



BURNABY LAKE FIELD HOCKEY CLUB

Return To Play and Safety Plan

August 31st, 2020

Purpose 2

Return to Play Guidelines 3

COVID-19 Transmission & Symptoms 4

Group Sizes, Field Layout and Training Structure 5

Field Management (Pick up/ Drop off) 5

Safety for Participants, Staff & Volunteers 6

Illness Policy 6

Hygiene & Safety protocols that will be adopted 6

Registration 7

Providing a Clean, Safe Environment 7

Equipment 7 Restrictions/Limited use Facilities 7 Players 7 Technical Staff 8 Safety officers 8

First Aid 8

Outbreak Plan 8

DISCLAIMER 10

APPENDIX A 11

APPENDIX B 13

APPENDIX D 16

APPENDIX E 18

APPENDIX F 19

APPENDIX G 20

Purpose

The purpose of this document is to provide the details of Burnaby Lake Field Hockey Club (BLFHC) Return to Play Plan (“RTPP”). This plan is intended to be read in parallel with the guidelines of governing bodies within government and within field hockey. On August 28, 2020, Field Hockey BC (FHBC) provided approval for Local Sport organizations (LSO) for the second stage Return to Play. This plan and all referenced material are intended to support informed decision-making by our members, volunteers, coaches, and other representatives of the BLFHC related to their participation in BLFHC programs.

Return to Play Guidelines

In August 2020, two important documents were released related to the Field Hockey 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.

August 31, 2020st: [ViaSport Return to Sport Guidelines \(viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf\)](https://viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf)

August 28, 2020 : [FHBC Second Stage Return To Play \(https://fieldhockeybc.com/2020/08/28/framework-creation-and-approval-for-the-second-stage-of-responsible-return-to-play-communicue-6/\)](https://fieldhockeybc.com/2020/08/28/framework-creation-and-approval-for-the-second-stage-of-responsible-return-to-play-communicue-6/)

Currently we are in the "Cohort" Model. This also means during September, there is a possibility that we could still be in the "Cohort" Model phase which would allow us to train with modified training activities under physical distancing measures. At BLFHC we are now able to start offering some field hockey programming in a safe manner that is in compliance with viaSport and FHBC guidelines. Initially, this will not be a full return to normal play, however, we are excited to be able to get players back on the field.

The Board of BLFHC will consider and approve all Return-To-Play plans and revisions before implementation begins.

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

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 hand washing and cleaning of high-touch surfaces is so important. ⁴ 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 and the measures to take by reviewing the information found on the BC Centre for Disease Control website.

Group Sizes, Field Layout and Training Structure

Participant count will be limited to a maximum of 32 people on the playing field at any activity, including coaches, athletes and safety officers. Sessions will only include skill development and practice. Training sessions will be structured to maintain a minimum of 2M of physical distancing between participants and coaching staff at all times. Scrimmages within teams will be allowed per FHBC standards. Spectators will not be permitted at the field.

Field Layout

There will be 3 configurations: 4 zone, 3 zone and 2 zone.

Each zone will have:

- 1 athlete equipment area - clearly marked out zones for each athlete, min 2m apart
- 1 designated safety officer - tasked with ensuring physical distancing is maintained at all times
- 1 coach
- 4, 6 or 8 athletes, depending on configuration used

Field Management (Pick up/ Drop off)

As outlined there will be designated entry and exit areas for the field (Burnaby Lake West Sports Complex) to allow participants to maintain social distancing while entering and exiting fields and will be communicated to participants prior to a program starting.

No one is to arrive prior to 10 minutes before the session. Participants that arrive early are to remain in their car until 10 minutes prior to the session.

Where possible and age appropriate, participants are to be dropped off and walk to the field on their own. No loitering at the facility after your scheduled session will be permitted.

It is expected that parents/guardians pick up participants on time so we can ensure physical distancing protocols can be adhered to.

Arrival

Drop off in parking lot and athletes will be guided to entrance by safety officers. No access to spectator seating or team bench seating to anyone.

Players will be assigned areas to leave any personal belongings in and these will comply with physical distancing.

