



A holistic Return to Play plan

Risk Mitigation: Provincial level
Risk Management: Club policy, process & plan

(JUNE 2021)



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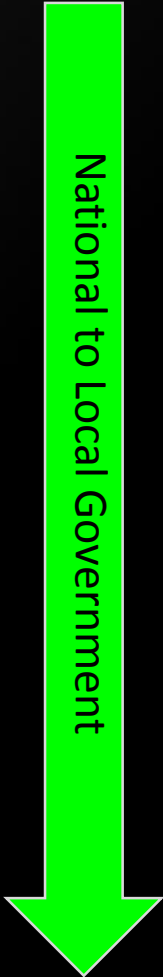

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RISK MITIGATION



CANADA SOCCER
RETURN TO SOCCER GUIDELINES

1	Federal stay-at-home order eased
2	Provincial or territorial restrictions eased
3	Municipal field and facility usage restrictions eased
4	Provincial or territorial member association Return to Soccer Plan approved
5	Return to Soccer Assessment Tool completed



Government of Canada Gouvernement du Canada

Canada



Return to Play

PROTECTION STRATEGY FOR THE RESUMPTION OF SOCCER ACTIVITY AT PICKERING FC

Includes the following:

1. POLICY
2. PROCEDURES
3. PLAN
4. COMMUNICATION





PFC Pandemic Policy

- Created for Club and Member protection
- Board approved
- Nationally-Provincially aligned
- Publicly shared



In addition to the **PFC Pandemic Policy** and specific to the COVID19 coronavirus players (or parents of players Under 18) **are required to confirm prior to each session and/or game** that none of these symptoms are present.

PFC Pandemic Policy

Are you currently experiencing any of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius or higher)
- Cough that's new or worsening(continuous, more than usual)
- Barking cough, making a whistling noise when breathing(croup)
- Shortness of breath(out of breath, unable to breathe deeply)
- Sore throat or difficulty swallowing
- Runny nose(not related to seasonal allergies or other known causes or conditions)
- Stuffy or congested nose(not related to seasonal allergies or other known causes or conditions)
- Lost sense of taste or smell
- Pink eye(conjunctivitis)
- Headache that's unusual or long lasting
- Digestive issues(nausea/vomiting, diarrhea, stomach pain)
- Chills
- Muscle aches
- Extreme tiredness that is unusual(fatigue, lack of energy)
- Falling down often
- For young children and infants: sluggishness or lack of appetite.



PFC Pandemic Policy

In addition, participants must answer 'No' to these additional questions in order to participate.

Are you in any of these at-risk groups?

- 70 years old or older
- Getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
- Have a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, other autoimmune disorder)
- Have a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition)
- Regularly going to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment)

In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

Close physical contact means:

- being less than 2 metres away in the same room, workspace, or area for over 15 minutes
- living in the same home

In the last 14 days, have you been in close physical contact with a person who either:

- is currently sick with a new cough, fever, or difficulty breathing or
- returned from outside of Canada in the last 2 weeks?

• Have you travelled outside of Canada in the last 14 days?



Return to Play

**PROCEDURES for
Competitive and High
Performance Players**



Before starting soccer activity

1. Do I currently have any of the symptoms of acute respiratory disease (including cough, sore throat or shortness of breath) OR fever over 38 degrees OR sudden loss of smell or taste?

YES ↓

Don't start training.

Follow instructions of local health authorities.

NO → Next Question

2. Do I currently have COVID-19 or did I have it in the past 2 months to my knowledge?

YES ↓

Don't start training.

Ask doctor if/when you can start.

NO → Next Question

3. Do I have a history of cardiac problems or other pre-existing health conditions?

YES ↓

Don't start training.

Ask doctor if/when you can start.

NO → Next Question

4. Do I have an INJURY?

YES →

Don't start training.

Ask doctor if/when you can start.

NO →

You can start training. (See Stage 1)



