccer, in consultation with our insurance provider, HUB International, has been monitoring the most recent developments with COVID-19 and the impact the pandemic is having on soccer activities.

During this unprecedented time, we will continue to support our member District Associations, Clubs and Academies by delivering education, communication and guidance.

The most critical factor under our risk management and insurance considerations is Ontario Soccer must ensure our members are compliant with the policies and procedures regarding participant registration and insurance coverage. Without exception, all participants must be registered in OSCAR, Ontario Soccer's official registry. **Without this registration, there is no standard accident and liability insurance coverage.**

As we know, there are different types of risks associated with participating in sport and soccer. The current situation has potentially added to the assumption of risk. Ontario Soccer's insurance underwriter has provided us with an exclusion notice, which we are sharing with our membership at this time.

This pandemic exclusion clause is not specific to our sport in Ontario and is being applied across amateur sport throughout Canada. Considering this, Ontario Soccer has received guidance from our legal counsel and as a first step, have proceeded with an update to the Youth and Adult Participant Waivers for all members of affiliated Clubs and Academies to utilize for registration purposes. Please see the "Legal Considerations" section for more information.

Members must note the risk and liability for return to play is at the local community level where implementation takes place. Ontario Soccer and each of their members/affiliated Clubs and Academies are independently operated. Affiliated organizations must be comfortable and prepared to take appropriate and reasonable steps to mitigate risks associated with approving and/or implementing any form of soccer programming under a Return to Play Plan.

An overview of our standard insurance program and frequently asked questions are provided [HERE](#).

It is highly recommended that each District, affiliated Club/Academy and Associate Member ensure your insurance policy is up to date. Ensure you have Director and Officer (D&O) liability insurance for your Board Members and insurance coverage for business losses. Furthermore, it is recommended that each member organization ensure their governing documents are current and take into account the protocols recommendations to ensure a safe return to soccer.



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## Emergency Response Plan (ERP)

A specific **COVID-19 Emergency Response Plan** will need to be developed. This will serve as a mandatory risk management tool to allow for the proper environmental assessment and care of your participants on and off the field of play who may have tested positive for COVID-19.

During the current pandemic, the luxury of time to respond as soccer leaders is not available. Management of a breach within your soccer organization must be and can be dealt with quickly and efficiently if you have a clearly defined **COVID-19 Emergency Response Plan**.

Whenever it is practical or appropriate, the emergency response plan should be prepared in alignment with local health authorities and other trained health care personnel associated within your organization. As part of the plan, assign key roles to people within the organization.

Included below for your reference are key components of a recommended **COVID-19 Emergency Response Plan**. The underlying objective of your plan, should someone test positive within your soccer organization, is to ensure that the virus transmission is contained and that the infected person(s) is removed and receives immediate care from healthcare professionals.



Each Organization should have an ERP Lead who oversees and leads the emergency action plan and has thorough knowledge of the protocols that need to be enacted. This person should also be someone with direct access to your organization's leadership group (i.e., Board of Directors, Owner/Operator) to ensure top-down management of the plan. Secondly, it is imperative that records of plan execution and management is maintained and kept on file. This ensures factual record keeping should reporting be required.

### Plan Overview

#### Organization and Structure of the Plan

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

1. **Pre-pandemic Phase:** This is the critical stage for COVID-19 pandemic preparedness. The pre-pandemic phase is NOW, and planning efforts need to focus on Club/Academy education of the membership (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, coordination with facilities (especially if third party) should be included as they may have additional plans & procedures in place.



2. **Positive Test Phase:** Confirmation of a COVID-19 positive test within your soccer organization will declare when it is time to activate your COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within your organization and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of your soccer organization’s participants.
3. **Post-pandemic Phase:** The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

### Pandemic Phase:

1. Pandemic Activities	Responsibility
<p><b>Planning and Coordination</b></p> <ul style="list-style-type: none"> <li>a. Determine COVID-19 Emergency Response Plan (ERP) lead for soccer organization.</li> <li>b. Create Emergency Response Plan for COVID-19 or add to existing ERP and include a section on pandemic influenza.</li> <li>c. Complete Canada Soccer/Ontario Soccer’s Risk Assessment On-line.</li> <li>d. Incorporate Canada Soccer/Ontario Soccer’s Return to Play protocols.</li> <li>e. Educate all internal organizational leaders of ERP Procedures Manual.</li> <li>e. Written communication plan flowchart if a positive test for COVID-19 in the soccer organization.</li> <li>f. Verify Ontario Soccer, Province of Ontario and/or local Municipal government permissions for Return to Play implementation following Ontario Soccer Return to Play protocols of implementation.</li> </ul>	<p>Board of Directors or Owner/Operator ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p>
2. Positive Test Phase	Responsibility
<p><b>Confirmation of a COVID-19 positive test within your soccer organization</b></p> <p><b>Communication System</b> Consistent with Federal and Provincial/Territorial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players should self-report to the single point of contact (SPOC), also known as the “ERP Lead” if:</p> <ul style="list-style-type: none"> <li>a. they have symptoms of COVID-19, or</li> <li>b. a positive test for COVID-19 is recorded, or</li> <li>c. were exposed to someone with COVID-19 within the last 14 days.</li> </ul>	



	<p>Note: See <a href="#">ERP Communications Flow Chart</a> and end of this section.</p> <p><b>Advise Sick Individuals to Stay Home</b> Sick coaches, staff members, officials, or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.</p> <p><b>Isolate and/or Transport Those Who are Sick at Club/Academy Activities</b> Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend a Club or Academy activity, and that they should notify officials if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.</p> <p>Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow <a href="#">Health Agency guidance for caring for oneself</a> and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick.</p> <p>Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. That means having parent contact information readily available, parents within a safe, socially distanced but easily accessible waiting area, or if you are calling an ambulance or bringing someone to the hospital. If calling an ambulance, please alert them that the person may have COVID-19.</p> <p><b>Clean and Disinfect Areas</b> Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area).</p>	<p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p>
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	<p>Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.</p> <p><b>Notify Local Health Officials and Governing Bodies</b></p> <p><b>Close Contacts</b> In accordance with Federal, Provincial and Territorial privacy and confidentiality laws and regulations, the SPOC should notify local health officials, District, Provincial or Territorial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with applicable laws and regulations.</p> <p>SPOC should work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contact tracing information) of cases of COVID-19.</p> <p>The Provincial and Territorial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self-monitor for symptoms. Members of the Club/Academy should continue to self-monitor for symptoms.</p> <p>The SPOC must notify the Provincial or Territorial Association of any cases of COVID-19. A weekly reporting system should be instituted for SPOC to advise the Provincial or Territorial Association of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training session. Even if there are no suspected cases, a 'nil' report should be required.</p>	ERP Lead
<b>3.</b>	<b>Post-pandemic Phase</b>	<b>Responsibility</b>
	<p><b>Action and Communications</b></p> <p>a. Confirm Provincial Health Officer has declared the COVID-19 pandemic is over.</p> <p>b. Send official written notice to your membership (i.e., volunteers, staff, coaches, parents, players, match officials) that the pandemic is officially over, the province's state of emergency order has been lifted and soccer activities can resume its full operations.</p> <p><b>Note: During this phase, there may be specific sport protocols to follow from Canada Soccer/Ontario</b></p>	ERP Lead President

