

FERNWOOD FOOTBALL ASSOCIATION



RETURN TO PLAY PLAN

Purpose

The purpose of this document is to provide the details of the Fernwood Football Association's (FFA) Return to Play Plan ("RTP" Plan). This plan is intended to be read in parallel with the guidelines of governing bodies within government and within soccer.

This plan and all referenced material are intended to support informed decision-making by our members, volunteers, coaches, and other representatives of FFA related to their participation in FFA's programs.

This guide will be modified as we change phases or new information comes available. Please continue to check for updates

Return to Play Guidelines

In June 2020, two very important documents were released related to the soccer community's return to play. These documents are referenced and linked below and provide the foundation and guidelines that are included in this Return to Play Plan.

Monday June 1st: [ViaSport Return to Sport Guidelines](#)

Wednesday June 3rd: [BC Soccer Return to Play Plan](#)

Technical Programs

From the guidelines set by viaSport and BC Soccer, FFA created the following Return to Play. We recommend all families carefully review the processes outlined (along with the associated checklists and waivers) to fully understand the measures we are taking as a FFA to mitigate the risks associated with returning to play. It is imperative that all participants abide by FFA official and staff instructions communicated prior to and during sessions. Collectively we must work together to get back on the field safely. All programs are considered voluntary, and anyone feeling uncomfortable with the current risks, should either not register or remove themselves from the program.

The FFA is excited to take this first step back to the playing field!

CURRENT STATE / PHASE

Currently we are in the Transition Measures Phase. This also means in September, there is a possibility that we could still be in the "Transition Measures" phase which would allow us to train with modified training activities under physical distancing measures.

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	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19 th to September	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	Maintain Physical Distance (2m) No non-essential travel	Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	Increased hand hygiene Symptom Screenings in place	Increased hand hygiene	Increased hand hygiene
Facility	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest Indoor activities slowly re-opening	Outdoor/indoor	Outdoor/indoor
Participants	Individual activities	Small Groups No or limited spectators	Groups sizes may increase Limited spectators	Large groups allowed No restrictions on spectators
Non-contact Activities	Low risk outdoor activities can occur (biking, running, etc.) Virtual activities	Fundamental movement skills Modified training activities	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	Should not occur Contact sports should look for non-contact alternatives to training	Introduction to pair of small group contact skills	No restrictions on activity type
Competition	Should not occur	In FFA play or modified games may slowly be introduced	Inter FFA or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	Minimal shared equipment Disinfect any shared equipment before, during and after use	Some shared equipment Enhanced cleaning protocols in place	Shared equipment

Providing a Clean, Safe Environment

Fortunately, soccer is predominantly an outdoor sport in British Columbia and therefore, our fields are one of the safer environments for sports activity. FFA has implemented the following health and safety precautions in providing a clean and safe environment.

Changerooms

- All changerooms will be unavailable to all players and may be used by the FFA for sanitization of equipment exclusively.
- One male and one female washroom will be open to minimize the number of high touch areas in the park.
- Hand washing / sanitizing station will be set up at the Check-in Point (entrance to field).

Equipment

- Equipment will be sanitized by the FFA after every session with recommended sanitization products.
- Equipment may not be handled / touched by an individual other than the session coach at any time.
- Equipment will be stored in the same, secure location after the final session of each day.

Fields

- Fields will have one entrance and one exit only.
- Session start and end times will be staggered to permit coaches and players the opportunity to attend training sessions within appropriate physical distancing requirements and guidelines of health authorities.
- Player backpacks will be placed in designated spaces along the fence only, physically distanced from any other player's bag in adherence to the requirements and guidelines of health authorities.
- Hand sanitation stations will be available at every session and at each field for continued hand sanitation of players, technical staff, and volunteers.

