

KWOH DRAGONS COVID 19 Safety Plan

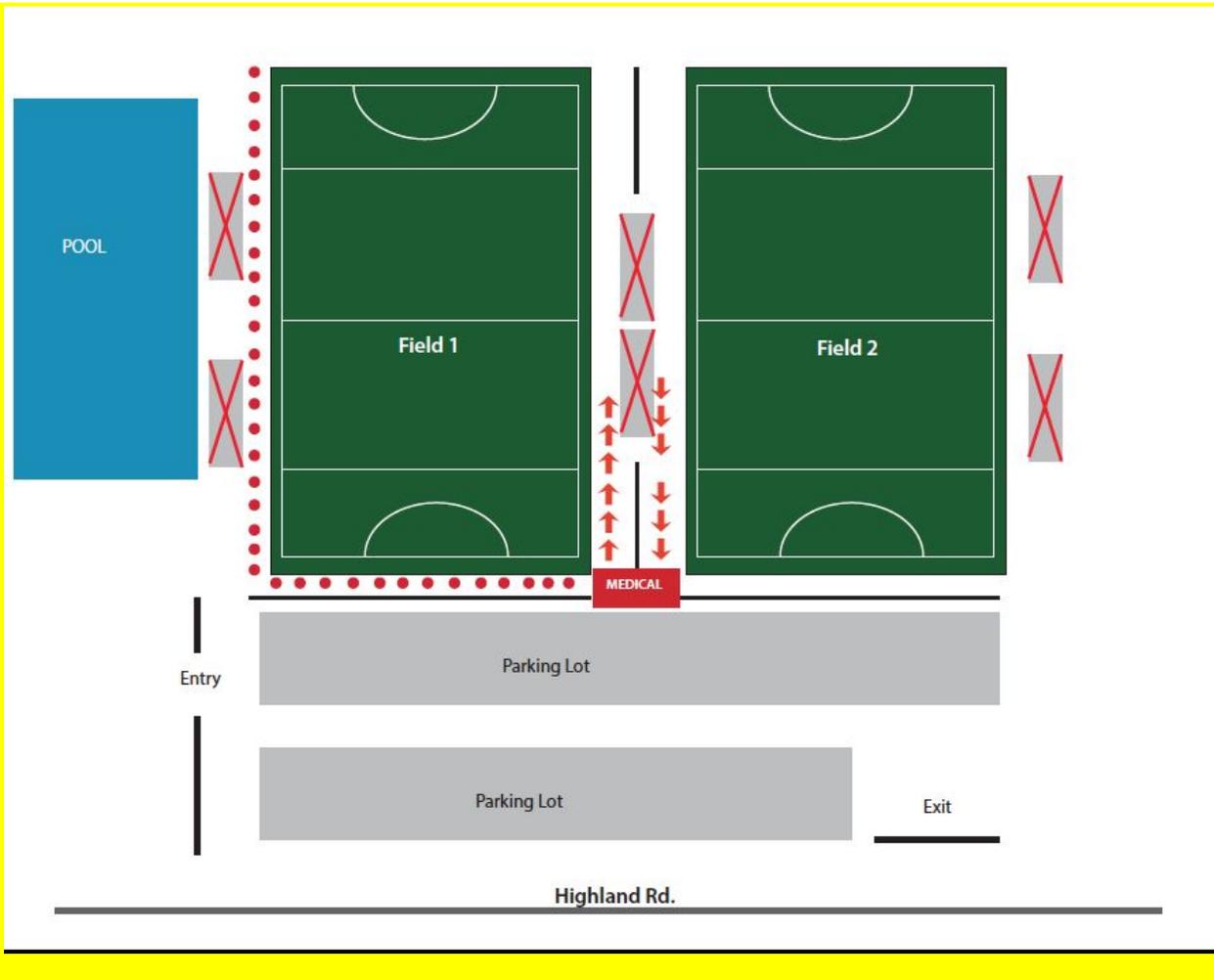
As we return to train the safety of our coaches, volunteers and players is very important to us. Anyone not following the KWOH COVID Safety Plan will be asked to leave the program. Region of Waterloo Public Health COVID-19 Protocols must be followed at all times. (i.e. keep 2m apart; wear a Face Mask/Shield in public places and facilities).

Do not come to training if you are feeling sick. Anyone showing or experiencing signs and or symptoms of COVID-19 will not be permitted to train or access the training environment. All participants must be screened before being permitted to enter the training venue.