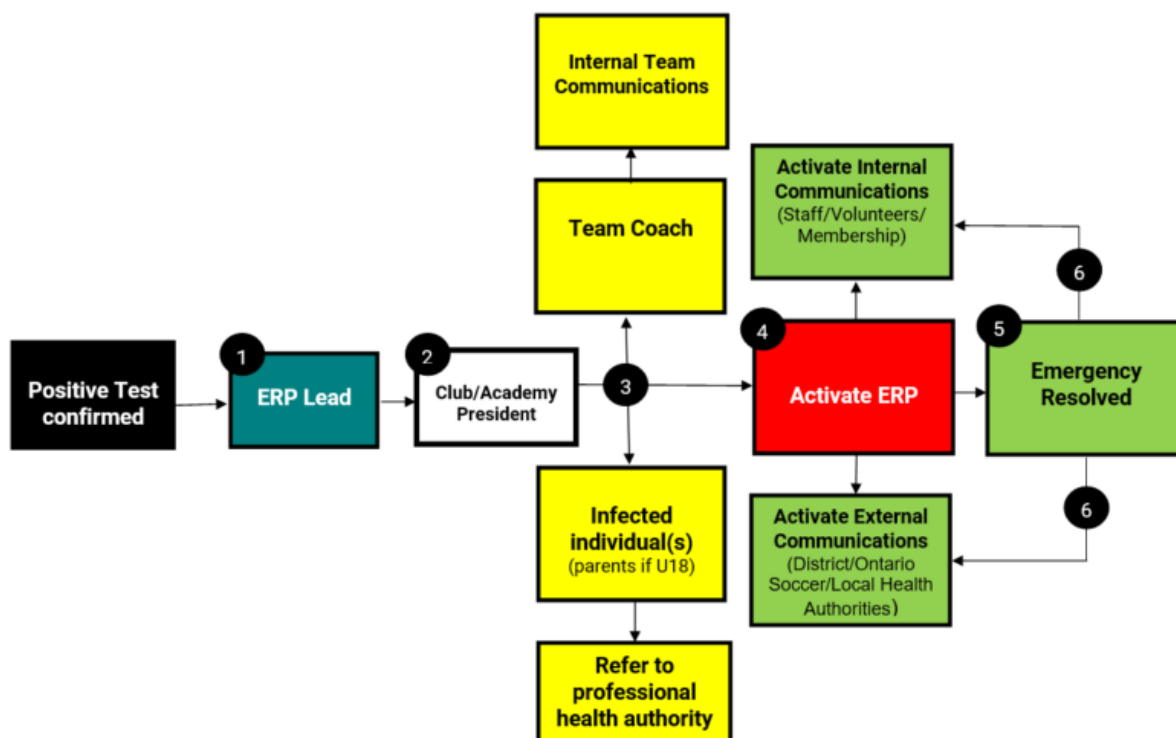




	<p><b>Soccer and/or the Provincial health authorities (i.e., implementation of Infection Control Policies and Procedures).</b></p> <p>c. Conduct a full review of your COVID-19 Return to Play Implementation Plan as well as your COVID-19 Emergency Response Plan. Include a list of recommendations for improvements.</p> <p>d. Update your soccer organizations Emergency Response Plan for future use and have approved.</p>	<p>ERP Lead</p> <p>ERP Lead in conjunction with Board of Directors or Owner/Operator</p>
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### COVID-19 EMERGENCY RESPONSE PLAN (ERP) Communications Flow Chart



## Legal Considerations

As stated previously in the Risk Management and Insurance section of this Guide, member organizations must note the risk and liability of Return to Play is at the local community level where implementation takes place. Ontario Soccer and each of their members/affiliated Clubs and Academies are independently operated. Therefore, affiliated organizations must be comfortable and prepared for the appropriate and reasonable steps that need to be taken in order to mitigate risks associated with approving and/or implementing any form of soccer programming under a Return to Play Plan.

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

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

- 1. Informed Consent and Assumption of Risk Agreement**

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

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

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

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



## Pitch in, Play ON!

### Ontario Soccer's Return to Play Campaign

**Pitch in, Play ON!** is a Return to Play marketing campaign designed by Ontario Soccer for its membership to help drive awareness and registration as Clubs, Academies, Districts Associations and Leagues transition back to Return to Play.

The goal is community engagement and renewed participation in (sanctioned) soccer at all levels.



#### Brand Elements:



Pitch in  
**Play ON!**

#### Pitch in

- Double meaning with *pitch* for the traditional 'soccer pitch', but also meaning to 'pitch in' and help bring soccer back to its feet.

#### Play ON!

- Common phrase in soccer spoken by the match official, meaning 'continue'.
- Dominant element in *Play*. Inspire. Unite. & Return to *Play*.
- Capital treatment and underline of the ON to signify Ontario, linking to Ontario Soccer.



Play. Inspire. Unite.



Soccer needs our support now more than ever.

This campaign will build communities, increase health and wellness, excite our members, and reinvigorate participation. Therefore, we call upon the Ontario Soccer membership to inspire and unite the soccer community as Ontario Returns to Play.

**For your use of our Pitch in, Play ON! marketing assets, please [click here](#).**

Following an unprecedented shutdown of sport worldwide, Ontario Soccer is ready to return to the pitch.

There will be challenges and it may be different than we remember, but the most important thing is that we move the game forward together.

Unified in our return, we will all Pitch in, Play ON! with the game we love.



Play. Inspire. Unite.



## Summary

In summary, the “Return to Play Protocols” included in this document represent multiple steps, and include recommendations and guidelines directed at Ontario Soccer affiliated Clubs and Ontario Registered Academies participating in sanctioned soccer activities.

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



The multiple step approach, with varying degrees of time in between phases, will ensure the highest level of safety for everyone involved in the game.

As directed by the new Government of Ontario reopening framework we are taking a cautious, balanced approach to Return to Play in 2021. We will continue to advocate and follow the science as we recover in 2021 and look forward to a much more prosperous 2022.

We want to recognize the incredible work that our membership have done over the last year and we are extremely proud of how organizations have rallied together to ensure our participants will Return to Play this summer. Your work and advocacy around #LetUsPlay has ensured the Government of Ontario has heard our sport loud and clear.

Soccer will play a special role in helping our participants recover from this pandemic and we will show how the power of sport can serve to transform and empower our youth. On the following pages are appendices with information that is more detailed and sample technical sessions designed to work within the guidelines of this document. We encourage our soccer organizations to tailor to your needs as appropriate and share with each other to support soccer activity for your organizations.

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

Best of Success.

