



# Return to Sport Plan

June 2020 (Adapted from  
BCPFA)



## Table of Contents

- Introduction & Summary ..... 3
- Health & Safety.....
  - Risk Mitigation .....4
  - Health of Participants.....5
  - Illness Policy .....6
  - Outbreak Plan & First Aid.....8
  - Facility Access & Use .....10
  - Field Operations .....14
- Football Programming .....16
  - Activity Type.....17
  - Guidelines for Skill Development (Phase 2) .....18
  - BC Restart Phase 3 – Return to Competition .....21
  - Equipment.....23
  - Tackle Football Equipment Distribution.....24
- Appendices .....
  - Football Programming Introduction .....26
  - General Covid-19 Information .....27
  - Five Principles.....28
  - Participant Agreement .....29
  - Considerations for Gatherings .....30
  - Signage .....31
  - Session Register Sample.....32
  - International Travel.....33
  - Checklists.....
    - LSO Administrator Checklist.....34
    - Safety Officer Checklist .....35
    - Head Coach Checklist.....36
    - Participant Checklist .....37

### Return to Sport Plan – Health and Safety

#### Introduction

The health and safety of our athletes, coaches, trainers, volunteer parents and families, and officials, remains the number one priority of KMFA along with the British Columbia Provincial Football Association (BCPFA). As the Provincial Sport Organization (PSO) for the sport of football, the BCPFA established the guidelines for the safe Return to Sport protocols contained in this document, as specifically applied to Kelowna Minor Football and its operations. This plan has been endorsed by the BCPFA and was formally approved on (July 7, 2020). This plan is based on the recommendations/mandates of the BC Provincial Health Office (PHO), the Provincial Government, Via Sport and the British Columbia Parks and Recreation Association. As these organizations update their guideline and directives, we will continue to evaluate our protocols to align with provincial mandates.

#### Policy & Protocol Summary

- This document is based on gatherings of **50 people or less** as *currently* ordered by the PHO. Should the approved gathering size increase (100, 150 or 250 people), more traditional team/group sizes could be adopted but **until this revision is provided by BCPFA**, the safety measures described herein will remain in place.
- Maximum group size counts need to consider coaches, athletes, staff and spectators as well as type/size of facility for adequate social distancing. Non-essential personnel may be reduced and limited coach to athlete ratios enforced.
- For the purposes of this Plan, one (1) football field is considered a gathering spot. If a facility has several football fields (or fields of similar dimensions), each is considered a separate gathering spot. (1 team per gathering spot)
- Participants will receive a copy of this document and must sign a waiver acknowledging the risks of participation and acceptance of these guidelines prior to participation, confirming they have read and will adhere to the Illness Policy.
- Screening for symptoms will take place prior to participation in any event. (Risk Mitigation is key to ensuring the health of all KMFA Members.)
- Return to Sport begins in Phase 2 with small group training focused on fundamental skill development **with no contact** and physical fitness; Physical distance is mandatory.
- Progression to Phase 3 is expected to happen in September. The orders from the PHO will determine the format of play. New face shield splatter guard is a required purchase.
- Members who fail to comply with the policies and protocols will be subject to removal from activities, facilities, and programs for a determined time.

KMFA is responsible for adhering to this Return to Sport Plan. Failure to adhere to the plan may result in fines from the government, cancellation of football programming, and a negative public perception of football.

### Risk Mitigation

Return to Sport must be planned around assessing the risks and developing a football specific plan to take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus. After analysis of the types of sport activities, where they occur, who is involved and their risk profile, the following measures will be adhered to as part of the plan:

- The complete Return to Sport Plan will be posted to [www.kmfa.ca](http://www.kmfa.ca) upon BCPFA approval and highlighted on social media; Team Managers/Coaches manual binders will include a copy of the approved document and the binder must be present at all events.
- Staff, volunteers and participants will receive an abbreviated copy of this document with all waivers to sign, via email upon completing registration for a program; training meetings will take place with all applicable parties prior to program starts to ensure understanding of the Return to Sport Plan (as appropriate to age/role). This includes national/provincial mandates as it pertains to NCCP such as Safe Contact, Making Headway and Community Novice Coaching Certification.
- Implementation of the Return to Sport Plan will be monitored and updated as necessary when circumstances or provincial guidance changes. KMFA Board members are ultimately liable for the decisions and work of the organization, therefore, the board understands the level of risk the organization is taking on and has approved the adoption of the BCPFA's Return to Sport Plan to establish the protocols for KMFA operations. Board of Directors will sign a statement confirming their compliance and understanding, which will be forwarded to the BCPFA as part of the RTS approval process.
- Participants (or their parent/guardian if under 19 years old) must sign a waiver acknowledging their acceptance of the risks and the guidelines for participation (see form in the Appendix) and agreement to abide by the Illness Policy prior to engaging in any program.