STAGE 1 - Minimum 21 days

June 14 to July 5, 2021

PREMISE	GENERAL PRACTICE	SPECIFIC ACTIVITY	NOTES
<p>Club Restrictions</p> <p>Complete Sports Engine Questionnaire before training</p> <p>Government Restrictions:</p> <p>Max: 10 people</p> <p>Coaches ages considered</p> <p>Attendance:</p> <p>No parents at training sessions: Player Drop off - Pick Up Only</p> <p>Social Distancing</p> <p>Min: 2m</p> <p>Balls & Equipment</p> <p>Follow directives of Government...leave bags in car, individual hydration and sanitization necessary</p>	<p>Individualised training in groups of 10 (includes coach). No contact, No Games. Keep distance of min 2m and 10m when running behind another athlete.</p> <p>Training groups are always the same 10 people to avoid cross contamination.</p> <p>Intensity and duration of the training sessions must be moderated. Max 1hr less than 80% of Max. cardiac frequency</p>	<p>Global physical preparation. Strength, Plyometrics, Aerobic conditioning, Stretching, Neuromuscular.</p> <p>Technical work, Individual Skills (dribbling, juggling), Tactical Work, Individual Striking of the ball.</p> <p>Activities involving these skills, no passing, scrimmages or games. Every player with own ball.</p>	<p>If any player from the group of 10 is diagnosed with COVID-19 the entire group must enter self-isolation until symptom free for 14 days.</p> <p>Coaches to wear PPE.</p> <p>Players to wear masks while on bench.</p>



STAGE 2 - Minimum 21 days

July 5 to July 26, 2021

PREMISE

Club Restrictions

Complete Sports Engine
Questionnaire before training

Government Restrictions:

Max: 8 People

Coaches ages considered

Attendance:

No parents at training sessions:
Player Drop off - Pick Up Only

Social Distancing

Min: 2m

Balls & Equipment

Follow directives of
Government...leave bags in car,
individual hydration and
sanitization necessary

GENERAL PRACTICE

Larger group training
sessions. No contact, No
Games. Keep a distance of
Min 2m between
individuals. Keep a distance
of 10m when running
behind another athlete

Training groups are always
the same 8 people (no
mixing) to avoid cross
contagion.

Intensity and duration of the
training sessions must be
moderated. Max 1hr less
than 80% of Max. cardiac
frequency

SPECIFIC ACTIVITY

When federal directives
allow manipulation of soccer
balls from one player to
another.

Strength & Conditioning,
Plyometrics, Aerobic
conditioning, passing,
drilling the ball short and
range.

Technical work, Individual
Skills (dribbling, juggling),
Tactical Work, Individual
Striking of the ball. +
Unopposed Pattern
Modality for backline,
midfield and forward play.

NOTES

If any 2 players from the
group of 8 is diagnosed with
COVID-19 the entire group
must return to self-isolation
until symptom free for 14
days.

Coaches to wear PPE

Players to wear masks
during training

TO BE DETERMINED



STAGE 3 - Minimum 21 days

July 26 to August 16, 2021

PREMISE	GENERAL PRACTICE	SPECIFIC ACTIVITY	NOTES
Club Restrictions Complete Sports Engine Questionnaire before training	Whole team training sessions. Light contact, No Games. Keep a distance of Min 2m between individuals. Keep a distance of 10m when running behind another athlete	Strength & Conditioning, Plyometrics, Aerobic conditioning, Passing, Striking the ball short and range.	If 3 people are diagnosed with COVID-19 the entire group must return to self-isolation until symptom free for 14 days.
Government Restrictions Max: 30+ People Coaches ages considered	Intensity and duration of the training sessions must be moderated. Max 1hr less than 80% of Max. cardiac frequency	Small & large unit play with light on site in: ✓ Functional Modality ✓ Squad Modality ✓ Wave Modality ✓ Small-Sided Modality	Coaches to wear PPE Players to wear masks on the sidelines
Attendance: No parents at training sessions: Player Drop off - Pick Up Only			
Social Distancing Min: 2m			
Balls & Equipment Follow directives of Government...leave bags 2m apart, individual hydration and sanitization necessary.			



PHASE 4 - Minimum 3 Weeks

July 20 to August 10, 2020

PREMISE	GENERAL PRACTICE	SPECIFIC ACTIVITY	NOTES
<p>Club Restrictions</p> <p>Complete Sports Engine Questionnaire before training</p> <p>Government Restrictions</p> <p>Max: 50 People</p> <p>Coaches ages considered</p> <p>Attendance:</p> <p>No parents at training sessions: Player Drop off - Pick Up Only</p> <p>Social Distancing</p> <p>Min: 2m</p> <p>Balls & Equipment</p> <p>Follow directives of Government, leave bags 2m apart, individual hydration, sanitization necessary.</p>	<p>Whole team training sessions. Full contact, Preparation for games.</p>	<p>Full-Team Training without restrictions match preparation. Playing Games</p> <p>Small & large unit play with full opposition contact in:</p> <ul style="list-style-type: none">✓ Small-Sided Modality✓ Phase of Play Modality✓ 11vs11 Modality✓ Set Plays	<p>If 3 people are diagnosed with COVID-19 the entire group must return to self-isolation until symptom free for 14 days.</p> <p>Coaches to wear PPE</p> <p>Players to wear masks on the sidelines</p> <p>Social distancing on the bench</p>