**Pitch in. Play ON!**

Ontario Soccer



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# Appendices



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## Appendix 1

### What is COVID-19 and Infection Prevention?

#### COVID-19

[Coronaviruses](#) are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans. These are the:

1. [Severe acute respiratory syndrome coronavirus \(SARS CoV\)](#)
2. [Middle East respiratory syndrome coronavirus \(MERS CoV\)](#)

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included:

- cough,
- fever,
- difficulty breathing, and
- pneumonia in both lungs.

In severe cases, infection can lead to death. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- have not yet developed symptoms (pre-symptomatic) and
- never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven [preventative measures](#).





## Preventative Measures

Canadians should continue to think ahead about the actions they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes **staying at home** as much as possible and [being prepared](#) in case you or a family member becomes ill. Everyone should be practising **physical (social) distancing**. Even if you do not have symptoms of COVID-19, you could become infected by others.

As we continue to see transmission of the virus within different communities, we know that everyone must take precautions, even those who have not travelled outside of Canada.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- Stay at home, unless you have to go to work. Talk to your employer about working at home if possible.
- Avoid all non-essential trips in your community.
- Do not gather in groups. Respect Government of Ontario directives.
- Limit contact with people at higher risk, such as older adults and those in poor health.
- Go outside to exercise but stay close to home.
- If you leave your home, always keep a distance of at least two (2) meters (6 feet) from others. Household contacts (people you live with) do not need to distance from each other unless they are sick.

### You can go outside if you:

- Have not been diagnosed with COVID-19.
- Do not have symptoms of COVID-19.
- Have not travelled outside of Canada in the past 14 days.
- Are not in quarantine (self-isolating).

2019 Novel Coronavirus (COVID-19)

## What you need to know to help you and your family stay healthy



Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.



Keep surfaces clean and disinfected.

Stay home when you are sick.



If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000  
TTY: 1-866-797-0007  
Or contact your public health unit.

For more information,  
visit [Ontario.ca/coronavirus](https://Ontario.ca/coronavirus)

Ontario 

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least two (2) metres (6 feet) apart from others at all times.

### Physical (social) distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. [Physical \(social\) distancing](#) is proven to be one of the most effective ways to reduce the spread of illness during an outbreak.





This means making changes in your everyday routines to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings.
- Avoiding common greetings, such as handshakes.
- Limiting contact with people at higher risk like older adults and those in poor health.
- Keeping a distance of at least two (2) meters from others (6 feet).

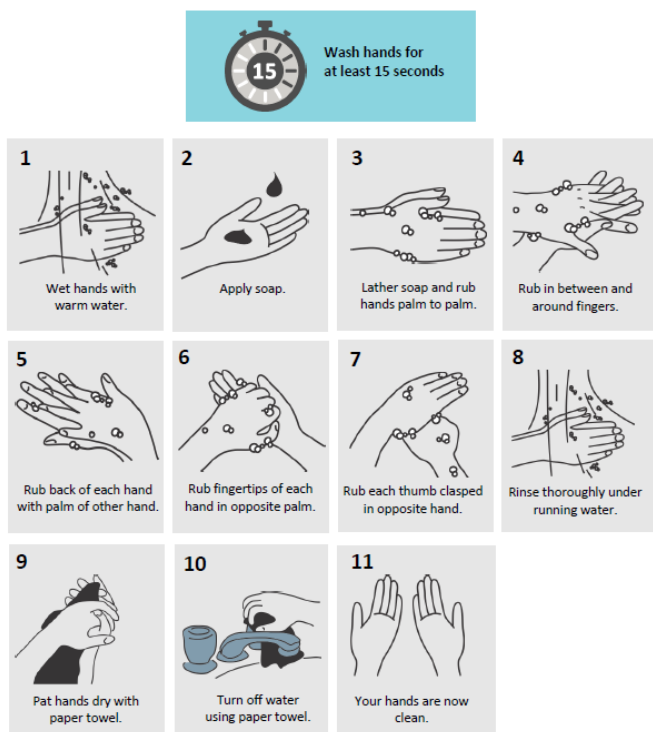
## Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based [hand sanitizer](#) if soap and water are not available.
- When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards. Avoid touching your eyes, nose, or mouth with unwashed hands.

Coronavirus Disease 2019 (COVID-19)

### How to wash your hands



### How to use hand sanitizer



## Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a [list of hard surface disinfectants](#) that are likely to be effective for use against COVID-19.

Although they do not claim to kill COVID-19, cleaners can play a role in limiting the transfer of microorganisms. Health Canada recommends cleaning high-touch hard surfaces often, using either regular household cleaners or diluted bleach according to the label directions. This bleach solution should be prepared according to the instructions on the label or in a ratio of 250 mL (1 cup) of water per 5 mL (1 teaspoon) of bleach. Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Never mix bleach with other chemical products and use it in a well-ventilated area. [Special precautions](#) must be used when cleaning with bleach to avoid serious incidents.

These surfaces include:

- Toilets,
- Phones,
- Electronics,
- Door handles,
- Tables and chairs, and
- Remotes.

Refer to the [guidance on cleaning and disinfecting public spaces](#) for more information.

## Wearing masks or face coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is **recommended** for periods of time when it is not possible to consistently maintain a two (2) metre physical distance from others, particularly in crowded public settings, such as training and competition facilities.

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from community to community.

If you do choose to wear facial covering, refer to [guidelines on wearing non-medical masks, how to make your own](#) and the [Special Advisory Committee](#) recommendations on the [use of non-medical cloth masks or face coverings in community settings](#).

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).



Resources used:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/health-care-resources>

<https://www.canada.ca/en/public-health.html>



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## Appendix 2

### Technical Resources – Sample Training Sessions for Step 1 Individualized Training

These Sample Sessions are designed to support Clubs and Academies on delivering soccer programs while adhering to the protocols and recommendations in place.

The resources provide a modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment. These sessions create an environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner.

All activities delivered must adhere to the distancing measures and recommendations, along with any gathering restrictions issued by the Ontario Government and the guidelines set on this document.

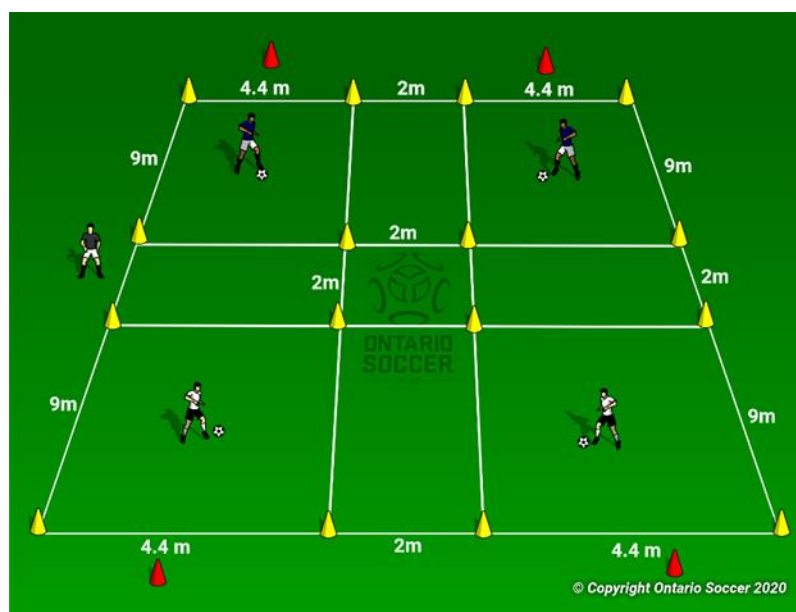
**Important:** Do not lose sight of the human element of sport. Sport is about people and connections whether you are a coach or leader. No one has all the answers, no one gets everything right and the projects we are involved with have always involved multiple minds and different perspectives. Please keep what is best for young people at the centre of any decision-making process and consider the bigger picture of the true value of sport and what it provides to society in terms of wellbeing, connections, leadership, and teamwork, physical and mental health. We need to work harder together to change the measures of success in youth sport.