Different activities have differing levels of protection and whenever possible operations will use the action that offers the most protection. The following are listed from highest level of protection to lowest

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

### Health of Participants

The following is mandatory to protect the health of the participants – players, staff & volunteers:

1. Acknowledgement and adherence to the *Illness Policy* (see below) that outlines procedures for participants who may be experiencing symptoms by signing a waiver prior to participation (see appendices for example).
2. **Daily** symptom screenings conducted for **all** participants by having them answer a wellness questionnaire or complete a self-assessment. **This will be recorded and kept on record in an acceptable format by managers. (See sample in appendix).**<sup>1</sup>
3. KMFA will have a zero tolerance policy for ‘playing while sick’ – athletes will not be able to participate if they are symptomatic.
4. Enhanced hygiene protocols will be implemented:
  - a. Frequent and proper handwashing (Health Canada Guidelines<sup>13</sup>)
  - b. Avoid touching eyes, nose and mouth
  - c. Cough into your sleeve
  - d. No spitting and/or nose-blowing on field
  - e. Frequent reminders to use the strap only when handling mouthguards

### Reminders to participants:

Athletes and parents (Members) must not participate or come to the facility if:

- The Member doesn’t feel well or is displaying symptoms of COVID-19 OR someone in their household has COVID-19 or is showing symptoms of COVID-19
- The Member has traveled outside of Canada within the last 14 days
- Someone in the Member’s household has traveled outside of Canada within the last 14 days

Consider the risk of the participant - if he/she is at higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in the sport activities for the time being.

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<sup>1</sup>BCPFA is currently investigating a web based questionnaire that will be completed by the participant or parent prior arriving to the facility. Details will be announced when available.

### *Illness Policy*

#### **The following policy must be strictly adhered to.**

In this policy, “KMFA Member/Member” includes any participant, volunteer, parent or spectator – anyone associated with the club or league. “Facility” includes playfields, sidelines, benches, and spectator areas. “Activity” refers to practices, games, camps and any other special events by KMFA.

1. Assessment
  - a. KMFA members must complete the daily assessment questionnaire and review the self-assessment signage located throughout the facility before their activity to confirm they are not feeling any of the COVID 19 symptoms.
  - b. Managers/Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the activity.
  - c. If Members are unsure please have them use the self-assessment tool:  
<https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
  - d. Inform the Manager/Safety Officer or Head Coach immediately if you 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/or loss of appetite.
  
2. If a KMFA Member is feeling sick with COVID-19 symptoms:
  - a. They must not participate in any activity.
  - b. They must remain at home and contact Health Link BC at 8-1-1.
  - c. If they feel sick and/or are showing symptoms while at the activity, they must be sent home immediately and contact 8-1-1 or a doctor for further guidance.
  
3. If a KMFA Member tests positive for COVID-19:
  - a. The Member will not be permitted to return to the activity/facility until they are free of the COVID-19 virus.
  - b. Any Members who work/play closely with the infected Member will also be removed from the activity/facility for at least 14 days to ensure the infection does not spread further.
  - c. Close off, clean and disinfect their activity/facility area immediately and any equipment and surfaces that could have potentially been infected/touched.

4. If a KMFA Member is waiting for the results of a COVID-19 Test:
  - a. As with the confirmed case, the Team Member must be removed from the activity/facility.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms stays home and calls the public health authority of B.C.
  - c. Other Members who may have been exposed will be informed and removed from the activity/facility for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The facility space will be closed off, cleaned, and disinfected immediately and any other surfaces/equipment that could have potentially been infected/touched.
  
5. If a KMFA Member has come in contact with someone confirmed to have COVID-19:
  - a. Members must advise their Manager/Coach if they reasonably believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the Member will be removed from the activity/facility for at least 14 days or as otherwise directed by public health authorities. Other Members who may have come into close contact with the Team Member will also be removed from activity for at least 14 days.
  - c. The facility will be closed off, cleaned, and disinfected immediately and any other surfaces/equipment that could have potentially been infected/touched.
  
6. Quarantine or Self-Isolate:
  - a. Any KMFA Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility/activity and must quarantine and self-isolate for the required period.
  - b. Any KMFA Member with any symptoms of COVID-19 is not permitted to enter any part of the facility/activity and must quarantine and self-isolate.
  - c. Any KMFA Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility/activity and must quarantine and self-isolate.
  - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility/activity.