PHASE 5 - Minimum 3 Weeks

August 10, 2020

PREMISE	GENERAL PRACTICE	SPECIFIC ACTIVITY	NOTES
Club Restrictions Complete Sports Engine Questionnaire before training	Whole team training sessions. Full contact, Preparation for games.	Full-Team Training without restrictions match preparation. Playing Games	If 3 people are diagnosed with COVID-19 the entire group must return to self-isolation until symptom free for 14 days.
Government Restrictions Max: 50 People Coaches ages considered		Small & large unit play with full opposition contact in: ✓ Small-Sided Modality ✓ Phase of Play Modality ✓ 11vs11 Modality ✓ Set Plays	Bench Protocols in effect Wipe Down bench pre & post competition Limit bench personnel Small Group feedbacks by staff
Attendance: No parents at training sessions: Player Drop off - Pick Up Only			Coaches wear PPE (gloves, masks etc.) Players wear masks on the bench
Social Distancing Min: 2m Required			Alternate Jerseys vs. Pinnies on sidelines
Balls & Equipment Wash all Pinnies after each use & clean all balls, leave bags 2m apart, individual hydration & sanitization necessary.			

Self Assessment

Every Player, Every Day:

Do I have any of these Symptoms of acute respiratory disease (including Cough, sore throat, shortness of breath)

OR Fever over 38 degrees

OR sudden loss of smell or taste

OR been diagnosed with COVID-19?

IF YES:

Do not go to training/competition.
Follow the advice of local health authorities and inform the Club.

Transportation

Players should walk, bike or use private transport whenever possible. If public transport is needed, peak times should be avoided whenever possible. Use of mask is mandatory.

Ride share would only be allowed if players are in the same group for training.

Hygiene

No handshakes or High fives.

Players must come already changed for training and leave there equipment bags in their cars.
(shoes/water bottle)

Each family is required to have a home return plan in effect including immediate showers and laundry protocol on return.

Players must wash or sanitize hands before and after every session, avoid touching their faces and cough or sneeze into their elbow.

Bench Protocol

PPE for any medical support personnel.
Safe disposal of personal items

Limit bench personnel

Small Group feedbacks by staff

Coaches to wear PPE (gloves, masks etc..)

Alternate Jerseys vs. Pinnies on sidelines

Tracking Presence

At each training/competition session, the team must keep track of the attendance.

Emergency contact details must be immediately available both telephone and email.

If there is any need to contact individuals it must be done both verbally and written form.

Player Safety

As always player safety must remain at the Center of each activity, in training and in competition.

Infrastructure

PFC must work with their local municipalities to ensure their infrastructure is adequately adapted to the requirements of the governing bodies rules in each Phase of Return to Training and Return to Play.

NO Changeroom use in Stage 1

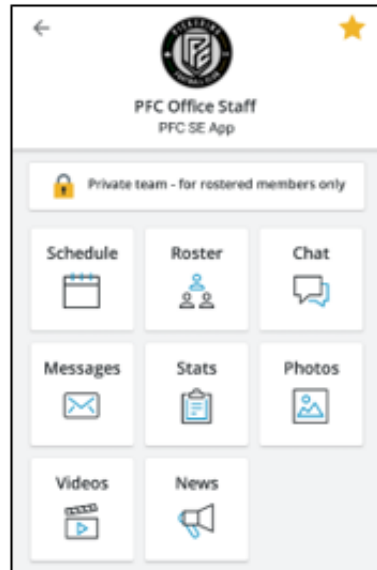
Social Distancing mandatory at games for parents and spectators. Expanded viewing areas.



MANDATORY
Pre –participation
check –in.



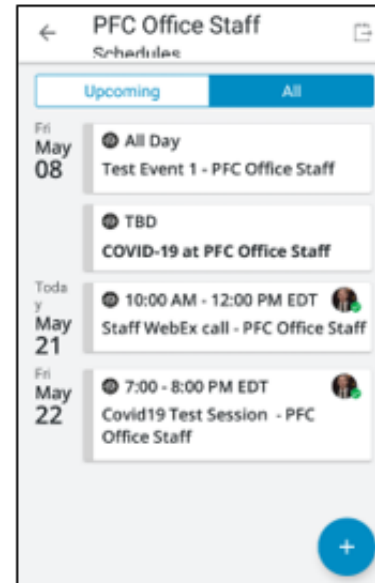
Sports Engine Process



From the Sports Engine app your Team will be visible.