#### Set-up

- Player to Coach Ratio: 4:1
- 2 meters distancing in place between each player
- Within a marked zone, each player has 4.4m x 9m to play - Yellow cones
- Free zone around the field for coaches to move
- Player equipment area next to each of their zones - Red Cones

#### Overview

- Duration: 60 minutes
- Activity: 55 minutes
- Rest & Transitions: 5 minutes
- Activities can be used in sequence or mixed
- Activities can be repeated if needed
- Activities can be modified to suit the needs of the players
- Activities are basic examples that abide by the physical distancing guidelines



Duration	Activity	Example
5 minutes	Warm Up	Ball Control
15 minutes	Passing	<ol style="list-style-type: none"> <li>1. One &amp; Two Touch</li> <li>2. Ball Swap</li> <li>3. Through the gates</li> <li>4. Soccer Tennis</li> </ol>
15 minutes	Dribble	<ol style="list-style-type: none"> <li>1. Small Touches</li> <li>2. Skills</li> </ol>
15 minutes	Game	<ol style="list-style-type: none"> <li>1. Keep Ball to Targets</li> <li>2. Keep Ball to Goals</li> </ol>
5 minutes	Cool Down	Ball Control

### Overall Recommendations

#### Before:

- Consider sending a session plan to parents and players prior to the session.
- Highlight which zone is allocated to which player.
- Ensure parents are aware of the Return to Play recommendations and guidelines.
- Have a designated bag for your equipment and a designated location on the field to place your own equipment.
- Have enough cones and balls available for your session.
- Follow all the procedures for any equipment cleaning process.
- Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).
- Consider that transitions may take a little longer than normal when managing players and session set up.
- Clearly identify areas for players to arrive and to place their belongings while considering distancing requirements.
- Check with your club to confirm the amount of space available for your session.
- Prepare a session plan that includes the amount of players confirmed for your practice.
- Ensure that you have the right equipment (i.e. amount of cones and pumped up balls).



### During

- Encourage the players to enjoy playing soccer in the current format.
- Do not be overly concerned about players lacking technical ability, especially during the initial phases of Return to Play.
- Keep distancing measures in place between players and coaching staff.
- Reset cones that delineate the physical distancing parameters whenever they are moved out of place.
- Ask and remind players to avoid touching the equipment.
- Be adaptive.
- Respect the timeline you anticipated in your session so parents can plan.
- Make use of your time by following your session plan guidelines.
- Do not stay too long on one activity to prevent boredom.
- Respect physical distancing at all times.
- Consider designating the Assistant Coach to help you manage the spacing throughout the session.
- To clearly emphasize the boundaries add more cones if required.

### After

- Validate the effort your players demonstrated during the session.
- Ask the players if they have any suggestions for session activities next time.
- Ensure that each player goes home with his or her designated household contact.
- Ensure that all equipment is taken from the playing field in a safe manner.
- Consider cleaning and disinfecting all equipment after the practice is over.
- Reflect on how the equipment was managed and distributed to improve this for the next session.
- Make sure you pick up all equipment and belongings before leaving the field.
- While respecting physical distancing, take some time to connect with your players after the practice and validate their efforts.
- Consider following up with a positive email to the players and parents encouraging them about the next practice session.
- Make sure you pick up all equipment before leaving the field.
- Do not leave any personal belongings on the field of play or team bench.
- Reflect on how the spacing worked out in the session, involve your players, the staff, and ask the parents for their feedback.



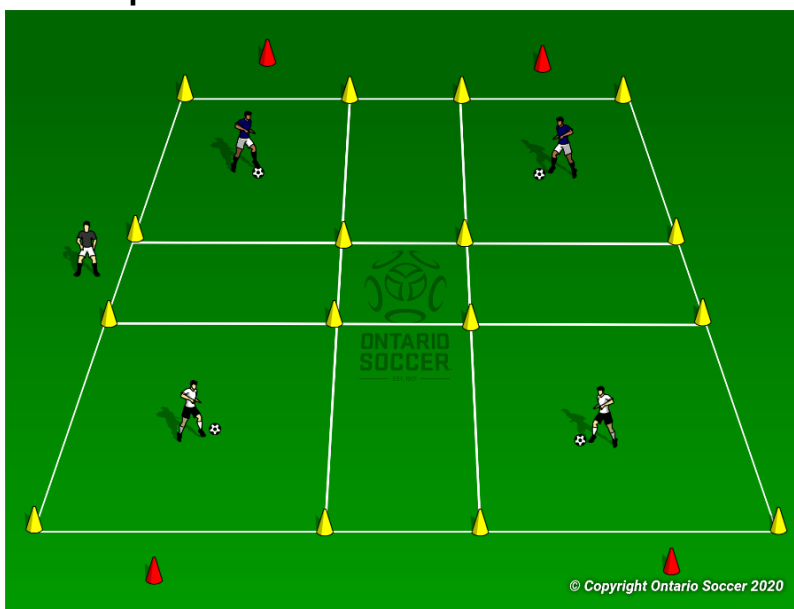
## Warm-Up

### Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

### Recommendations

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Increase the tempo to have the players ready for the next activity.



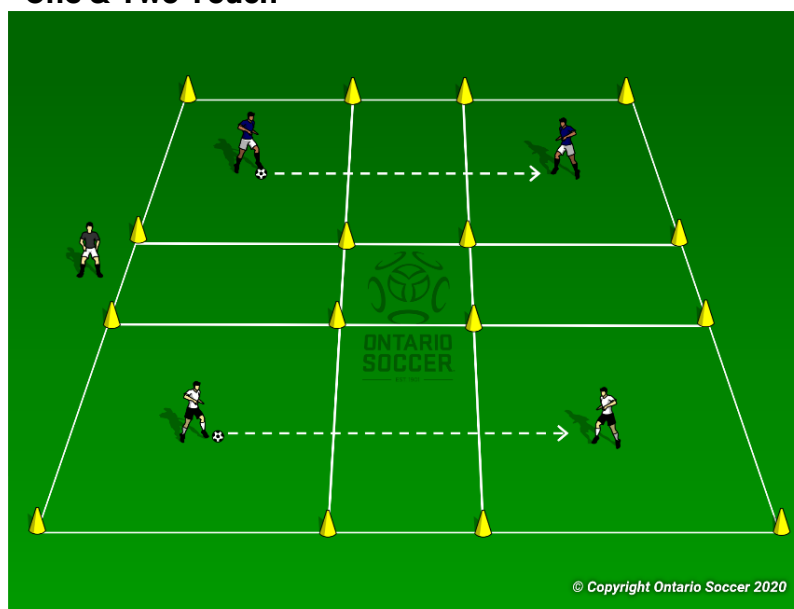
## Passing - One & Two Touch

### Set-up

In their designated zone, players can pass the ball to a teammate as shown. Encourage players use all parts of their foot as well as trying different passing techniques.

