



JDF FC'S RETURN TO PLAY PLAN

September 2020

ENSURING A
SAFE PLAYER
AND A SAFE
COMMUNITY

Purpose

The purpose of this document is to provide the details of Juan de Fuca Soccer Association's (the "Club") 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.

On June 12, 2020, Canada Soccer rated this RTP as "low risk". This plan and all referenced material are intended to support informed decision-making by our members, volunteers, coaches, and other representatives of the Club related to their participation in the Club'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](#) **UPDATED AUGUST 24TH, 2020**

Wednesday June 3rd: [BC Soccer Return to Play Plan](#) **UPDATED AUGUST 24TH, 2020**

Technical Programs

From the guidelines set by ViaSport and BC Soccer, JDF FC 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 club to mitigate the risks associated with returning to play. It is imperative that all participants abide by all Club 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 Club, its staff and Board of Directors are excited to take this next step back to the playing field!

CURRENT STATE / PHASE

Currently we are in the Progressively Loosen Phase 2 for soccer. This means starting August 24th 2020, there is the ability to have opposed training sessions where players can have contact and starting September 7th games will be phased in, in a safe manor to keep all as safe as a possible. Social Distancing rules are still to be followed as much as possible.

JDF FC's Return To Play Plan

	Strictest Controls Prior to May 19, 2020	Transition Measures May 19 th to August 24 th	Progressively Loosen August 24 th - Current	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, cleaning protocols and symptom screening	Increased hand hygiene
Facility	Outdoor or within home Facilities and playgrounds closed	Outdoor is safest Indoor activities slowly re-opening	Participants should maintain physical distance while not on field of play	Outdoor/indoor
Participants	Individual activities	Small Groups No or limited spectators	Groups sizes may increase, 50 person max must be adhered too	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	Where feasible, limit contact (i.e. coming together within 2 meters during training)	No restrictions on activity type
Contact Activities	Should not occur	Should not occur Contact sports should look for non-contact alternatives to training	Cohort model introduced for sports that cannot maintain 2m physical distance	No restrictions on activity type
Competition	Should not occur	In club play or modified games may slowly be introduced	Competition slowly introduced, regional competition for sports in cohorts	Provincial competitions and larger scale events may return
Equipment	No shared equipment	Minimal shared equipment Disinfect any shared equipment before, during and after use	Enhanced cleaning protocols in place	Shared equipment

GAME PLAY STRUCTURE

Games, for both youth and adult, may be considered as of September 7, 2020 with the following required modification:

Limit your activities to smaller groups by having identified "Soccer Cohorts" of a maximum of 50 unique participants or up to four (4) teams.

- A "Soccer Cohort" is defined as a closed, smaller group of no more than 50 individuals or up to four (4) teams who participate in soccer activity and remain together for the duration of a phase. The intent is to try to keep the interaction to the same cohort and group of people.
- It is understood that if four (4) teams is used, the number of individuals within the cohort may go above the 50 limit (for example, four teams with rosters of 18 players) BUT it must be kept to four teams.
- Coaches may be counted outside of the 50 individuals if they are able to maintain physical distancing at all times (parents as well).
- Each cohort can be comprised of multiple teams in order to form a mini league/game play between teams within the cohort.
- Cohorts should be made up of individuals/teams of similar age and ability.
- Keep players together in designated groups and make sure that each group avoids mixing with other groups as much as possible.

- If cohort participants (or teams) need to be adjusted, a 2-week break between activities is required
- If using referees, it is recommended if possible, to assign a referee(s) to a specific cohort and avoid having that individual assigned to multiple cohorts.
- No throw-ins, kick-ins only. Handled as an indirect free kick.
- Player/Participants are to avoid spitting and nose clearing, If a player/participant does spit or clear their nose, the coach is required to substitute the player as quickly as possible. The player must sit on the sideline for a minimum of 15% of the total game duration. (For example, the match duration is 50 minutes per the BC Soccer Small Sided Soccer Development Manual, the substituted player would need to sit for 7.5 minutes).
- Players and team personnel on the sidelines must adhere to 6 feet distances per the BC health authorities.

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. To ensure the environment in which we are all participating within is safe for players, technical staff and volunteers. The Club has implemented the following health and safety precautions in providing a clean and safe environment.

Changerooms/Washrooms

- All change rooms will be unavailable to all players.
- Washrooms will be open to members at select venue only and sanitized at regular intervals by our rental agents (WSPR, SD62 and CCP) all social distance guidelines are to be followed when in the washrooms as set by Provincial Health.
- Hand sanitizing station will be set up at the Check-in Point (entrance to field).

Equipment

- Equipment will be sanitized by the Club 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 or two entrances and one or two exits only, these must be followed.
- 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 sanitization stations will be available at every session and at each field for continued hand sanitization of players, technical staff, and volunteers.

Parks

- Park maps indicate traffic flow, drop off/pick up zones, players walking paths, and waiting areas.
- Please find the layout for all JDF parks used for play.
 - o [Westhills Turf](#)
 - o [Goudy Turf](#)
 - o [Royal Bay Turf and Grass](#)
 - o [Westshore Parks and Rec Fields #2 and #3](#)
 - o [Westshore Parks and Rec Lawn Bowls](#)
 - o [Westshore Parks and Rec Velodrome Turf](#)
 - o [John Stubbs Elementary School](#)
- Parents and guardians are requested to stay in their vehicles during all training sessions or to leave the park and pick up their athlete at the end of the session to avoid any additional physical distancing challenges or risks to the players and Club staff / 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 Club programming after June 12th, 2020 will be asked to check – 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

- Player Name
- Time of check in / check out
- General health & temperature of player (we will be querying the player about how they feel and taking the player & staff temperatures with a thermal thermometer to ensure the attendee is not running a fever).
- Again, this will assist the health officials in the event of any COVID-19 outbreak.

Illness Policy

The Club has issued a new Illness Policy that must be followed by all in attendance at or participating in any way in Club 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 Club for either the remainder of the program or the season, at the Club's sole discretion. [CLICK HERE FOR POLICY](#)

Players

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

Players are asked to use the [Pre-Session Player Checklist](#) to remind themselves of the steps they must take to participate in Club 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 and their own hand sanitizer clearly labelled with their name for all training sessions to avoid use by any other individual.

Technical Staff, Club Volunteers

All technical staff and Club volunteers must complete a [Return to Play Agreement – Coaches & Volunteers](#) before they will be permitted to participate in any Club program or event.

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

Technical Staff and Club 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 the Gorge Board of Directors.

If staff (including 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](https://www.bccdc.ca/health-info/diseases-conditions/covid-19) 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](https://www.bccdc.ca/health-info/diseases-conditions/covid-19).

If staff (including volunteers) or a participant reports they are ill/sick and are at the workplace/activity place, we will contact the City of Coquitlam 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 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 Club 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 Surrey United Soccer Club 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>