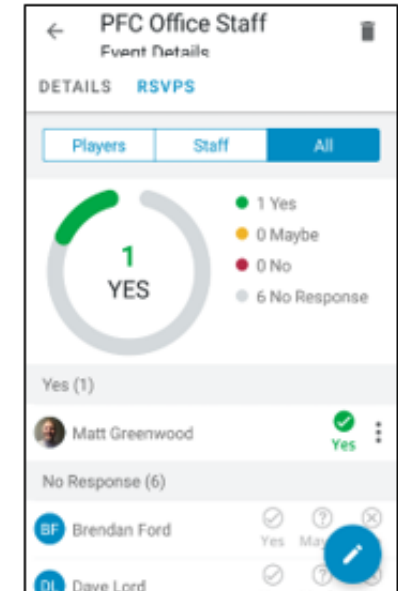
In this example the Team is PFC Office Staff.

Click on the 'Schedule' icon.



Under the Schedule you will now see each training session, game and team meeting scheduled for the team.

Select the dates you want to confirm.



In this example an employee has confirmed 'Yes' to attending the event on May 22nd.

Your team MUST all complete this before attending a session.

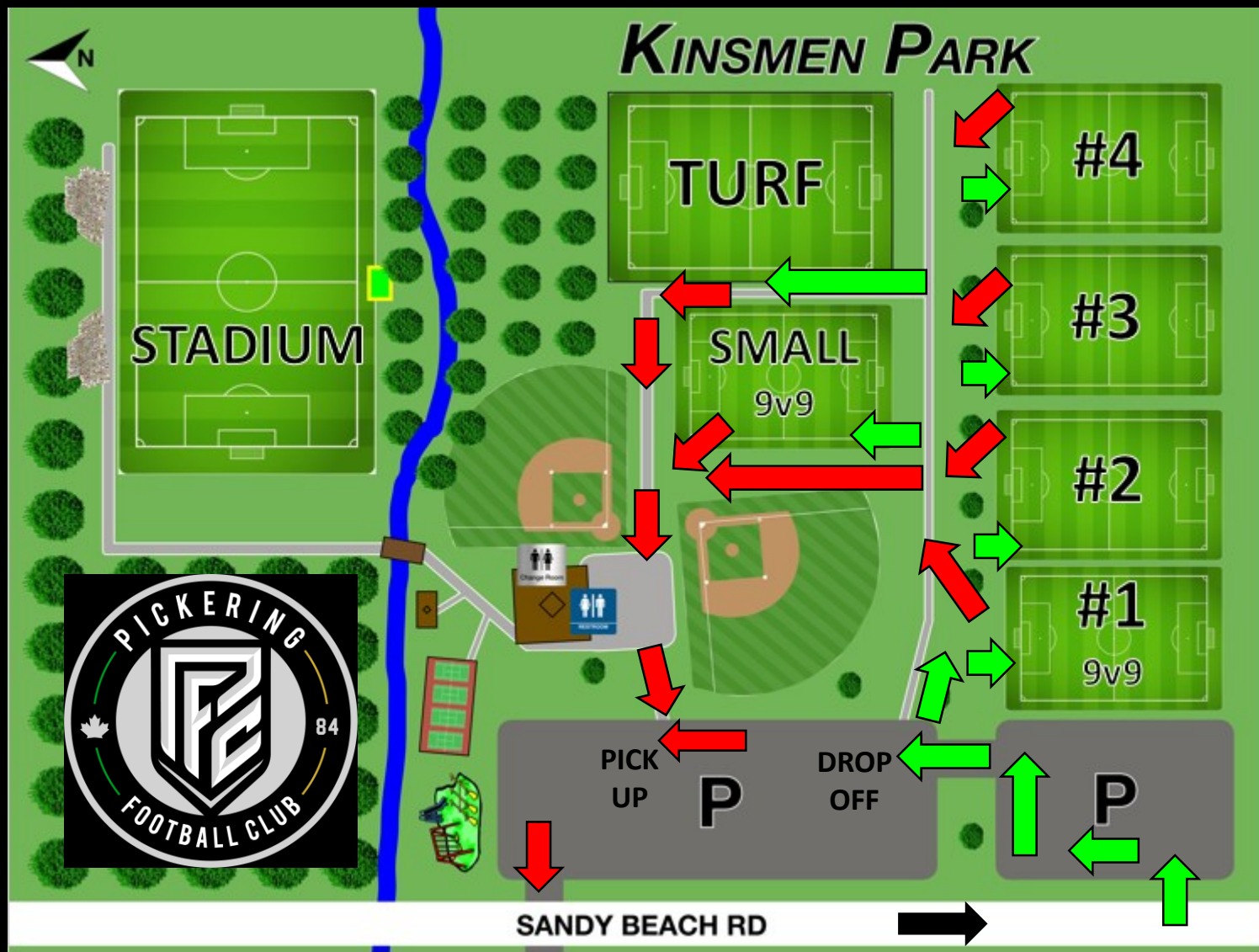


Sports Engine Process

1. Download the app
2. Find your Team Roster
3. Review the symptoms and risks related to COVID19