### Outbreak Plan

Early detection of symptoms will facilitate the immediate implementation of effective control measures. In addition, the early detection and immediate implementation of enhanced cleaning measures are two of the most important factors in limiting the size and length of an outbreak. An “outbreak” is two or more cases; a “case” is a single case of COVID-19.

**This situation must be reported to the BCPFA immediately ([executivedirector@bcpfa.com](mailto:executivedirector@bcpfa.com)).**

#### Steps:

1. If an Outbreak is identified/reported within the KMFA Membership, KMFA President and/or SIFC President have the authority to suspend or cancel activities.
2. If any KMFA Members report they are suspected or confirmed to have COVID-19 and have been at the activity/facility, implement the enhanced cleaning measures to reduce risk of transmission as well as notify the facility staff and the City right away.

Enact the *Illness Policy* and advise individuals to:

- self-isolate
- monitor their symptoms daily, report respiratory illness and not to return to activity for at least 14 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.
  - Individuals can learn more about how to manage their illness here:  
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- 3. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority (Interior Health). Implement your Illness Policy and your enhanced measures.
- 4. If KMFA is contacted by a medical health officer in the course of contact tracing, KMFA Members will cooperate with local health authorities.

### First Aid

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.

A guide for employers and Occupational First Aid Attendants:

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19-pandemic?lang=en>

First aid protocols for an unresponsive person during COVID-19:

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Copies of the above resources will be available for First Aid personnel during activities via the Managers Resource Binders.

KMFA will also investigate the possibility of hiring private First Aid Responders such as St. John's Ambulance or similar.

### **Start Up Phase 2 – Training & Development Phase (current phase)**

- If a team has 1 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 1 or more confirmed cases of COVID-19, the club will suspend operations for a 14 day period.

### **Start Up Phase 3 – Competition Allowable Phase (anticipated September 2020)**

- If a team has 1 or more confirmed cases of COVID-19, that team will suspend operations for a 14 day period.
- If two teams have 1 or more confirmed cases of COVID-19 within the same division, the division will suspend operations for a 14 day period.
- If two teams have 1 or more confirmed cases of COVID-19 within different divisions, the league will suspend operations for a 14 day period and will be subject to review/approval by the PSO prior to re-commencing activities.

### Facility Access & Use

The Provincial Health Officer has banned gatherings over 50 in Phase 2. This ban is expected to remain in force until the end of the state of emergency.

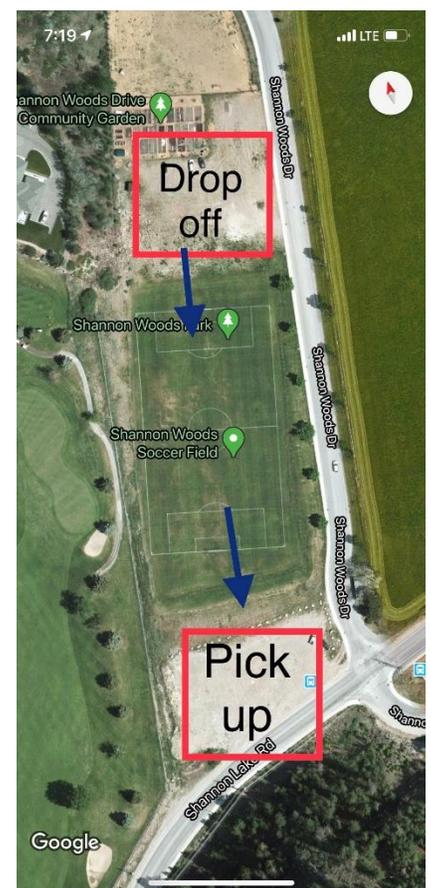
To mitigate risks related to facility access, the following controls, in consultation with the facility owners will be implemented:

1. Restricted Access
  - a. Limited access to only those that are essential to the approved activities on field (e.g. participants, coaches, and staff).
  - b. Parents and spectators must be factored into the maximum group size (50) for a gathering spot (1 field) and must adhere to physical distancing guidelines, remaining outside the boundaries of the field. Only 1 parent per participant may remain on site, in vehicle as required.
2. Access to facility
  - a. KMFA will designate drop-off and pick-up spaces for city and school board fields used.
  - b. KMFA will designate field entry and exit points to monitor how many people are entering the facility and it is only participants, coaches and managers.
  - c. Participants will need to exit the field immediately, following the designated pattern of flow as soon as their activity has ended and head to the pick up point. Directional signage/instructions will be used as needed.
  - d. Start times will be set with a 15 minute window to help reduce overlap.
3. Pre-registration
  - a. Drop-in activities are prohibited
  - b. All participants must be registered and all waivers completed and submitted.
4. Arrival and Departure
  - a. Participants must wait in their vehicle until 5 mins prior to start time when a field is already in use. There should be sufficient space for physical distancing while lining up or waiting to begin.
  - b. Participants must leave their car ready to begin when they step on the field. Cleats tied, labelled water bottle and towel on hand.
  - c. At the end of their scheduled program/time slot participants must immediately leave the field/facility to find their parent. There is not to be any congregating at the facility to change out of equipment.

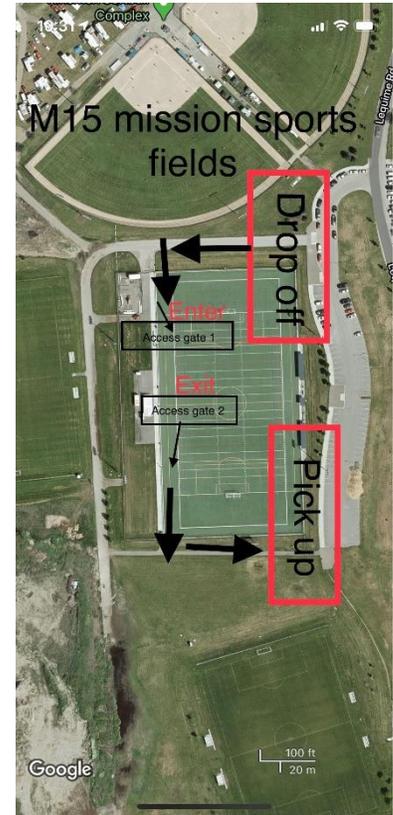
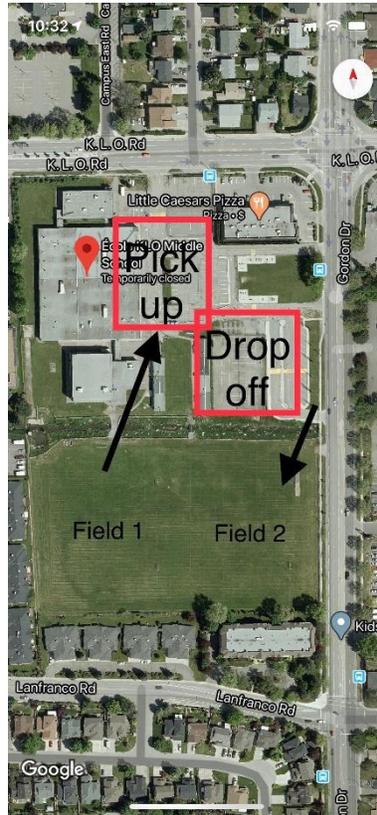
5. Consideration must also be given to the use of the following areas by limiting access and ensuring proper physical distancing and disinfection protocols are maintained. These include but are not limited to:

- a. Equipment storage areas – SeaCans at M15, M9, and Marjok; Regular access should be designated to specific individuals in a team; Locks, pins, and items contacted shall be sanitized after use.
- b. Team benches or areas for gathering shall be sprayed/wiped down after use.
- c. KMFA does not operate regular concessions and bbq's will be unavailable.
- d. Spectator seating: if used, consider using signage or partially closing seating areas to ensure adequate physical distancing between individuals/groups.
- e. Use of Water fountains is not a concern at this time and water cooler dispenser jugs are not permitted for sharing.

KMFA uses several fields throughout the various football seasons to accommodate our program numbers as well as participants from both the City of Kelowna and the City of West Kelowna. As we return to sport, consideration will be given to prioritize the use of optimal fields through the summer months, while the requirement for lights in the Fall reduces our facilities to three specific fields (MarJok Elementary, Mission M9 and M15). We anticipate the ability to ensure one team per field for accurate social distancing, however in the event there may be back to back activities at a given field, the following measures will be put in place, with signage and safety officers to enforce management of flow. The images below represent West Kelowna fields – MarJok Elementary/Rosewood, Shannon Lake Elementary and Shannon Woods.



The images below represent fields in Kelowna. Spring Valley Schools and KLO Middle School are typically only used through the summer months for training. In the Fall, field use is reduced to only MarJok/Rosewood in West Kelowna, and Mission M9 and M15 in Kelowna as these are the 3 fields with lights.