After Session

Exit of athletes is via the side appointed by the safety officers

Pick up of athletes is at the parking lot

Safety for Participants, Staff & Volunteers

Participants, Team Officials & Staff should not attend a training session/game if:

1. you don't feel well or are displaying symptoms of COVID-19
2. someone in your household has COVID-19 or is showing symptoms of COVID-19
3. you have traveled outside of Canada within the last 14 days
4. someone in your household has traveled outside of Canada within the last 14 days
5. Consider your own risk - if you are at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

Illness Policy

BLFHC has issued a new Illness Policy that must be followed by all in attendance at or participating in any way in BLFHC 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 BLFHC for either the remainder of the program or the season, at the BLFHC's sole discretion.

Hygiene & Safety protocols that will be adopted

1. Participants, staff and volunteers at higher risk of experiencing severe illness should take part in any field hockey related activities.
2. All staff & volunteers are required to use hand sanitizer or wash their hands (provided by BLFHC) when arriving at the field/training session, between sessions and before leaving the session/field.
3. All participants are required to bring their own bag with their own water-bottle, hand sanitizer, equipment to every session. 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.
4. All participants will be required to use personal hand sanitizer when arriving at the field/training session and when leaving the session/field.
5. Participants will be instructed before each session the guidelines of the social distancing and no-touching. Failure to follow these rules will result in immediate expulsion from the Activity, no exceptions, and participant will be removed from the program.
6. Reminders to avoid touching eyes, nose and mouth
7. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow.
8. No touching of the ball, cones and equipment with your hands or heading the ball allowed.
9. No touching will be permitted of other participants, the staff, or equipment.
10. Personal Protective Equipment (gloves, mask) will be available to staff where risk of exposure is high (cannot maintain social distancing). Training will be given to staff on how to put masks and gloves on and off to avoid cross-contamination. PPE is not to be used as a substitute for more effective safety measures (distancing, hygiene).
11. No hand shaking, high fives allowed. No team huddles at the conclusion of the session.
12. No sitting on the benches allowed.
13. 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.

Registration

All programs run by BLFHC will be through online pre-registration (SportsEngine) and there will be no drop in programming allowed. All registrants currently registered for programs, will be sent detailed information about programming under Social Distance Training and COVID-19 Safety policies.

Participants will need to sign the participant attestation form (Appendix B)

Providing a Clean, Safe Environment

From the guidelines set by viaSport and FHBC, BLFHC created the following Return to Play & Safety Guide. We recommend all families carefully review the processes outlined 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 have to 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 BLFHC has implemented the following health and safety precautions in providing a clean and safe environment.

Equipment

- Equipment will be sanitized by the BLFHC 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.
- Goal nets are only to be moved by staff and volunteers, no participants.

Players

All parents/guardians of youth players must complete a [Participant attestation form \(Appendix B\)](#) before they will be permitted to participate in any BLFHC program or event. Failure to complete this Agreement will restrict players from participation in any BLFHC or BLFHC affiliated program or event.

Players are asked to use the [Pre-Session Player Checklist \(Appendix D\)](#) to remind themselves of the steps they must take to participate in BLFHC 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

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

Safety officers

In order to facilitate the safe operation of our activities, BLFHC will organize volunteers at each on-field session to function as safety officers.

Safety officers are asked to use the [Safety Officer Checklist \(Appendix F\)](#) to remind themselves of the steps they must take to participate in BLFHC programs before, during and after every session. This includes the requirement for a self assessment prior to attending any BLFHC program or event.

The lead safety officer, with assistance from an on-field safety officers, will:

1. Organize participants waiting in the holding area before a session to maintain physical distancing;
2. Conduct symptom screenings for participants before entering the field area;
3. Take attendance of all participants; record information in SportsEngine online registration system
4. Oversee on-field safety officers;
5. Sanitize high touch areas before and after each session (equipment will not be shared at our sessions);
6. Stock a supply of Personal Protective Equipment (gloves, masks) for emergency use;
7. Ensure physical distancing is maintained during the on-field activities;
8. Oversee the entire facility to ensure safety protocols are maintained.

First Aid

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

Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. A “case” is a single case of COVID-19. An “outbreak” is two or more cases.

If there is an outbreak, the following needs to happen:

Volunteers/Team officials report immediately to the staff onsite

Staff onsite need to report immediately to the Senior Technical Director or senior coach. Modification, Restriction, Postponement, Cancellation of Activities, if an outbreak is reported, will be assessed and decided upon by the Club President and the BLHC 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 City/District of North/West Vancouver 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.