4. Check 'Yes' to confirm your child is symptom free and safe to train or
5. Check 'No' if your child has symptoms or been in contact with someone diagnosed with COVID19 or have been out of the country in the past 14 days
6. Let the Club know that your child has symptoms and follow PHU guidance.



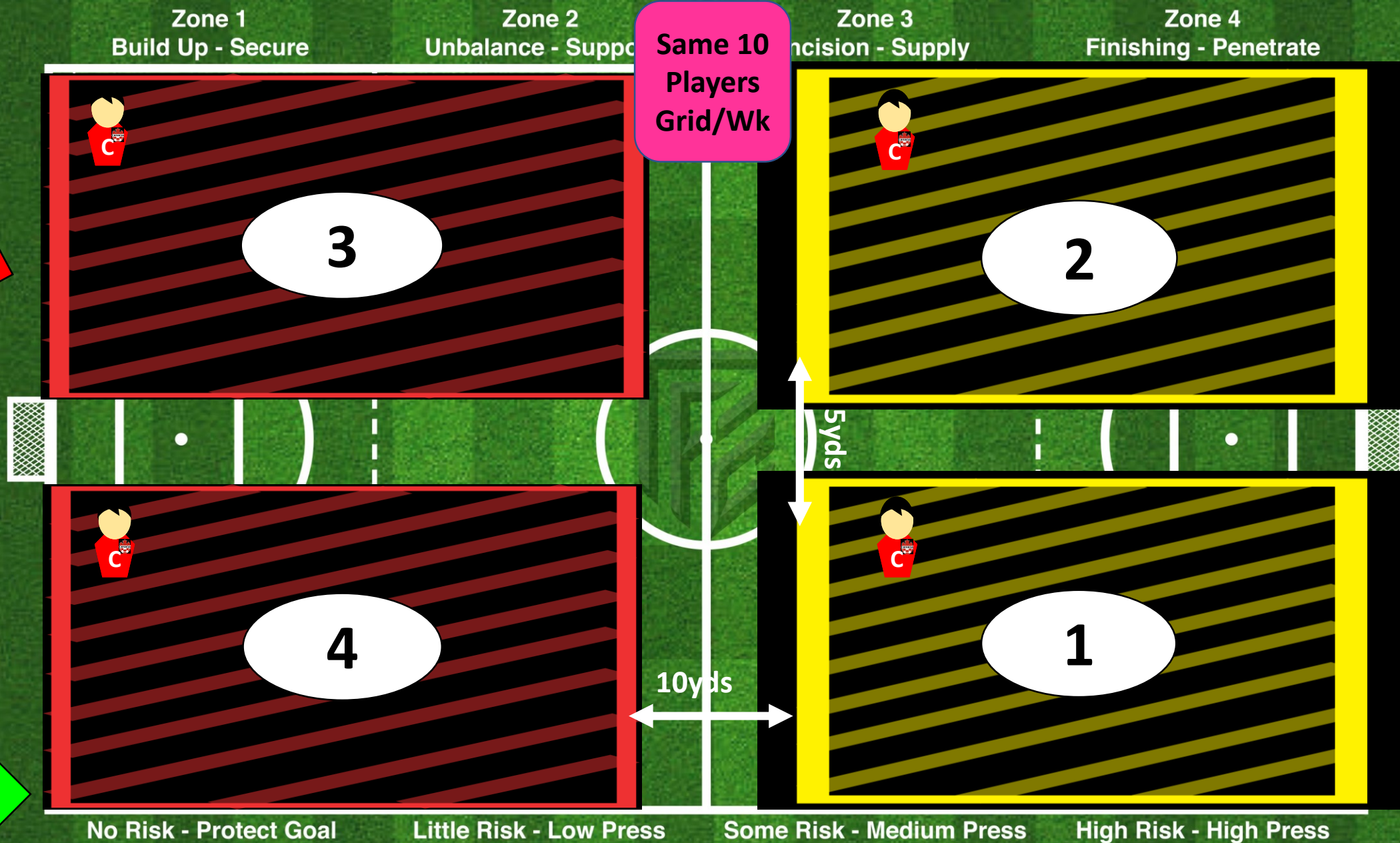
FIELD & FACILITY PROTOCOLS



Entrance & Exit: Return to Train STAGE 1



EXIT TO
PATHWAY





COMMUNICATION



General Communication Channels

• STAFF

- Dir. of Soccer Operations:
 - Ongoing team updates
 - H. Coaches online meeting prior to return.
- Club Staff at field for each session.