### Recommendations

Give players a challenge or task in their team. For example, depending on age and stage, targets for a number of successful passes completed. Add cones for players to control the ball around or move to within their own zone prior to passing.



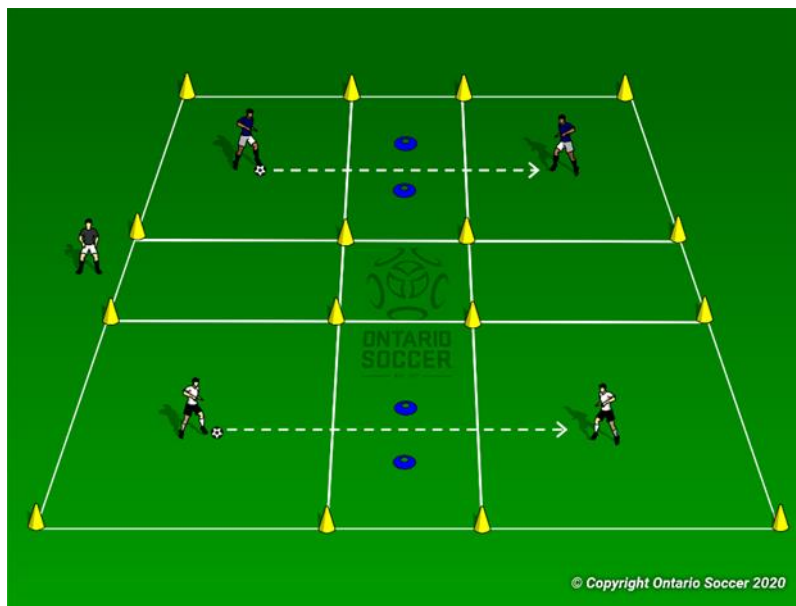
## Passing - Through the Gate

### Set-up

In their designated zone, have the players stand a certain distance away from the coned gates. Players must pass the ball through the gates to score a point.

### Recommendations

Give players a challenge or task, for example, keep score within a certain time and rotate the players to experience a different opponent. Vary the distance to the gates to make it harder or easier. Vary the size of the gates to make it harder or easier. Remove the gates and players must chip or loft the ball into the other player's zone.



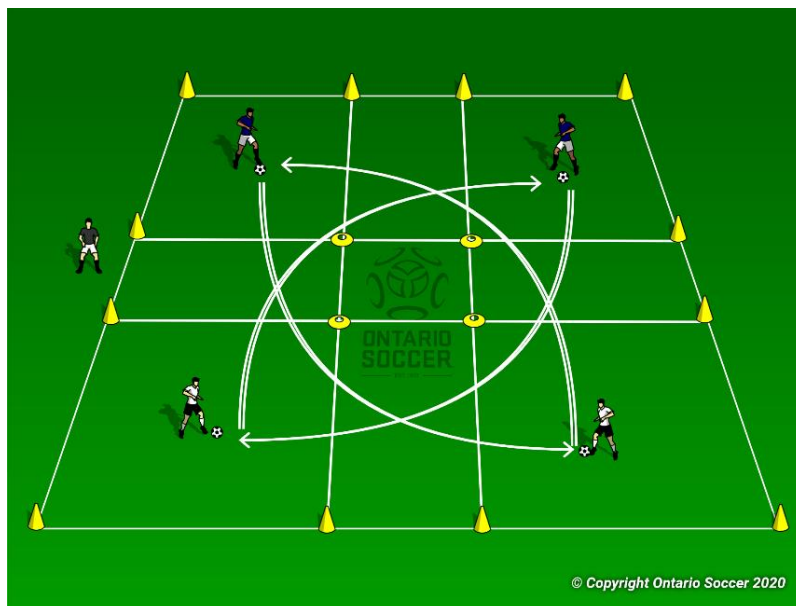
## Passing - Ball Swap

### Set-up

In their designated zone, each player has one ball and need to connect with another player by passing to each other and 'swapping balls'. Once they have completed one pass, players can find another player to swap balls.

### Recommendations

Encourage players to try different types and distances of passes. Encourage players to work together and communicate with each other.





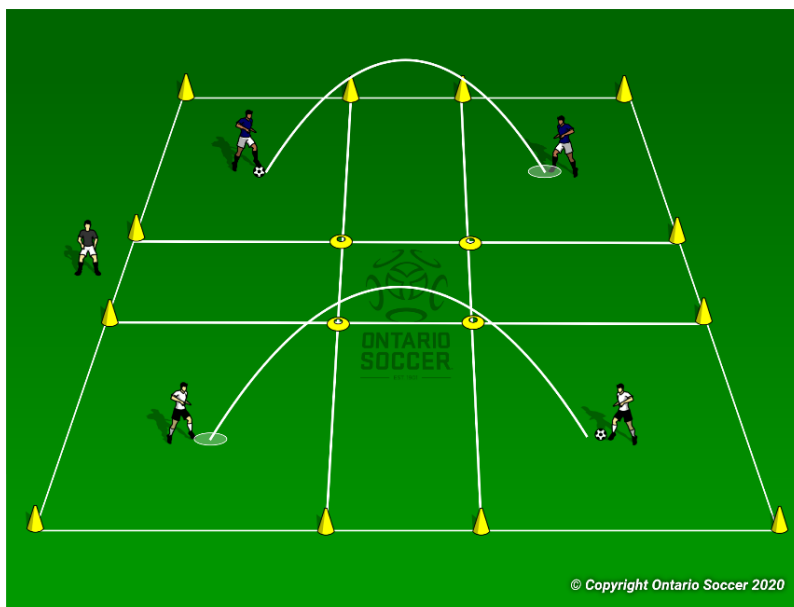
## Passing - Soccer Tennis

### Set-up

In their designated zone, players must play in two's and pass the ball to their teammate, keeping the ball in the air. Players can use a variety of ways to keep the ball in the air by using their feet and thigh. Ensure players are not using their hands to pick the ball up.

### Recommendations

Give players a challenge or task, for example, the players score a point if their teammate lets the ball bounce once or twice depending on the ability of the players. Keep score within a certain time and rotate the players to experience a different opponent.