### Field Operations

All organizations in B.C. have a legal obligation to ensure a healthy and safe “workplace” for volunteers and employees (herein referred to as *staff*).

Risk mitigation measures related to staffing are mandatory:

1. Educate staff on public health information and expectations related to the implementation of the Return to Sport Plan.
2. Implementation of an *Illness Policy*, that outlines procedures for staff and participants that may be experiencing symptoms and ensures no one attends practice/games when sick.
3. Conduct routine daily symptom screenings for all staff, volunteers and participants. Wellness questionnaires and use of self-assessment tools are recommended. (The BC COVID-19 App includes a self-assessment tool.
4. Implementation of enhanced hygiene protocols:
  - a. Frequent and proper handwashing.
  - b. Ensure adequate and accessible hand-washing facilities or sanitizer both at washroom facility and bench area.
  - c. All staff need to wash and/or sanitize hands upon arrival, before/after breaks, after touching common equipment).
  - d. Reminders to avoid touching eyes, nose and mouth.
  - e. Reminders to use cough and sneeze etiquette: Cough and sneeze into your elbow; Reminders no spitting and nose blowing on field.
5. Implement an enhanced cleaning protocol for common areas and common equipment. Ensure cleaners have adequate training and tools.
6. Implementation of measures for staff to maintain physical distancing
  - a. Manage use of and interactions in shared spaces and ensure physical distance can be maintained in these spaces
  - b. Limit in-person meetings, training and staff engagements; work virtually where possible
  - c. Communicate where possible through email, text and/or phone
7. Ensure Personal Protective Equipment (gloves, masks, etc.) is on hand and available to staff. Where risk of exposure is high (cannot maintain social distancing), PPE is required. Train staff on how to put masks and gloves on and off to avoid cross-contamination. Ensure that

PPE is not used as a substitute for more effective safety measures (distancing, hygiene). Refer to WorkSafe BC on specifics related to use of PPE.

8. Minimize use of shared equipment as much as possible:
  - a. Identify 'high-touch' objects and ensure constant cleaning – footballs, flags, blocking bags.
  - b. Use of locker rooms will not be allowed – KMFA fields do not have locker rooms.
  - c. Minimize use of shared equipment (including computers, phones, clipboards, coach radios and sport equipment etc.).
  - d. Each staff person/volunteer must disinfect any shared equipment/surfaces they have come in contact with after each use.
9. Coaches should come prepared with their own practice plans, training tools, technology and avoid sharing with other coaches.
10. Assigning the coach or one individual to be responsible for all set-up and take down of equipment (such as nets, cones, etc.) to reduce the number of contact points.
11. Ensure staff understand the “Right to Refuse” unsafe work and procedures are in place to respond to such concerns.
12. **A Safety Representative** will be assigned to ensure implementation of safety protocols during all programming.

# Football Programming

~ BCPFA & ViaSport Guidelines



**BCPFA**

British Columbia Provincial  
Football Association

### Activity Type

In mid-May, B.C. entered into what is being referred to by the provincial government as BC Restart Phase Two. In this phase, sport is able to operate under enhanced protocols including:

1. Require participants to maintain physical distancing
  - Two meters apart from one another
  - Non-contact activities only
  - No handshaking, high fives, hugging, etc.
2. Look to reduce touch points with respect to equipment
3. Focus on skill development or low risk activities
  - Activities should be those typically done in practice and/or training environments
4. Remain community focused
  - Stay within the home sport community or club(s) where participants are members
  - Avoid cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer).

**NOTE:** *Participants may have been relatively inactive in the weeks leading up to resuming football programming. Consequentially, coaches and volunteers should provide football activities that consider the current fitness level of their participants*

Activities that are **NOT** in scope during this phase are:

- Activities that cannot maintain physical distancing (including contact activities)
- Activities that have a high risk of injury
- Competitive activities that encourage large group gatherings
- Large public events or gatherings of over 50 people
- Activities that require travel outside your community

*Examples of possible sport-specific modifications for Phase 2:*

- Focus on drills and training exercises in small groups
- Move to non-contact skills training in small groups or “shadow sparring”

### Guidelines for Skill Development (Phase 2)

Public & private gatherings are currently limited to 50 total participants; however, to mitigate risks, it is recommended that groups be limited to a much smaller number. The following applies to all organized football operations, regardless of age.