GET IN, TRAIN, GET OUT

- Players are to arrive at the field no more than 10 minutes before their scheduled field time
- Players must arrive at the field ready to play with ALL equipment on (shin guards, socks, shoes/cleats etc.)
- Players must arrive at the check in table wearing a mask and may only remove the mask once on the pitch.
- Players are required to apply hand sanitizer (will be provided) at the check in table before proceeding to the pitch
- All participants are asked to practice proper hand hygiene and respiratory etiquette at all times.
- Players must place personal belongings at designated pylons which will be placed 2m apart.
 - Do not share water bottles. Bring your own water bottle from home. Label your water bottle and be aware of where it is. Keep it in your designated storage area
 - Avoid removing/adjusting your mouthguard unless you are in your designated “storage space”. Use hand-sanitizer before and after touching your mouthguard. Do not store your mouthguard in your sock, sports bra, pocket, or anywhere else on your body. It must be in your mouth. Store your mouthguard in a closed container.
- All participants are asked to only touch the balls with their sticks, please avoid picking up balls and pylons
- All players must bring their own stick and are asked not to share or exchange sticks. Coaches are asked to bring their own stick and cannot use a player’s stick to demonstrate a drill
- Players MUST maintain a minimum 2m social distance at all times between all participants when not directly engaged in a training drill/activity (including but not limited to screening, entering & exiting the pitch, waiting in line, drill explanations)
- Players are to leave the venue within 10 minutes after their scheduled field time, no lingering. Get in, Train, Get out
- Participants should continue self-monitoring for symptoms, practice physical distancing, and follow public health guidelines when off-site.

At this time we cannot allow any spectators at the venue. We ask that you please drop off and pick up only or remain in your vehicle



COVID-19 Education Resources

It is everyone's responsibility to ensure that they regularly check and familiarize themselves with the most up to date information contained in these resources. The following links provide helpful information for staff, coaches, players, parents, members and volunteers:

Ontario Public Health Public Resources:

<https://www.publichealthontario.ca/en/diseases-andconditions/infectious-diseases/respiratory-diseases/novelcoronavirus/public-resources>

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool: <https://covid-19.ontario.ca/self-assessment/>

Region of Waterloo COVID-19:

<https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.asp>

Region of Waterloo Public Health (519)575-4400

KWOH COVID PROTOCOL

These protocols are designed to ensure a healthy and safe environment for all participants. All members of KWOH are responsible for ensuring compliance with these protocols as well as following Waterloo Public Health guidelines at all times.

Participants who are experiencing symptoms (or have had close contact with someone who is experiencing symptoms) will not be permitted to attend training or access the venue. If a participant does begin to feel sick or develops/displays COVID-19 symptoms during the training activity, they are to be immediately isolated from the other participants and required to return home. They are to self-monitor, contact their healthcare provider, and seek testing for COVID-19. Other individuals that

were present at the training session who may have been exposed to COVID-19 are also to return home (staggered departures to avoid “traffic jam”) and self-isolate and self-monitor for 14 days. It is recommended that they also seek testing for COVID-19.

Recommendations for Participant Illness:

- For the foreseeable future, the presence of COVID-19 symptoms is to be presumed COVID-19 until it is ruled out with a negative COVID-19 PCR test.
- COVID-19 is most contagious in the first 3 days after symptom onset, but it is possible that it can be spread by an infected individual before symptoms appear (pre-symptomatic) and by individuals who do not show or experience any symptoms (asymptomatic). The time from exposure to onset of symptoms is usually 5 days, but can range from 2 to 14 days. Because of this, a conservative approach must be taken with any cases of potential exposure to COVID-19 to protect all affected individuals and their family members.

If Participant Does Not Clear Screening:

- The participant is NOT permitted to attend the training session or be at the venue.
- The participant is to remain at home (or return home immediately if already at the venue).
- Daily self-monitoring for symptoms. Individuals are encouraged to keep track of symptoms and temperature on a daily basis.
- Contact your healthcare provider (family doctor, Telehealth Ontario, walk-in clinic) for treatment options.
- Seek PCR testing for COVID-19 by accessing your local assessment centre. You may need to call ahead, depending on the assessment centre.
*It is recommended that any individual seeking PCR testing for COVID-19 obtain a second follow-up test several days after their initial test, to reduce the risk of the first test being a false negative (especially if the individual is symptomatic) *as per recommendation from Canadian Sport Institute- Ontario*
- If symptoms worsen (shortness of breath, chest pain, loss of consciousness, increased severity), call 911 and follow their instructions.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with physical distancing measures. DO NOT return to training if you are still experiencing any symptoms, even if they are mild. You will be rescreened upon arrival at the training venue.
- If you are still unwell after 14 days, contact your healthcare provider or TeleHealth Ontario.