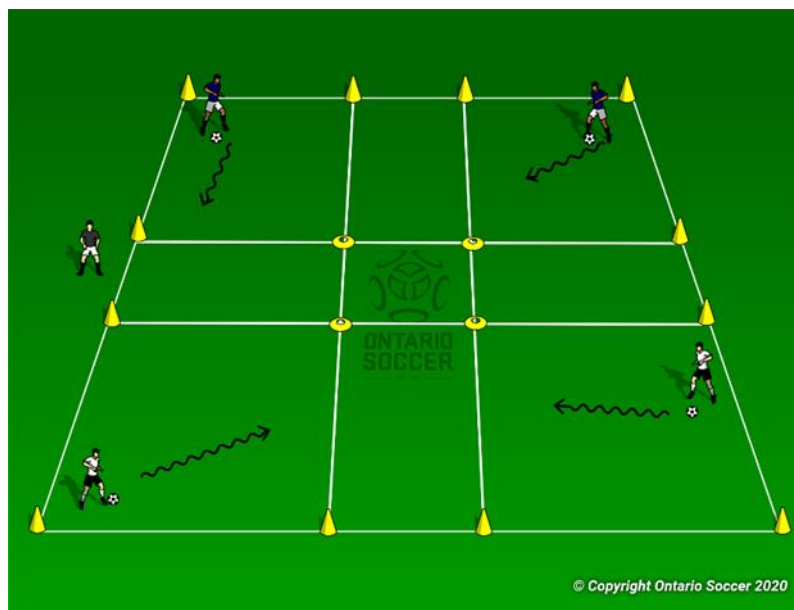
## Dribble - Small Touches

### Set-up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches at various speeds and distances.

### Recommendations

Let the players demonstrate their best skill or trick. Depending on age and stage, challenge players to try something new.



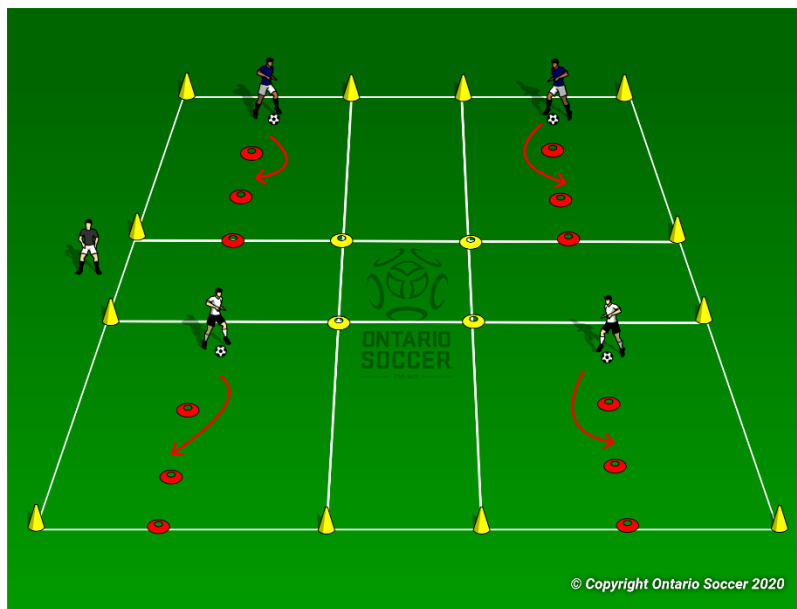
## Dribble - Skills

### Set-Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and beating the cone (defender) with a trick or skill.

### Recommendations

Let the players demonstrate their best skill as well as task the players to invent a new skill to beat the cone (defender).



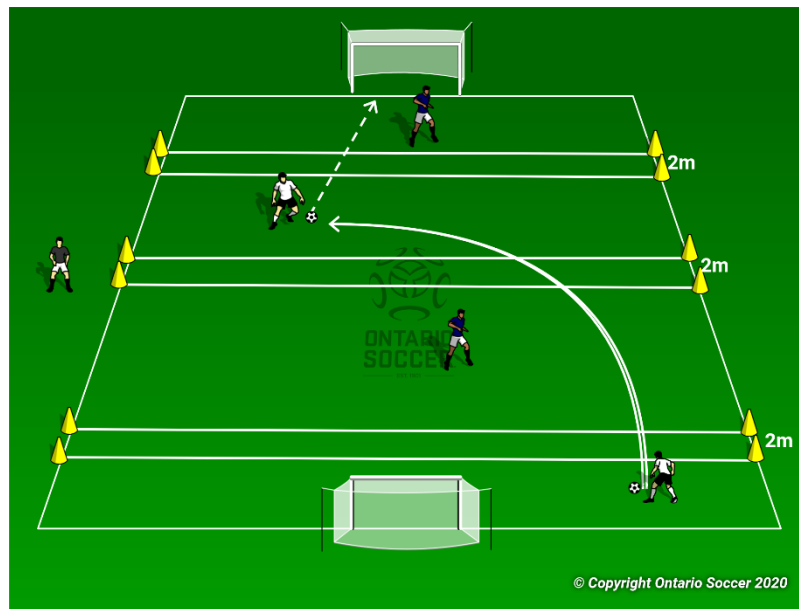
## Game – Keep Ball to Goal – Phase 1

### Set-Up

Create a 2v2 game while establishing clear zones to prevent contact. Staying in their designated zones players must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try to intercept/block the pass/shot to stop their opponent from scoring.

### Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of two (2) metres (6 feet) between players.



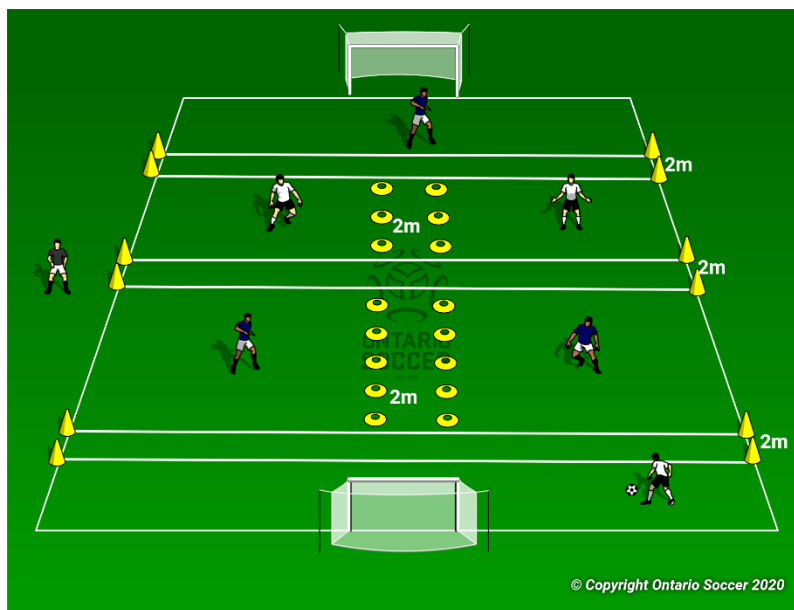
## Game – Keep Ball to Goal (3v3) – Phase 2

### Set-Up

Create a 3v3 game while establishing clear zones to prevent contact. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal. Staying in their designated zone, the opponent must try to intercept/block the pass/shot to stop their opponent from scoring.

