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Cumberland Panthers

# Return to Play Participation Guide



## Introduction

The Cumberland Panthers Football Club has received approval from the Ontario Football Alliance to run two modified programs this fall. There are a lot of extra measures and protocols that have been added to ensure the safety of our participants, volunteers and families.

This document will help detail the flow of steps and paperwork that each participant/volunteer must follow in order to step on the field.

Please note that a lot of personal information will be collected in order to comply with provincial, municipal regulations as well as those put forth by Football Canada and the Ontario Football Alliance. This information will be collected and stored by the Cumberland Panthers Football Club and will only be shared when required for health and safety reasons and will be done in accordance with guidelines.

## Participant Responsibilities

### Athletes

- 1) Be aware of and comply with all hygiene guidelines.
- 2) Complete COVID-19 assessment prior to each session.
- 3) Provide your association or league with notice if you have a positive test for COVID-19.

### Coaches

- 1) The role of the coach is to help athletes understand and learn the process.
- 2) Ensuring the participants understand the process and rules of this document and those within the Cumberland Panthers Return to Play Plans.
- 3) To communicate to participants the process of attending the facility and exiting as set out by the organization's plan.

### Spectators

- 1) Spectators at all sporting events will be subject to gathering limits and physical distancing measures, with assigned seating where possible.
- 2) Spectators will adhere to the Ontario Football Alliance and Football Canada's Codes of Conduct.
- 3) It is recommended that spectators should be minimized in attending practices or games and that clubs designate and assign seats where possible.

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## COVID-19 Safety Protocols for Players, Parents and Volunteers

The health and safety of our players, families and volunteers is our number one priority. The protocols will help ensure that we are able to stay engaged as football club this season. Our ability to continue our activities is dependent on 100% compliance in all areas from everyone. As such, the following protocols will be enacted:

### **Protocols common to all:**

- 1) All participants and coaches will be registered with the Ontario Football Alliance (OFA) **PRIOR** to stepping foot on the field. **There will be no exceptions made to this rule.**
- 2) Physical distancing rules must always be followed.
- 3) No person should come to a session if they have any symptoms of COVID-19, or if they have been exposed to anyone who has symptoms. A 14-day isolation period will be required before returning to the field.
- 4) Access to the field will be strictly limited. Only players, coaches and registered volunteers will be permitted access.
  - a) All shared equipment will be sanitized (cones, ladders, footballs) before and after each session.
  - b) Coaches and volunteers must wear a mask. Players are not required to wear a mask during the session.

### **Protocols for Players:**

- 1) **Players must arrive ON TIME**, in the 15-minute window before the start of their session.
- 2) Late arrivals will experience delays getting on the field and will miss all or part of the session, and inconvenience their teammates and coaches.
- 5) **Players must arrive READY TO PLAY / NO BAGS**. Players must be “ready to play” when they arrive – cleats (and girdle on), mouth guard in pocket, proper apparel for the weather (hat, sweater if needed), and water bottle in hand. No bags on the field. Bags must remain in your vehicle or at home.

### **MANDATORY CHECK IN:**

- 1) Players must check in at the *MANDATORY CHECK-IN STATION* (stations will be clearly labelled), sanitize their hands and head straight to the designated *ENTRY WAITING AREA* (see diagrams below).
- 2) Extra volunteers will be onsite to help with coordination for the first few sessions.
- 3) Players may not enter the field without checking in at the *MANDATORY CHECK-IN STATION*.
- 4) Players must have their own water bottle clearly labelled with their names. No sharing of water bottles will be allowed under any circumstances. Please note that there may not be a source of water at the field.
- 5) **NO LOITERING**.
- 6) At the end of the session, players must follow their coach to the designated *EXIT WAITING AREA* and sanitize their hands as they exit the field.