If staff (including volunteers) or a participant reports they are ill/sick and are at the workplace/activity place, we will contact the City/District of North/West Vancouver 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

It is important to note that this document is not a legal document and is not a substitute for actual legislation or orders of the Provincial Health Office. Links to third party web sites are provided solely for convenience. Updates may be made as needed to this document and will be dated on the front page.

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.

This document contains links to third party web sites. Links are provided for convenience only and the BLFHC does not guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time.

Anyone choosing to participate in any BLFHC 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 BLFHC activities.

APPENDIX A

Illness Policy

This BLFHC policy is applicable to all BLFHC staff, volunteers, referees, members, players and each of their family members with respect to illness and attendance or participation in any sanctioned BLFHC activity or event. Noncompliance with the requirements of this policy may result in removal from the sanctioned activity and in situations of gross negligence, removal from the BLFHC membership and all sanctioned BLFHC activities and events.

Defined Terms

“Activity” shall be defined as BLFHC-sanctions activities (i.e. training session).

•“Facility” shall mean any BLFHC facility used for any Activity including but not limited to BLFHC and fields.

•“Team Member” is defined as any staff member, volunteer, participant, or family member of any of these.

IT IS MANDATORY FOR ALL TEAM MEMBERS TO INFORM A BLFHC OFFICIAL, TECHNICAL STAFF MEMBER OR COACH/MANAGER IMMEDIATELY IF, THEY FEEL ANY SYMPTOMS OF COVID-19 SUCH AS FEVER, CHILLS, COUGH, SHORTNESS OF BREATH, SORE THROAT AND PAINFUL SWALLOWING, STUFFY OR RUNNY NOSE, LOSS OF SENSE OF SMELL, HEADACHE, MUSCLE ACHES, FATIGUE AND LOSS OF APPETITE. Self-Assessment Requirement
Team Members must review the self-assessment signage located throughout the facility / park before their participation in any Activity to confirm that they are not feeling any COVID-19 symptoms.

Managers/coaches will visually monitor Team Members' health throughout the Activity.

If Team Members are unsure of any symptoms they may be aware of they should use the self-assessment tool [COVID-19 Self-Assessment Tool](#) to confirm their readiness to participate in the Activity.

If a Team Member is considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma) the BLFHC must be notified of this vulnerability and the Team Member is requested to seek written doctor's approval for participation in the Activity.

If a Team Member is feeling sick with COVID-19 symptoms, regardless of severity (i.e., even mild symptoms)

- They must remain at home.
- They should consider contacting Health Link BC at 8-1-1.
- They will be sent home immediately and unable to return until the symptoms clear completely.
- No Team Member may participate in any Activity if they are symptomatic.

If a Team Member tests positive for COVID-19

The Team Member will not be permitted to return to any Activity until they are completely recovered from COVID-19 and provide the BLFHC with a doctor's note confirming the same.

Any Team Member who has been in close contact with an infected Team Member will also be removed from all Activity for at least 14 days to ensure the infection does not spread further.

If a Team Member has been tested and is waiting for the results of a COVID-19 Test

As with any confirmed case, the Team Member will be unable to participate in any Activity until test results are received and a negative result is confirmed. Other Team Members who may have been exposed will be informed and removed from the Activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.

If a Team Member has come in to contact with someone who is confirmed to have COVID-19 or if someone in the Team Member's household is showing symptoms of COVID-19

Team Members must inform the BLFHC as soon as possible upon belief or confirmation they have been exposed to COVID-19. The Team Member will be removed from all Activity for at least 14 days or as otherwise directed by public health authorities.

Team Members who may have come into close contact with the Team Member will also be removed from all Activity for at least 14 days.

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

Team Member Quarantine Requirements

Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to participate in any Activity or be present at any Facility

Any Team Member who has travelled outside of Canada or the province within the last 14 days must quarantine and self-isolate.

Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.

Any Team Member who has been instructed by public health authorities to self-isolate.

References

PROVINCE OF BRITISH COLUMBIA

- B.C.'s Restart Plan
- BC COVID-19 Go-Forward Management Strategy
- B.C. Go Forward Strategy Checklist
- PHO Orders
- Fraser Health: <https://www.fraserhealth.ca/>

HEALTH RESOURCES

- COVID-19 (B.C.) Provincial Support: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/COVID-19-provincial-support>
- BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>
- Health Canada Handwashing Guidelines: <https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases-maladies/reduce-sp read-COVID-19-wash-your-hands/eng-handwashing.pdf>

SPORT AND RECREATION RESOURCES

- Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>
- BC Soccer Return to Play: <https://bcsoccer.net/return-to-play-information>

APPENDIX B

COVID-19 Participation Attestation Form

I attest that I am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If I develop these symptoms, I agree that I will leave the premises immediately and immediately inform the Club manager and/or the Club administrator.