The *recommendation* is that activity during Phase 2 begins with small group training and skills development with public health measures still in effect:

1. Distancing is more achievable with 15 participants (or less) including coaches and staff; adequate physical distancing must be maintained, depending on actual facility, during all drills, in lines, etc.
  - Group personnel does not change, should be consistent
  - Outdoor group training is recommended but if not possible, use an indoor space adequate for proper distancing (Summer/Fall KMFA training is all outdoors)
  - No other teams on the practice field/green space, staggered practices
  
2. Hygiene & Sanitation
  - Hand washing before & after with sanitizer available
  - All equipment is sanitized before & after
  - Personal water bottles and towels only, no bags/backpacks – water bottles clearly identified with participant's first and last name, on the side of the bottle with a 2" x 4" label.
  - Refrain from touching your face – can lead to transfer from hands to equipment
  - Non-medical masks are recommended.
  - All equipment (including practice gear) should be sanitized before & after practice
    - Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment providers for recommendations
    - Cones & bags can be sprayed and wiped with appropriate disinfectant and allowed to dry
    - Soft goods (shorts, jerseys, gloves etc.) should be washed after every practice & game
    - A safety fee will be required to cover disinfecting supplies and purchase of splatter guard face shield for participants to keep (see Equipment below)
  
3. Skills & Drills
  - Focus on fundamental skill-based drills **with no contact**

### 4. Wellness Checks

- Each participant (players, coaches, volunteers) must individually be asked about experiencing any symptoms related to COVID 19
- This will be done verbally and/or electronically by Team Managers/Safety Officers
- This wellness check must be recorded for each session. (NOTE: BCPFA is currently developing an “on line check” to be completed by participant or parent. Updates will be published as progress on this process advance.)

NOTE: Any additional conditions as part of city facility rental agreements will also be implemented.





**BCPFPA**  
British Columbia Provincial Football Association

# Phase 3 (Date TBC)



## BC Restart Phase 3 – Return to Competition

As noted, Phase 3 of the provincial restart plan is **anticipated** to be approved by the PHO for September 2020. It is anticipated that Phase 3 will allow for the contact sports to resume. At this time, KMFA will revise this safety plan accordingly.

**If the Provincial Health Order for gatherings remains at 50 people**, BCPFA recommends that either 6-a-side or 9-a-side football be played.

Based on Football Canada’s *Competition Review* (2016), the following are recommendations for roster sizes:

	<u>Minimum to start season</u>	<u>Minimum to play game</u>
6-a-side	9	8
9-a-side	17	13

Either 6 or 9 a side tackle football is recommended based on **CURRENT** gathering restrictions.

**Contact football will require the following policies & procedures to be adhered to:**

1. 6 a side & 9 a side would be limited to non-contact practices:

- Distancing
  - Rosters:
    - 6 a side: no more than 15 (12 players, 2 coaches, 1 staff)
    - 9 a side: no more then 30 (25 players, 4 coaches, 1 staff)
- No huddling
- Only 1 parent per athlete watching practice - spectators/parents should be spaced out appropriately, outside of the field boudaries or remain in their vehicle to maintain physical distancing
- No team gatherings or fundraisers
- Only 1 team on the practice field/green space, staggered practices if needed
- No locker rooms, film sessions or chalk talk (virtual meetings only)

### 2. Hygiene & Sanitation

- Players & coaches have their own water bottles (No water stations)
- Water bottles are clearly labelled on the side with first and last name, 2" x 4" label
- No backpacks or bags brought to the field
- All equipment should be sanitized before & after practice
- Footballs should be sanitized with proper disinfectant safe for footballs – teams may need to contact their equipment providers for recommendations
- Cones, bags, and sleds can be sprayed and wiped with appropriate disinfectant and allowed to dry
- Soft goods (leg pads, pants, jerseys, gloves etc.) should be washed after every practice & game
- Hard goods (helmet, shoulder pads, rib protectors, back plates, etc.) should be sprayed and wiped with appropriate disinfectant and allowed to dry
- Participants will be remind to minimize contact with their mouthguard and encouraged to handle it by the strap
- No spitting or nose blowing on the field

### Equipment

The equipment that a player uses is quite similar in every format of contact football; however, given the current social circumstances, a few modifications will be instituted.

**The following will be implemented in BC Start Up Plan Phase 3 – when competition is allowed.**

**Uniform:** All players will be regulated to ensure that their whole body is covered. This will include long sleeved t-shirts to the wrists, football gloves (normally only used by “skills positions” only) covering hands, socks/under garment will cover the legs, covering the area between the cleats and the bottom of the football pants.