### **Protocols for Parents/Spectators:**

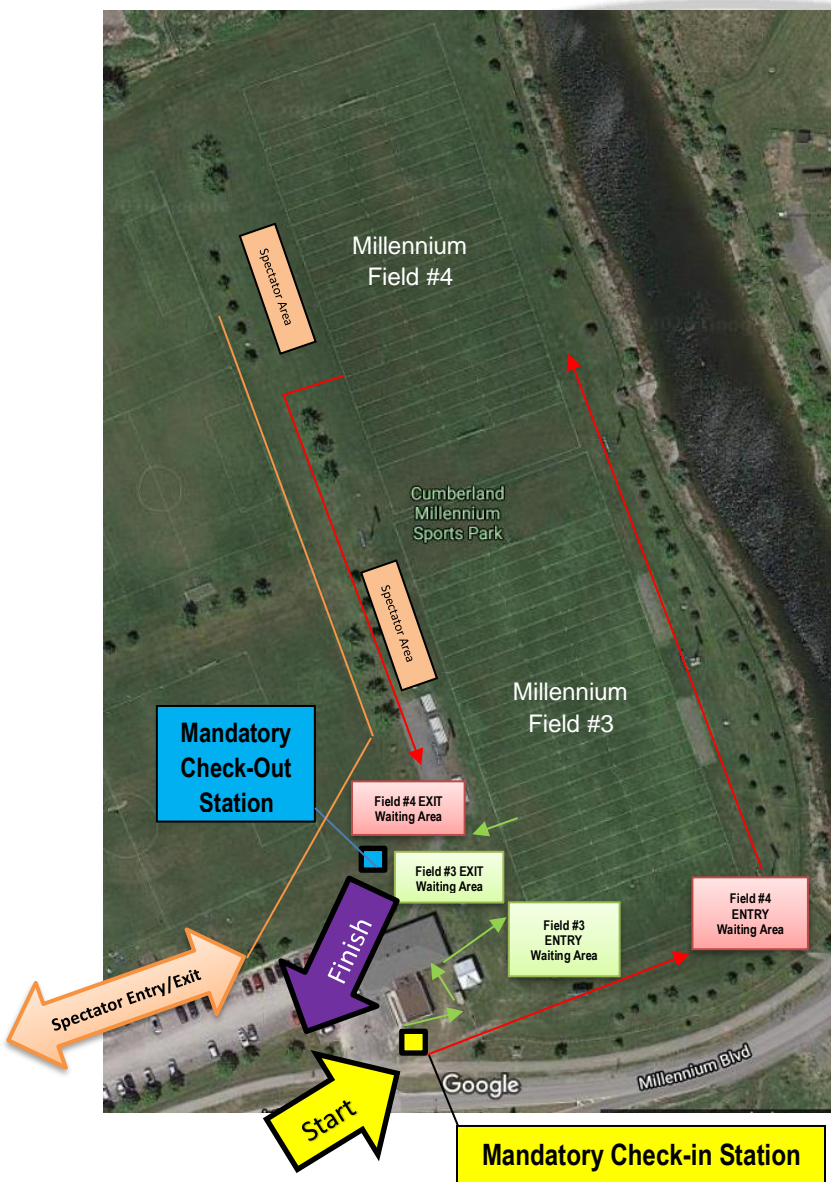
- 1) In order to allow for 2m physical distancing rules, we ask that only **ONE PARENT** per player attend sessions.
- 2) Parents may watch from the designated areas along the side of the field so long as the 2m physical distancing rule is respected (see the diagram below). Please note that no parents will be allowed on the bench side of the field on any field. **At Millennium, parents must remain off the bleachers.**
- 3) Parents must ensure their child arrives READY TO PLAY and ON TIME.
- 4) If you are unable to abide by these protocols, for the safety of everyone else, you will be removed from the programming until further notice.

## Plan for Entering and Exiting the Facilities - (Millennium #3 & #4)

The diagram below outlines the flow of program participants and volunteers for entering and exiting both Millennium Field #3 and Millennium Field #4.

Please note there are **MANDATORY CHECK-IN STATIONS** set up just South of the City of Ottawa bathroom facilities (noted in yellow below).

Our ability to continue our activities is dependent on 100% compliance in all areas from everyone. Please follow this plan as well as the *COVID-19 Safety Protocols for Players, Parents and Volunteers*.



**Access to the field will be strictly limited. Only players, coaches and registered volunteers will be permitted access.**

**You must provide a valid OFA# before stepping on the field. NO EXCEPTIONS.**

### Entering the field:

- Each participant (and parent/guardian) will arrive to the **MANDATORY CHECK-IN STATION**.
- Each participant will remain socially distant (2m) while waiting to check-in.
- Players will be directed to one of the waiting areas until their field is cleared from the previous cohort.

\*Players going to field #3 will go to the North side of the check-in station and players going to field #4 will go to the South side of the check-in station (follow the flow of diagram).

- Players will wait for their coaches to direct them to their designated field once it is clear.

### Exiting the field:

- Each player will wait for clearance from their coach before exiting the field.
- A coach will lead the players off the field in accordance with the diagram.
- Players will sanitize their hands at the **MANDATORY CHECK-OUT STATION**.
- Players will remain socially distant (2m) while awaiting their parent/guardian to pick them up.

**\*\*NO PLAYERS will intermingle with other players or volunteers outside of their cohort.**

Spectators will be subject to gathering limits and physical distancing measures (2m); they may sit in the designated areas (2m from the field).