I am aware that I must follow the safety and hygiene protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and Burnaby Lake Field Hockey Club.

I attest that:

- I have not travelled internationally in the past fourteen (14) days.
- I have not travelled outside the Province of British Columbia in the last fourteen (14) days.
- I have not travelled to an area highly impacted by COVID-19 within my Province in the past fourteen (14) days.
- I have not and do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- I have not been diagnosed with COVID-19

OR

- I have been diagnosed with COVID-19 and been cleared as non-contagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that I will follow recommended guidelines, laws and protocols of British Columbia, the BC Public Health Agency, Field Hockey BC, and Burnaby Lake Field Hockey Club in order to reduce the spread of COVID-19.

I acknowledge that the foregoing statements are true.

Date of Activity Session: _____

Adult Participant: Printed Name : _____

Date of Birth: _____

Participant's Signature: _____ Date: _____

Organization: _____

PARENTAL ATTESTATION (if participant is under the age of 19)

Name of Participant: _____

Printed Name of Parent/Guardian: _____

Parent/Guardian Signature: _____ Date: _____

APPENDIX C

Coach/Manager Checklist

BEFORE SESSION

- Self-perform a symptom screening check before every BLFHC sanctioned activity and on request by BLFHC at any other time.
- Notify the BLFHC and stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the field hockey activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field.
- Change into your field hockey apparel at home (not at the field)
- Consider wearing a mask or gloves during sessions if you feel more comfortable wearing one.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.
- Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other

UPON ARRIVAL AT THE FIELD

- Always follow posted signs at the park.
- Check in with the BLFHC before every session. (SportsEngine).
- Check in all participants in your session at all sessions. (SportsEngine)
- If any participants display any symptoms of illness they must be sent home.
- Remind players of the requirements for safe distancing and equipment handling.
- Keep players to the area of the field under your control.
- Maintain physical distancing as required by health authorities.
- Avoid any physical contact with players.

- Do not shake hands or do fist bumps.
- Players are to avoid touching the ball and other equipment – let the coach handle the equipment.

AFTER SESSIONS

- Players are to leave the field as quickly as possible after each session.
- Wash your hands / use hand sanitizer after every session.
- Leave balls in the designated area and spray them with disinfectant cleaning solution leave them on the field after they are sprayed and take all other equipment to the cleaning station (i.e. cones) and spray them fully before returning to the field to pack up equipment and put in designated storage area or ready the equipment for the next group of players.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home.
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any BLFHC program until you have self- isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home. If you are unsure of any symptoms they may be aware of they should use the self-assessment tool COVID-19 Self-Assessment Tool to confirm their readiness to participate in the Activity. (<https://www.thrive.health/health-canada-self-assessment-tool>)

APPENDIX D

Player Pre-Training Checklist

BEFORE SESSION

- Wash your hands with disinfectant soap and water for at least 20 seconds before going to the field hockey activity.
- Bring your own water bottle and hand sanitizer and keep them in a personal bag/backpack in the area designated for you on the field. THESE MUST BE CLEARLY LABELLED WITH YOUR NAME.
- Clean your equipment, including your water bottle before you arrive
- Change into your field hockey apparel at home (not at the field) – arrive in your playing shoes
- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Consider wearing a mask or gloves while playing if you feel more comfortable wearing one.
- If you cough or sneeze, do so in a tissue or in your sleeve but not your hands.
- Avoid touching door handles, gates, benches, and all other objects where viruses could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched as quickly as possible.

DURING SESSIONS

- Arrive to the field in the manner identified on the field map
- No one is to arrive on the field prior to 10 minutes before the session. Participants that arrive early are to remain in their car until 10 minutes prior to the session.
- Follow posted signs at the park at all times.
- You must check in with your coach before every session.
- Place your water bottle and hand sanitizer /bag/backpack in the area designated for you on the field.
- Comply with all physical distancing measures and recommendations issued by the provincial government health authorities, including the arrival and departure of players.
- Listen to your coach and keep to the area of the field the coach has instructed you to be in.