• TEAM

- Head Coach communication to players & parents throughout the return.
- MANDATORY Sports Engine confirmation of player health prior to each session.

• EMAIL

- Weekly updates in Club Newsletter Update (Fridays)
- Program specific direct email when required.

• SOCIAL

- Daily updates as the RTP progresses on Facebook, Twitter, TikTok and Instagram platforms.

Emergency Response Plan

- This COVID-19 Emergency Response Plan serves as a mandatory risk management tool to allow for the proper environmental assessment and care of our participants on and off the field of play who may have been tested positive for COVID-19.
- During the current pandemic, the luxury of time to respond as soccer leaders is not available. Management of a breach within the Club must be dealt with quickly and efficiently if we have a clearly defined COVID-19 Emergency Response Plan. Whenever it is practical or appropriate, the emergency response plan should be prepared in alignment with local health authorities and other trained health care personnel associated within the Club. As part of the plan, we assign key roles to people within the organization.
- The underlining objective of this plan is to address someone testing positive within the Club and to ensure that the virus does not spread any further and that the infected person(s) is removed and receives immediate care from health professionals.
- One key leader (ERP Lead) should be identified who oversees and leads the Emergency Response Plan and has thorough knowledge of the protocols that need to be enacted. The ERP Lead should also be someone with direct access to your organization's leadership group (PFC Board of Directors) to ensure top-down management of the plan. Secondly, it is imperative that records of plan execution and management is maintained on file. This ensures factual record keeping should reporting be required.

The main body of this COVID-19 Emergency Response Plan is organized in three sections, which outline the key roles and responsibilities of the Club in each of the three (3) pandemic phases;

1. Pre-pandemic Phase:

This is the critical stage for COVID-19 pandemic preparedness. The pre-pandemic phase is NOW, and planning efforts need to focus on Club the education of our members (i.e., volunteers, staff, coaches, parents, players, match officials) on Ontario Soccer and Canada Soccer's Return to Play Plan and Protocols. Please note that the Return to Play Protocols comply with the Province of Ontario emergency orders and health authority directives. In addition, coordination with our Pickering Soccer Centre and City of Pickering fields is included due to additional plans & procedures.

2. Positive Test Phase:

Confirmation of a COVID-19 positive test within the Club will declare when it is time to activate our COVID-19 Action Plan. During this phase, the key goals will be to prevent further infections within the Club and minimize program disruption. This phase remains active until the infected party has been isolated and under the control of professional health authorities and there is no further threat to the health and safety of the Club

3. Post-pandemic Phase:

The post-pandemic period begins when the Provincial Health Officer declares that the COVID-19 pandemic is over. The primary focus of work at this time is to restore normal services, deactivate pandemic response activities, review the impact, and use the lessons learned to guide future emergency response planning.

1.	PRE-PANDEMIC ACTIVITIES	Responsibility
	Planning and Coordination <ul style="list-style-type: none"> a. Determine COVID-19 Emergency Response Plan (ERP) lead for soccer organization. b. Create Emergency Response Plan for COVID-19 and/or future pandemic influenza plan. c. Complete Canada Soccer/Ontario Soccer’s Risk Assessment On-line. d. Incorporate Canada Soccer/Ontario Soccer’s Return to Play protocols. e. Educate all internal organizational leaders of ERP Procedures Manual. f. Written communication plan flowchart if a positive test for COVID-19 in the soccer organization. g. Verify Ontario Soccer, Province of Ontario and/or local Municipal government permissions for Return to Play implementation following Ontario Soccer Return to Play protocols of implementation. 	<p>PFC Board</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p> <p>ERP Lead</p>
2	POSITIVE TEST PHASE	Responsibility
	Confirmation of a COVID-19 positive test within the Club Communication System <p>Consistent with Federal and Provincial privacy regulations, acts, laws, etc. coaches, staff, officials, and families of players should self-report to the “ERP Lead” if:</p> <ul style="list-style-type: none"> a. they have symptoms of COVID-19, or b. a positive test for COVID-19 is recorded, or c. were exposed to someone with COVID-19 within the last 14 days. 	
	Advise Sick Individuals to Stay Home <p>Sick coaches, staff members, officials, or players should not return until they are well enough based on Public Health Agency of Canada and Provincial Health Authority guidelines.</p>	ERP Lead
	Isolate and/or Transport Those Who are Sick at Club/Academy Activities <p>Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend a Club activity, and that they should notify officials if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.</p>	ERP Lead