Spectators will enter/exit the facility separately from the players/coaches/volunteers.

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## Plan for Entering and Exiting the Facilities - (*Millennium #8*)

The diagram below outlines the flow of program participants and volunteers for entering and exiting both Millennium Field #8.

Please note that there will be **MANDATORY CHECK-IN STATIONS** set up on the northwest corner of the field

Our ability to continue our activities is dependent on 100% compliance in all areas from everyone. Please follow this plan as well as the *COVID-19 Safety Protocols for Players, Parents and Volunteers*.



**Access to the field will be strictly limited. Only players, coaches and registered volunteers will be permitted access.**

**You must provide a valid OFA# before stepping on the field. NO EXCEPTIONS.**

### **Entering the field:**

- Each participant (and parent/guardian) will arrive to the *MANDATORY CHECK-IN STATION*.
- Each participant will remain socially distant (2m) while waiting to check-in.

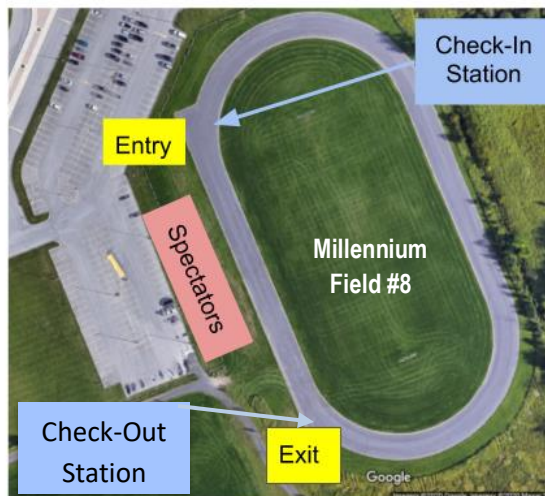
### **Exiting the field:**

- Each player will wait for clearance from their coach before exiting the field.
- Players will sanitize their hands at the *MANDATORY CHECK-OUT STATION*.
- Players will remain socially distant (2m) while awaiting their parent/guardian to pick them up.

**\*\*NO PLAYERS will intermingle with other players or volunteers outside of their cohort.**

Spectators will be subject to gathering limits and physical distancing measures (2m); they may sit in the designated areas (2m from the field).

Spectators will enter/exit the facility separately from the players/coaches/volunteers.



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## Step by Step Guide to Participation

### 1) Register with the Club

- a) On-line registration is preferred ([www.cumberlandpanthers.com](http://www.cumberlandpanthers.com))

### 2) Register with the Ontario Football Alliance (OFA#)

Participants (players, coaches and volunteers) must register **BEFORE** stepping on the field.

[www.ontariofootball.ca](http://www.ontariofootball.ca) **NO EXCEPTIONS will be made.**

- a) Once you receive the confirmation e-mail, please forward to: [cumberlandpanthersfootball@gmail.com](mailto:cumberlandpanthersfootball@gmail.com)

### 3) Complete the following waivers:

#### Players:

#### a) APPENDIX A – ATTENDANCE TRACKER

- Must be completed **BEFORE** arrival at the field
- Must be submitted ahead of **EACH** session

#### b) APPENDIX B – DECLARATION OF COMPLIANCE

- Must be completed **BEFORE** arrival at the first session
- Must be submitted at the **FIRST SESSION**

#### c) APPENDIX D – INFORMED CONSENT (two pages)

- Must be completed **BEFORE** arrival at the field
- Must be submitted ahead of **EACH** session

#### Coaches/Volunteers:

#### a) APPENDIX E – ATTENDANCE TRACKER

- Must be completed **BEFORE** arrival at the field
- Must be submitted ahead of **EACH** session

#### b) APPENDIX B – DECLARATION OF COMPLIANCE

- Must be completed **BEFORE** arrival at the first session
- Must be submitted at the **FIRST SESSION**

#### c) APPENDIX D – INFORMED CONSENT (two pages)

- Must be completed **BEFORE** arrival at the field
- Must be submitted ahead of **EACH** session

### 6) Arrive Ready to Play

- a) Players must be “ready to play” when they arrive – **cleats on** (and girdle on), mouth guard in pocket, proper apparel for the weather (hat, sweater if needed), and water bottle in hand.
- b) **No bags** on the field. Bags must remain in your vehicle or at home.
- c) **Waivers** completed, signed and ready to be submitted.
- d) **CHECK-IN** at designated **CHECK-IN STATION** (see map).
  - i) Players will submit their waivers and forms.
  - ii) **Players will sanitize their hands prior stepping on the field.**
  - iii) Players will be directed to their designated waiting area/field.
  - iv) Spectators will be directed to the designated area.