**Helmet:** The greatest concern among our group is the exposed mouth area and the possibility of spittle escaping, regardless of the fact that each player is mandated to wear a mouthguard. To this end, the **BCPFA is mandating a specific face shield that will cover the inside of the face mask.** Similar to a visor which is placed over the eye area, these face shield will be similar to what is used in hockey and will be clear, unbreakable plastic material. We are confident that this piece of innovative equipment will greatly mitigate the possibility of potential transmission from the mouth. KMFA will provide members the opportunity to purchase this new piece of equipment for care and keep. (An order of face shields has already been placed.)



\*\*Note – actual face shield is clear

### *Tackle Football Equipment Distribution*

Distribution of tackle football equipment may begin in Phase 3. **This distribution may commence earlier once the BC Restart Phase 3 date is announced** - but contact football will still be prohibited until the approved date.

All medical forms, equipment and play waivers, policies and conduct forms must be signed in advance. Deposit cheque must also be submitted prior to being scheduled for a fitting.

Equipment distribution will require the following policies & procedures:

#### 1. Distancing

- The KMFA Clubhouse will be restricted to a maximum of 10 people inside, including coaches and volunteers.
- Fittings will be strictly scheduled by age division, in alphabetical order in 20 minute increments.
- Only athletes being called inside for fitting must enter; Parents must wait outside the door or in their vehicle.
- Back stairs will be marked to indicate social distancing to wait in line.

#### 2. Hygiene & Sanitation

- Equipment fitters require gloves
- Masks for equipment fitters & players are recommended
- Hand sanitizer upon entry is strongly recommended and station will be set up.
- Equipment fitters are recommended to sanitize between each fitting (wash hands for at least 20 seconds or apply sanitizer)
- All equipment must be sanitized before distribution and any equipment that has been tried on and not given out, must be sanitized before the next player. (Director of Equipment will confirm with suppliers for safe sanitation protocol and products.)
- Physical distance markings will be added as necessary.
- Designated Safety Officer will ensure all surfaces in contact will be wiped down, including light switches, door knobs, desks, etc.

# Appendices



## Football Programming – BCPFA & ViaSport Guidelines

### Introduction

This section of the Return to Sports Plan for Football outlines general guidelines that can be applied related to activity type and sport equipment. BCPFA recognizes that there are various formats of football (e.g. flag, touch, tackle) being played in British Columbia and that there are additional considerations or aspects that are somewhat unique to each format.

### Types of Activities During Transition Between Phases

The chart below lists the types of activities that can be considered as sport transitions through the various return phases. It is, however, still the advice of the PHO to move ahead slowly, and systematically restart activities in a way that allows your organization to monitor, evaluate and adjust as needed.

	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"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	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"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	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"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

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

Source: ViaSport - COVID-19 PROTECTION – RETURN TO SPORT GUIDELINES

### Summary

The health of all participants remains the #1 priority at all phases of Return to Sport.

### General Safety Plan

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This requires you to be in close contact – less than the so-called physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches, or volunteers (balls, equipment, etc.).

The following is used as a guideline for this document:

## Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Cough into your sleeve</li> <li>• Wear a non-medical mask</li> <li>• No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>• Routine daily screening</li> <li>• Anyone with any symptoms must stay away from others</li> <li>• Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>• More frequent cleaning</li> <li>• Enhance surface sanitation in high touch areas</li> <li>• Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with small numbers of people</li> <li>• Maintain distance between you and people</li> <li>• Size of room: the bigger the better</li> <li>• Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>• Spacing within rooms or in transit</li> <li>• Room design</li> <li>• Plexiglass barriers</li> <li>• Movement of people within spaces</li> </ul>

The following document is based on gatherings of no more than 50 people as currently ordered by the PHO. Should the approved gathering size increase (100, 150 or 250 people), more traditional team sizes could be adopted but the safety measures will remain as described herein. **This revision will be provided by the PSO.**

Please note that the Return to Sport plan may be, from time to time, altered to reflect updates from the Provincial Health Office. These changes will be communicated and adopted by participating LSOs as quickly as possible.

### *Participant Agreement*

All Members of Kelowna Minor Football 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 Sport Protocol:

- I agree to symptom screening checks, and will let my club and/or coach 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 sanitize the equipment I use throughout my practice with approved cleaning products (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs 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 others around me.
- I 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.

Participant Name:

Signature:

Signature of Parent or Guardian:

Date:

## Considerations When Planning for Gatherings

### Group Size

**B.C.'s Public Health Officer has issued an order stating gatherings of 50 or more people.**

However, each LSO will need to consider other factors to determine what is appropriate for their space to ensure the ability to maintain physical distancing.