2. POSITIVE TEST PHASE cont.	Responsibility
<p>Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any club activity must be immediately separated and isolated. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, contact their Family Physician, and follow Health Agency guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow Health Agency guidelines for caring for oneself and others who are sick.</p> <p>Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. That means having parent contact information readily available; parents within a safe, socially distanced but easily accessible waiting area; or if you are calling an ambulance or bringing someone to the hospital. If calling an ambulance, please alert them that the person may have COVID-19.</p>	ERP Lead
<p>Clean and Disinfect Areas</p> <p>Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area). Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.</p>	ERP Lead
<p>Notify Local Health Officials and Close Contacts</p> <p>In accordance with Federal and Provincial privacy and confidentiality laws and regulations, the ERP Lead will notify local health officials, Provincial Associations, club staff, officials, and families immediately of any case of COVID-19 while maintaining confidentiality.</p>	ERP Lead
<p>The ERP Lead will work with local health officials to develop a reporting system (e.g., letter) to notify health officials and close contacts (logs and/or contract tracing information) of cases of COVID-19.</p>	ERP Lead
<p>The Provincial Health agencies and their Contact Tracing procedures will be responsible for advising those who have had close contact with a person diagnosed with COVID-19 and determine whether someone should stay home and self monitor for symptoms. Members of the Club should continue to self-monitor for symptoms.</p>	ERP Lead
<p>The ERP Lead must notify Ontario Soccer of any cases of COVID-19. A weekly reporting system should be instituted for the ERP Lead to advise Ontario Soccer of any cases of COVID 19, suspected cases, and where athletes or staff have been refused admittance to any training</p>	ERP Lead

Action and Communications

- | | |
|--|--|
| a. Confirm Provincial Health Officer has declared the COVID-19 pandemic is over. | President |
| b. Send official written notice to our members (i.e., volunteers, staff, coaches, parents, players, match officials) that the pandemic is officially over, the province’s state of emergency order has been lifted and soccer activities can resume its full operations. Note: During this phase, there may be specific sport protocols to follow from Canada Soccer/Ontario Soccer and/or the Provincial health authorities (i.e., implementation of Infection Control Policies and Procedures). | ERP Lead |
| c. Conduct a full review of your COVID-19 Return to Play Implementation Plan as well as your COVID-19 Emergency Response Plan. Include a list of recommendations for improvements. | ERP Lead in conjunction with Board of Directors. |
| d. Update your soccer organizations Emergency Response Plan for future use and have approved | |

RETURN

TO TRAIN

HEALTH TRACKER
 Every player is required to update current health status on SportsEngine by 5:00pm

GROUPS OF 6
 Each team will be divided into groups of 6. The group will remain together every practice to reduce cross contamination

SOCIAL DISTANCE
 Players and Coaches to remain 6ft apart at all times

SANITIZATION
 Players/Coaches must sanitize hands before and after practice. Facility will be set up with a Sanitization Station