### Recommendations

Vary the size of the zones depending on age and stage of players. Rotate the players so they experience being in the end zones as well as the middle zones. Always remember to maintain and prioritize the distancing requirements of two (2) metres (6 feet) between players.



## Cool Down

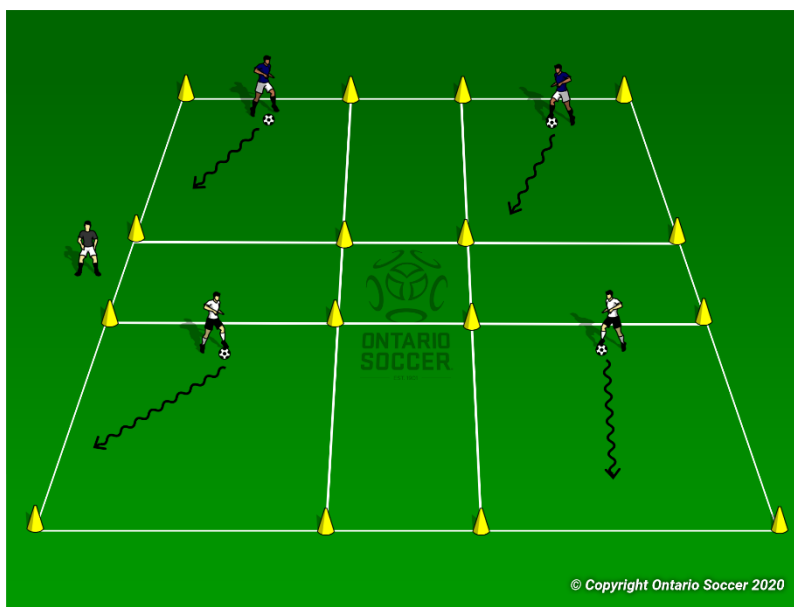
### Ball Control

#### Set-up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

#### Recommendations

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Decrease the tempo as the session ends.



## Appendix 3

### RTP Waivers



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## ONTARIO SOCCER

### INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

*(To be executed by Participants under the age of majority - 17 years old and younger)*

**WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!**

**Participant's Name:** \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

#### Description of Risks

3. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:



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- a) Contracting COVID-19 or any other contagious disease;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- d) Exerting and stretching various muscle groups;
- e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- i) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- j) Physical contact with other participants, spectators, equipment, and hazards;
- k) Not wearing appropriate safety or protective equipment, such a helmet;
- l) Failure to act safely or within the Participant's ability or within designated areas;
- m) Grass, turf, and other surfaces including bacterial infections and rashes;
- n) Collisions with fences, poles, stands, and soccer equipment;
- o) Negligence of other persons, including other spectators, participants, or employees;
- p) Weather conditions; and
- q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

- We have read and agree to be bound by paragraphs 1 and 4***

## Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
  - a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
  - b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
  - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
  
6. In consideration of the Organization allowing the Participant to participate, the Parties agree:



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- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.

***We have read and agree to be bound by paragraphs 5-6***

### **General**

- 7. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.
- 8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

### **Acknowledgement**

- 9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_  
Name of Participant (print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Name of Parent or Guardian (print)

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



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## ONTARIO SOCCER

### RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be signed by Participants of the age of majority and over - 18 years old and older)

**WARNING! By signing this document, you will waive certain legal rights. Please read carefully.**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized by Ontario Soccer and its affiliated districts, leagues, clubs and teams and the sport of soccer, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

#### Disclaimer

2. Ontario Soccer, its affiliated districts, leagues, clubs and teams, and their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, independent contractors, subcontractors, sponsors, owners/operators of the facility in which the Activities take place, , successors and assigns, and representatives (the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

***I have read and agree to be bound by paragraphs 1 and 2.***

#### Description of Risks

3. I understand and acknowledge that
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
  - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities which could result in damage, loss, serious physical injury, or death. The risks, dangers and hazards include, but are not limited to, injuries from:



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- a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on grass, turf or other surfaces, extreme weather conditions; travel to and from premises
- c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.
- d) Contact: contact with soccer balls, other equipment, poles, stands, soccer equipment, nets, fences, or other persons, whether intentional or unintentional, is a common part of soccer programs, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- e) Advice: negligent advice regarding soccer programs
- f) Ability: Failing to act safely or within my own ability or within designated areas
- g) Sport: the game of soccer and its inherent risks
- h) Conduct: My conduct and conduct of other persons including any physical altercation between soccer participants
- i) Travel: Travel to and from the Activities
- j) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of soccer programs, some of which are referred to above.

### Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
  - b) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
  - c) To comply with the rules and regulations for participation in the Activities;
  - d) To comply with the rules of the facility or equipment;
  - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of a The Organization representative immediately;
  - f) The risks associated with the Activities are increased when I am impaired, and I agree not to participate if impaired in any way;
  - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
  - h) That I am responsible for my choice of protective equipment and the secure fitting of that equipment; and
  - i) That COVID-19 is contagious in nature and I may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all the foregoing risks.

I have read and agree to be bound by paragraphs 3 -5.

### Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate in the Activities, use its equipment and



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facilities, I agree:

- a) That the sole responsibility for my safety remains with me;
- b) To ASSUME all risks arising out of, associated with or related to my participation;
- c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities;
- d) To WAIVE any and all claims that I may have now or in the future against the Organization;
- e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization;
- f) To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of warranty, breach of contract and/or breach of any statutory duty of care of the Organization;
- g) TO HOLD HARMLESS AND INDEMNIFY the Organization from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in the Activities.
- h) To FOREVER RELEASE AND INDEMNIFY the Organization relating to becoming exposed to or infected by COVID-19 which may result from the actions, omission or negligence of myself and others, including but not limited to the Organization;
- i) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- j) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- k) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

### Jurisdiction

7. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the province of Ontario, Canada and further agree that the substantive law of Ontario will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

***I have read and agree to be bound by paragraphs 6-7***

### Acknowledgement

8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.



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**Acknowledgement**

- 9. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

\_\_\_\_\_

Name of Participant

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Participant

\_\_\_\_\_

Witness



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## Appendix 4

### Covid-19 Public Health Resources

[Ontario Soccer COVID-19 Updates](#)

[Province of Ontario COVID-19](#)

[COVID-19 mental health online and phone support](#)

[Updates from the CSIO Sport Medicine Advisory](#)

[Health Canada](#)

[U.S. Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[Travel Advice and Advisories site](#)

[COVID-19 and Mental health and well-being](#)

[Coping with stress and anxiety](#)



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## Covid-19 Self Assessment Tools For Spectators and Participants

Self-Assessment tools for *spectators* and *participants*, which includes players, team officials and Match Officials, are listed below.

The **Declaration of compliance – COVID-19**. This declaration is for use by member organizations that own or operate facilities. Is to be completed by those persons that enter the facility to participate in club/academy activities

The Declaration of Compliance below can be used by clubs/academies in either hard copy or mobile application as long as a record is kept by the club/academy of the submission.