DURING SESSIONS CONTINUED

- As much as possible, keep a 2-meter distance with other players.
- Avoid physical contact with other players.
- Do not shake hands or do fist bumps, with other players.
- Avoid touching the ball and other equipment – let the coach handle the equipment.
- No sharing of personal equipment - water bottles, sticks gloves, shin pads, mouth-guard
or clothing

AFTER SESSIONS

- Leave the field as quickly as possible after you finish playing.
- Wash your hands / use hand sanitizer before leaving the field.

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any BLFHC program until you have self- isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home
- If you are unsure of any symptoms they may be aware of they should use the self-assessment tool COVID-19 Self-Assessment Tool to confirm their readiness to participate in the Activity. (<https://www.thrive.health/health-canada-self-assessment-tool>)

APPENDIX E

Head Coach Checklist		
1	On Site Prep Meeting	Conduct a on site planning meeting prior to arrival of athletes involving all coaches and safety officers that will be participating in the session.
2	Review Activity Plan	Review the activity plan against the approved permissions protocol for field hockey's phase one responsible return to play.
3	Designated Person	Assign a "Coach" or "Safety Officer" to be designated as first point of contact. This designated person is responsible for overall site management and for the tracking of attendance and 10-day minimum isolation period (as appropriate)
4	Secure Confined Spaces	Ensure all benches and TD areas are taped off as "No Entry" to avoid confined spaces.
5	Athlete Equipment Assignment	Ensure "Athlete Equipment" areas are set up and each athlete is assigned a spot, 2 meters or more from each other.

Head Coach Checklist		
6	Drill Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Distribution of Ball	Distribute balls – to appropriate stations using stick only.
8	Collection and cleaning Equipment	All balls, cones, and markers to be collected and put into a 5-gallon pail of soap and water or can be sprayed down with soap and water in a designated area. Let stand for 5 minutes before using again or packing up equipment. Use of gloves recommended.
9	Equipment Transportation	Recommend having a lid for pail when transporting equipment to training.
10	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on BOTH a mask and gloves.

Safety Officer Checklist

BEFORE SESSION

- Facility entry protocol - Safety Officers monitor participant arrival at facility and direct participants to the entry point of the designated field of play, all whilst maintaining social distancing requirements.
- Check if participants have brought COVID-19 Participation Attestation Form
- Social Distancing - Key function of a Safety Officer is to manage the facility and training environment so that athletes, coaches, and parents, all adhere to social distancing requirements.

DURING SESSIONS

- Wear identifiable safety officer pinnie - All Safety Officers must wear an identifiable pinnie at all times, in order they are easily recognized when arriving at facility and during the training session on the pitch.
- Monitor Distancing throughout Session - When all participants step onto the designated field of play, Safety Officers are to monitor the warm-up, drill activities, and water breaks, to ensure that social distancing is maintained.

AFTER SESSIONS

- Facility Exit Protocol - At the end of the session, Safety Officers are to monitor that all participants use the appropriate exit and maintain social spacing when leaving the turf and parking area

REMINDERS

- If you do not feel well or are displaying symptoms of COVID-19, you must stay home
- If you have traveled outside of Canada, you are not permitted at the facility or to participate in any BLFHC program until you have self- isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home
- If you are unsure of any symptoms they may be aware of they should use the self-assessment tool COVID-19 Self-Assessment Tool to confirm their readiness to participate in the Activity. (<https://www.thrive.health/health-canada-self-assessment-tool>)

APPENDIX G

Participation Agreement

All athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities ("Participants").

All Participants of **Burnaby Lake Field Hockey Club** agree to abide by the following points when entering Club facilities and/or participating in Club activities under the COVID-19 Response plan and Return to Play Protocol:

- I agree to symptom screening checks and will let my Club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to continue to follow social distancing protocols of staying at least 2m away from each other.
- I agree to bring my own equipment (water bottles, shin pads, sticks, mouth guards etc.) and not share them with others
- I agree to abide by all of the Club COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the Club for up to 14 days to help protect myself and other players.
- Acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my Club membership temporarily.
- I acknowledge that there are risks associated with entering Club facilities and/or participating in Club activities, and that the measures taken by the Club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date: _____

Name of Participant: _____

Signature of Parent: _____