If Participant Reports Symptoms @ Training Session:

1. The participant is to immediately remove themselves from training and report to the attending safety officer. The safety officer is to initiate isolation protocol and may need to don additional personal protective equipment (PPE) if not already doing so. PPE must be changed and disposed of properly after the affected individual leaves the venue.
2. If the participant has to wait for their ride, they must remain isolated from the rest of the group and return home, with minimal contact with other participants/individuals. Any equipment or space occupied by the participant must be cleaned after the participant leaves the venue.

3. If the participant drove themselves, they must return home immediately (if it is safe/possible for them to do so).
4. Participant is to self-isolate and self-monitor for a minimum of 14 days.
5. All other participants of that session are to be informed of possible exposure to COVID-19 and enter self-isolation for a 14-day period.
 - Daily self-monitoring for symptoms.
 - It is highly recommended that all individuals that were potentially exposed to COVID-19 also seek testing at a COVID-19 assessment centre. The time of when this test should be sought may depend on when potential exposure to COVID-19 occurred (consult your local assessment centre, healthcare professional).
6. Self-isolation may be discontinued if the initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
7. If the initial individual presents with a positive COVID-19 test result or testing is not sought, all affected individuals who were present at the training session and may have been exposed to COVID-19 must remain in self-isolation for 14 days. It is highly recommended that this also applies to anyone else in the household of these individuals, depending on their level of contact with other household members.
8. Participants may return to training if:
 - Initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
 - No fever is present without the use of fever-reducing medications
 - Resolution of respiratory symptoms
 - 14-day isolation periods passes with no new/worsening symptoms

If Participant Reports Symptoms Off-Site & Recently Attended Training Session

1. The participant is to report their situation to the appropriate club representative designated to oversee the club's COVID-19 Response Plan (coach, medical lead, safety officer, etc.).
2. The participant is to remain in self-isolation and self-monitor for a minimum of 14 days.
3. All other participants of that session that may have come into contact with the individual are to be informed of possible exposure to COVID-19 and enter self-isolation for a 14-day period. Individuals are reminded to self-monitor and track any symptoms.
 - Self-isolation may be discontinued if the initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician.
4. If initial individual presents with a positive COVID-19 test result or testing is not sought, all affected individuals who were present at the training session must remain in self-isolation for 14 days. It is highly recommended that this also applies to anyone else in the household of these individuals, depending on their level of contact with other household members.
 - It is highly recommended that all individuals that were potentially exposed to COVID-19 also seek testing at a COVID-19 assessment centre. The timing of when this test should be sought may depend on when potential exposure to COVID-19 occurred (consult your local assessment centre, healthcare professional).
5. Participants may return to training if:
 - The initial individual presents with a negative PCR test result for COVID-19 and medical clearance from a physician
 - No fever is present without the use of fever-reducing medications
 - Resolution of respiratory symptoms.
 - 14-day isolation periods passes with no new/worsening symptoms.

Returning to Training After Confirmed or Presumed COVID-19

- Participants may return to on-field training after completing their 14-day self-isolation and they have gone 72 hours without any symptoms and energy levels have returned to "normal".
- Participants will be rescreened before being permitted to return to on-field training.
- Athletes may resume low-intensity at-home training once their symptoms have completely resolved and their energy levels return back to normal. It is recommended to avoid any physical activity while experiencing symptoms to allow your body to have energy to fight the virus, and limit the spread of potentially infectious respiratory droplets in your home.
- If you are sick or experiencing symptoms, do not exercise outside. Remain indoors and maintain self-isolation and self-monitoring.
- Research is ongoing regarding recovery after COVID-19 and how this may impact athletes. More information will be provided as new research and updates are available.

KWOH Daily Health Screening:

In the last 14 days have you come into contact with anyone who has tested positive for COVID-19?

In the last 14 days have you been in close contact with a person who is currently sick with a new cough, fever and or difficulty breathing?

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

Have you been in close contact with someone who has traveled outside of Canada in the last 14d days?

Do you currently have any of the following symptoms (that are new and not related to seasonal allergies or pre-existing medical conditions)?

- Fever (temperature of 37.8 deg C or higher)
- Chills
- New or worsening cough
- Difficulty breathing, shortness of breath
- Sore throat
- Difficulty swallowing
- Runny Nose, sneezing or congestion
- Nausea/vomiting, diarrhea, abdominal pain
- Headaches
- Decrease of loss of sense of taste or smell
- Unexplained fatigue/malaise/muscle aches
- Loss of appetite
- Falling down often
- Pink eye (conjunctivitis)