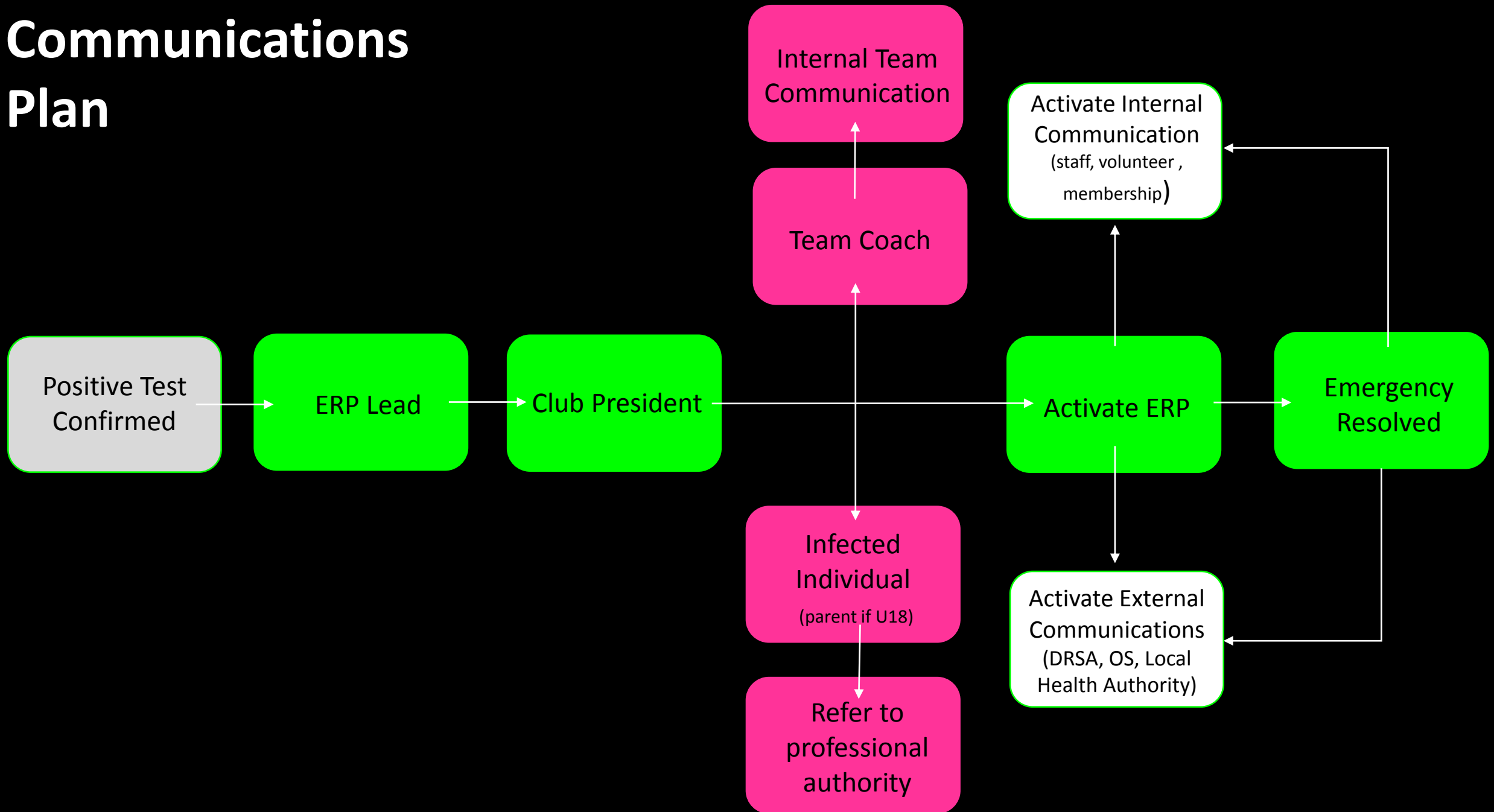
SCHEDULE
 To limit the overlap of players arriving and exiting the facility, there will be a 15min gap between practice times

DROP OFF, PICK UP
 Designated drop off and pick up points will be marked on each field map

EQUIPMENT
 Players to arrive dressed and ready to train. Players are responsible for bringing soccer ball and water bottle. Ball is to be wiped down

PPE
 Coaches will be required to wear a face mask and gloves as an added safety precaution

Communications Plan



Adapted from Ontario Soccer Return to Play Plan.



Resources (click image)

Protecting Ontarians Through Enhanced Testing



ontario.ca/coronavirus

Ontario 



Return to Play Guide

Plan, Protocols and Recommendations

June 2020



Pitch in
Play ON!

Play. Inspire. Unite.



Durham Region Health Department
Facts about...

Novel Coronavirus (COVID-19)

What is it?

Coronaviruses are a large family of viruses that cause illnesses in humans ranging from the common cold to more severe diseases. Examples include Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS). Most recently, a novel (new) coronavirus (COVID-19) was identified based on a cluster of respiratory illnesses in Wuhan, China.

In some cases, illness caused by COVID-19 can be mild. In more severe cases, COVID-19 can cause pneumonia, severe acute respiratory syndrome and kidney failure.

How is it spread?

COVID-19 can spread from person to person through:

- Close personal contact, such as touching or shaking hands.
- Contact with nose and throat secretions (e.g., coughing and sneezing).
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

What do I look for?

Common symptoms of COVID-19 include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath (dyspnea).

Other symptoms of COVID-19 can include sore throat, difficulty swallowing, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion (not caused by seasonal allergies).

Atypical symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include unexplained fatigue, body aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, multisystem inflammatory vasculitis in children and unexplained feeding difficulties in infants.

Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

over...