Measures to Keep People Safe

Check-In Requirements

In the initial stage of Return to Play, all players, technical staff and volunteers attending any FFA programming after June 12th, 2020 will be asked to check in – the purpose of this is Contact Tracing in the event of a secondary outbreak. In addition to our standard registration form which gathers most of the relevant information required for a family/player, we will be taking attendance and having check-in at each session. At check in the attendant will gather the following information:

- Player Name
- Time of check in / check out
- General health of player (we will be querying the player about how they feel to ensure they do not have any COVID-19 symptoms).

Again, this will assist the health officials in the event of any COVID-19 outbreak.

Illness Policy

The FFA has issued a new Illness Policy that must be followed by all in attendance at or participating in any way in FFA programming or events. Failure to abide by the terms of the policy will result in removal from the session and the most blatant cases, removal from FFA for either the remainder of the program or the season, at the FFA's sole discretion.

Players

All adult players and parents/guardians must complete a [**FFA Return to Play Participant Agreement \(Waiver\)**](#) before they will be permitted to participate in any FFA program or event. Failure to complete this Agreement will restrict players from participation in any FFA or FFA affiliated program or event.

Players are asked to use the [**FFA Player Checklist**](#) to remind themselves of the steps they must take to participate in FFA programs before, during and after every session. This checklist includes the requirement for players to dress at home and arrive in their kit and cleats. This checklist also includes the requirement for all players to have their belongings in a single bag/backpack with a personal water bottle

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and their own hand sanitizer clearly labelled with their name for all training sessions to avoid use by any other individual.

Technical Staff, FFA Volunteers

All technical staff and FFA volunteers must complete a [FFA Return to Play Participant Agreement \(Waiver\)](#) before they will be permitted to participate in any FFA program or event.

Coaches and Managers are asked to use the Pre-Session [FFA Coach/Manager Checklist](#) to remind themselves of the steps they must take to participate in FFA programs before, during and after every session. This includes the requirement for a self assessment prior to attending any FFA program or event.

Technical Staff and FFA volunteers will be educated on all sanitization requirements. Personal Protective Equipment kits have been assembled for any instance a technical staff member or volunteer find themselves unable to socially distance in an emergency (i.e., an injury on the field).

First Aide

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

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority.

If an outbreak is reported, modification, restriction, postponement, and cancellation of activities, will be assessed and decided upon by FFA.

If volunteers or a participant report they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, we will contact the Municipality and/or Province immediately so they can implement enhanced cleaning measures to reduce risk of transmission. We will implement our illness policy and advise individuals to:

- Self-isolate
- Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

Use the COVID-19 self-assessment tool at [BC COVID-19 Self-Assessment Tool](#) to help determine if further assessment or testing for COVID-19 is needed.

Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency. Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

If volunteers or a participant reports they are ill/sick and are at the workplace/activity place, we will contact the City of Victoria immediately so they can implement enhanced cleaning measures to reduce risk of transmission. We will implement our illness policy and advise individuals to:

- immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your Illness Policy and your enhanced measures.
- If we are contacted by a medical health officer in the course of contact tracing, we will cooperate fully with local health authorities.

DISCLAIMER

This Return to Play Plan is intended to be used for the purposes set in this document. While we have written this RTPP with relevant and timely information, information known about the COVID-19

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coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to completeness of any information provided in this RTPP.

In the event of an ambiguity or conflict between this RTPP, its referenced documents and the *Public Health Act*, regulations or orders thereunder, the *Public Health Act*, regulations and orders prevail. Nothing in this document is intended to provide legal advice.

Anyone choosing to participate in any FFA program does so at their voluntary and sole risk. Choosing to participate is a personal decision that must be made with full information. Where a participant is identified as a "high risk" individual doctor's permission is strongly recommended before participation in any FFA activities.

APPENDIX A – COVID TRANSMISSION BASICS

COVID-19 Transmission & Symptoms

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of three to six feet.

This is referred to as 'droplet' transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among participants, coaches or volunteers (balls, equipment, etc.).

Families should familiarize themselves with the symptoms associated with COVID-19 by reviewing the symptoms page on the BC CDC website

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>