### 7) Exiting the Facilities

- a) Players will be directed to the designated **CHECK-OUT STATION**.
- b) **Players will sanitize their hands prior stepping off the field.**
- c) Players will wait with their cohort in the designated **WAITING AREA** for their parent/guardian to pick them up.

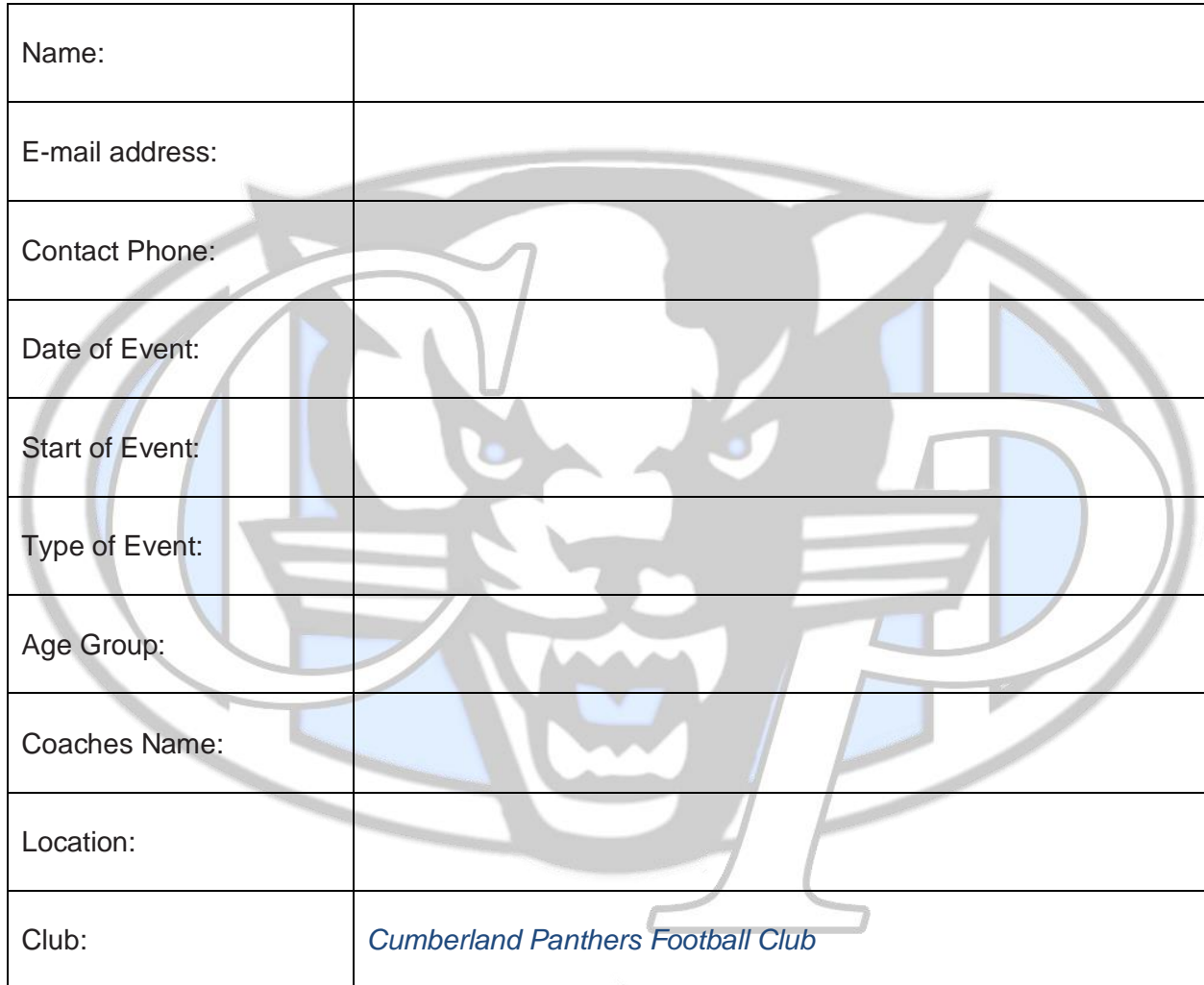
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## APPENDIX A – ATTENDANCE TRACKER

### Player Attendance Check-in

Must be complete before each event by Parent/Guardian

Name:	
E-mail address:	
Contact Phone:	
Date of Event:	
Start of Event:	
Type of Event:	
Age Group:	
Coaches Name:	
Location:	
Club:	<i>Cumberland Panthers Football Club</i>

A large, semi-transparent watermark of the Cumberland Panthers Football Club logo is centered over the form. The logo features a stylized panther's head with sharp teeth and eyes, set against a circular background with a grid pattern.