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

The Province of Ontario Self Assessment tool is to be used personally and is not a substitute for the Declaration of Compliance of applicable application chosen by the club.

<https://covid-19.ontario.ca/self-assessment/>



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### DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): \_\_\_\_\_

Individual's Parent/Guardian \_\_\_\_\_  
(if the individual is younger than 18 years old)

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

#### WARNING!

#### ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

Ontario Soccer and its affiliated districts, leagues, clubs and teams (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 18 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned, being the individual named above and the individual's parent/guardian (if the individual is younger than 18 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19 **OR** If the individual was diagnosed with COVID-19; the individual was cleared as noncontagious by provincial or local public health authorities.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19 **OR** If the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.



- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual's household, travelled to or had a layover in any country outside Canada in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Canada after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended guidelines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the Provincial government and provincial and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Individual (if 13 and over)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Guardian (if the individual is younger than 18 years old)





## Coronavirus Disease 2019 (COVID-19)

# Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

## What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

## Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



## Select products

### Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

### Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

### Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

## Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
  - properly prepare solution
  - allow adequate contact time for disinfectant to kill germs (see product label)
  - wear gloves when handling cleaning products including wipes
  - wear any other personal protective equipment recommended by the manufacturer

## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

## Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

The information in this document is current as of March 11, 2020

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Ontario 



# Attention Visitors




If you feel unwell (cough, fever,  
breathing difficulties)

**please delay your visit**

**AND**

**contact your health care provider, or**

**Telehealth Ontario ( 1-866-797-0000)**

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## Appendix 5

### Return to Office Protocols (Sample)

<b>Return To Office Plan</b>  <b>COVID-19</b>	<b>Date of Issue:</b>
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#### OVERVIEW

(Organization Name) has an obligation under the Occupational Health and Safety Act (OHSA) to protect its workers from hazards in the workplace and to abide by regulations and directives set out by the Chief Medical Officer of Health. As such, employees need to be aware of any known hazards and to report those, along with any other concerns, to their Department Lead or Human Resources department. This will help to ensure that all reasonable precautions are taking place, and to help rectify any unknown or new issues as they arise

#### SCOPE

This plan encompasses all employees of (Organization Name) and The (Facility Name), as well as any visitors/guests/service providers who may be welcomed into the facility and has been established in accordance with guidelines set out by the Government of Ontario, and the Chief Medical Officer of Health.

#### POLICY

It is the policy of (Organization Name) and the (Facility Name), to follow guidelines established by the Government of Ontario and all relevant medical professionals while dealing with the COVID-19 situation. As best practices and professional advice change, so will this policy.

#### STANDARDS/PROCEDURES

- 1. Any employee who is exhibiting symptoms of illness should stay home.**
  
- 2. Recognize and Assess**

This virus is transmitted via droplets during close, unprotected contact with an infected person, or by touching an infected surface and then the eye, nose, or mouth. It can also cause a range of symptoms including but not limited to:

- Sore throat



- Cough
- Fever
- Shortness of breath

If you, or someone you have been in contact with either at work or elsewhere begins to exhibit any of these symptoms, it is imperative to inform your Department Head, or HR Representative immediately. In addition, you will:

- Self isolate
- Complete the online self-assessment available at <https://covid-19.ontario.ca/self-assessment/>
- Contact Telehealth Ontario 1-866-797-0000
- Contact your primary health care provider

## CONTROLS

The following measures and options for protecting workers from exposure to COVID-19 have been established:

- When feasible, and with the coordination of your Department Head, work from home as often as possible
- Work surfaces, devices, laptops, screens, and equipment will be cleaned daily in accordance with established facility cleaning protocols
- Employees must wash hands thoroughly with soap and water, or an alcohol based hand sanitizer before entering the workplace, after contact with others, or when surfaces in contact with others have been touched
- Visitors/guests/service providers will be required to sanitize hands prior to entering the offices or facility and will be required to wear a mask at all times
- Numbers of staff allowed into the office will be limited in accordance with provincial guidelines. **Current regulations state 2m (6 foot) distance required**
  - Practice physical distancing at all times while in the office
  - Team/group meetings to take place in (Meeting Room name) only. Room will be setup in accordance with physical distancing rules
  - Lunchroom will be off limits for eating. Food can be heated but lunch can take place in restaurant observing social distancing
  - Do not enter rooms/spaces where 2 meter distance cannot be maintained
  - Facemasks must be worn when physical distancing cannot be maintained or guaranteed, i.e. meetings, walking to washroom, etc.
  - As staffing levels increase it may be necessary to implement rotating shifts or install protective barriers to ensure that physical distancing is maintained
- Workplace, common spaces and readily accessible areas will be cleaned and sanitized thoroughly and often, and in accordance with established facility cleaning protocols
- All staff and visitors/guests/service providers will be required to sign in and out to ensure that contact tracing will be possible
- Any in-person deliveries, visits or meetings that are not deemed priority should be rescheduled to another date or be conducted online



- Central ventilation will be minimized when possible, and additional measures to introduce fresh air will be implemented
- Employees will be screened regularly for health issues
- Facemasks and gloves will be provided for individual use as requested. Facemask limits of one (1) per day will be necessary to ensure supply availability. Proper use training of Personal Protective Equipment (PPE) will be provided

## EVALUATE

COVID-19 has presented a number of operational challenges for workplaces. Constant evaluation of current conditions will take place, and modifications required due to government directives may need to occur on a daily basis. As this is an evolving situation, it is imperative that staff remain engaged on what is working and what is not. Preventative measures put in place to protect employees will be evaluated daily, and modified where necessary.



## Return to Work Questionnaire (Sample)

Are you experiencing any of the following symptoms: fever, cough, shortness of breath, trouble swallowing, runny/stuffy nose or nasal congestion?

YES

NO

Are you experiencing nausea, vomiting, diarrhea, abdominal pain or general feelings of tiredness, sore muscles, or not feeling well?

YES

NO

Have you experienced cold or flu-like symptoms (fever, dry cough, difficulty breathing, respiratory illness, decrease/loss of smell) in the last 14 days?

YES

NO

Have you travelled outside of Canada in the last 14 days?

YES

NO

Have you been in close contact / live with anyone who has travelled outside of the country and returned in the last 14 days?

YES

NO

Have you had close contact with a person who is in isolation, cared for someone in isolation, or has a suspected or confirmed case of COVID-19?

YES

NO



Have you been told to self-isolate by Public Health or a medical professional?

YES

NO

If you answer YES to any of these questions, and have not discussed your situation with your supervisor do not report to work, call your supervisor and call your Health Care provider immediately for next steps

### GENERAL PRECAUTIONS

- Avoid touching your eyes, nose, or mouth
- Face masks are mandatory when indoors
- Practice physical distancing of 2m (6 ft.)
- Wash hands frequently, or use approved hand sanitizer

**Email**

example@example.com

**Name**

First Name

Last Name


**Date**

Year Month Day





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