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## APPENDIX B – DECLARATION OF COMPLIANCE

### Ontario Football Alliance Declaration of Compliance – COVID-19

#### ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

Ontario Football Alliance and its affiliated leagues, and clubs (collectively the “Organization”) require the disclosure of exposure or illness is in order to safeguard the health and safety of all participants and limit the further spread 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, being the individual named below and the individual’s parent/guardian (if the individual is younger than 18 years old), by submitting this form, hereby acknowledge and agree to the terms outlined in this document.

<b>Participants Name:</b>	
<b>Parent/Guardian’s Full Name:</b>	
<b>E-mail address:</b>	
<b>Club:</b>	<i>Cumberland Panthers Football Club</i>

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## APPENDIX C - COVID-19 SCREENING TRACKING SHEET

### ONTARIO FOOTBALL COVID-19 SCREENING TRACKING FORM

Date	Time In	First Name	Last Name	Telephone

<b>Location:</b>	
<b>Safe Sport Officer:</b>	<i>Rob McCallan</i>
<b>Club/Association:</b>	<i>Cumberland Panthers Football Club</i>



## APPENDIX D – INFORMED CONSENT

### COVID-19 RISK INFORMED CONSENT (page 1 of 2)

To be complete by the athlete with a parent, if the athlete is under 18 years of age to be completed by the first aider/athletic therapist.

<b>Participants Name:</b>	
<b>Club:</b>	<i>Cumberland Panthers Football Club</i>
<b>Age Group:</b>	

		Yes	No
1	Did you have close contact with anyone with acute respiratory illness or travelled outside of Canada in the past 14 days?		
2	Do you have a confirmed case of COVID-19 or have had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?		
3	Do you have any of the following symptoms?		
	• New onset of cough		
	• Worsening chronic cough		
	• Shortness of breath		
	• Difficulty breathing		
	• Sore throat		
	• Difficulty Swallowing		
	• Decrease of loss of sense of taste or smell		
	• Chills		
	• Headaches		
	• Unexplained fatigue/malaise/muscle aches (myalgias)		
	• Nausea/vomiting, diarrhea, abdominal pain		
	• Pink eye (conjunctivitis)		
	• Runny nose/nasal congestion without other known cause		
		<b>Player's Initials</b>	<b>Parent's Initials</b>
4	<b>If you answered “yes” to any of these questions, you should:</b> <ul style="list-style-type: none"> <li>• not attend the practice/game;</li> <li>• self-isolate for at least 14 days;</li> <li>• complete the Ontario Government’s self-assessment; and</li> <li>• contact your family physician, local medical officer of health or Telehealth Ontario.</li> </ul>		

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## APPENDIX D – INFORMED CONSENT

### COVID-19 RISK INFORMED CONSENT (*continued; page 2 of 2*)

I \_\_\_\_\_ (Athlete) understand that I am practicing or playing in an activity sponsored by the [Cumberland Panthers Football Club](#) (Club/Association).

We are currently permitting those athletes to participate in this activity. This waiver form must be signed and returned to [Cumberland Panthers Football Club](#) (Club/Association) with an acknowledgement from [Cumberland Panthers Football Club](#) (Club/Association) before any use of the facilities is made.

Individuals who have travelled outside of Canada within the previous 14 days or who are sick or who have been in contact with someone who is suspected of having Covid-19 must not use the facilities or participate.

This access may be withdrawn at any time based on health agency recommendations.

I, \_\_\_\_\_ (Parent/Guardian) give permission for my child to participate in the \_\_\_\_\_ (Event) at \_\_\_\_\_ sports facilities on \_\_\_\_\_ (Date).

I am aware that my child will be using the facilities at his/her own risk and I will ensure that my child and I will use hand sanitizer upon arrival and departure. I confirm that my child has not travelled outside of Canada for the past 14 days and has not been in contact with anyone who is suspected of having COVID-19.

I will sign in upon my arrival with the First Aider/Athletic Therapist before each event. If I am a minor, my parent/guardian will be acknowledging on my behalf.

SIGNED: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

DATED: \_\_\_\_\_

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## APPENDIX E – STAFF ATTENDANCE CHECK-IN

### Staff Attendance Tracker

Must be complete before each event.

Staff are coaches, managers, athletic trainers, refs and all volunteers.

Name:	
E-mail address:	
Contact Phone:	
Date of Event:	
Start of Event:	
Type of Event:	
Age Group:	
Coaches Name:	
Location:	
Club:	<i>Cumberland Panthers Football Club</i>