Maximum group size counts need to consider staff, coaches, participants, spectators, etc., and the size of the indoor or outdoor space is also a key factor. Municipal facilities have received guidelines on determining maximum capacity within their facilities: It is recommended that each LSO communicate with their local municipal contact.

LSOs should consider the activities that they are looking to deliver and the appropriate group sizes in order to ensure proper physical distancing. They should also outline expectations related to coach to participant ratios. While these guidelines suggest reducing non-essential personnel other safety considerations such as the *Rule of Two* should be maintained so not to expose participants to other risk factors.

### Participant Groups

Additional considerations may be required for different population/participant groups as you are determining which programming to reopen and determination of whether or not that individual should participate.

Each LSO should look at how they can support higher-risk populations, where possible. Individuals must be made aware of the risks to participation but the decision to participate is up to the individual. The exception is if the individual is displaying signs and symptoms of COVID-19.

Vulnerable populations may include:

- older adults
- those with underlying medical conditions and/or compromised immune system
- individuals that experience barriers such as communication, transportation, economic

Possible examples of accommodating the vulnerable population may include:

- Dedicated time slots: Specifying use of the facility or programming times for those that are most vulnerable
- Program modifications: offering low risk programming (reduced group sizes, no contact options, etc.)
- Physical assistance: dedicated caregivers necessary to support an individual's participation should be considered within the individual's household or inner circle and may assist the participant with sport activities as required.
- Communication: Ensure information is easily accessible to participants by translating signage and communications into multiple languages as well as various formats (for those with visual/hearing impairments)

## *Signage*

### **COVID-19 Protection:**

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Prevention.pdf>

### **Physical Distancing:**

[http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_PhysicalDistancingPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PhysicalDistancingPoster.pdf)

### **Handwashing:**

[http://www.bccdc.ca/Health-ProfessionalsSite/Documents/COVID19\\_Handwashing%20Poster\\_MD%20offices.pdf](http://www.bccdc.ca/Health-ProfessionalsSite/Documents/COVID19_Handwashing%20Poster_MD%20offices.pdf)

### **Do not enter if you are sick:**

[http://www.bccdc.ca/Health-Info-Site/Documents/COVID19\\_DoNotEnterPoster.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_DoNotEnterPoster.pdf)

### **Vulnerable Populations:**

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/covid-19-vulnerable-populations/covid-19-vulnerable-populations-eng.pdf>

### **Occupancy Limit:**

<https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

# Return to Sport Plan



## Session Register Sample

Club \_\_\_\_\_

Division \_\_\_\_\_

*Date*   *Date*   *Date*   *Date*   *Date*   *Date*   *Date*   *Date*

**Participant**

Player 1								
Player 2								
Player 3								
Player 4								
Player 5								
Player 6								
Player 7								
Player 8								
Player 9								
Player 10								
Player 11								
Player 12								
Player 13								
Player 14								
Player 15								
Player 16								
Player 17								
Player 18								
Player 19								
Player 20								
Player 21								
Player 22								
Player 23								

**Comments:**

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**As noted:** BCPFA is currently investigating an on line solution to replace this form.

International travel is subject to quarantine rules and raises other risks including unpredictable flight schedule changes and cancellations, and the potential for sudden changes to border controls.

Refer to Football Canada's Long-Term Athletic Development programming for skill development for the appropriate age group. <http://footballcanada.com/long-term-athlete-development-ltad/> or practice plans referred to in the Athletic Era App.



## Checklists

### LSO Administrator Checklist

1	LSO Board must familiarize themselves with the contents of the BCPFA Return to Sport Plan
2	LSO Board must pass a resolution to accept the BCPFA Return to Sport Plan
3	LSO Board/designate develop a facility plan, keeping in mind the local municipality requirements
4	LSO must submit the meeting minutes noting the accepted resolution and the facility plan to BCPFA Executive Director
5	LSO must receive acknowledgment from BCPFA prior to commencing programming
6	LSO must designate Safety Officers to oversee the delivery of on field programming and adherence to the Return to Sport Plan
7	LSO must ensure there is a Participant Agreement form completed as part of every registration.
8	LSO must ensure that the Return to Sport Plan is posted on their website.

## Safety Officer Checklist

1	Planning Meeting	All Safety Officers to attend Head Coaches planning meeting prior to athlete's arrival to field.
2	Social Distancing	Key function is to manage the facility and training environment so that athletes, coaches and parents all adhere to social distancing requirements.
3	High Viz vest or jacket	All Safety Officers to wear a highly visible vest or jacket at all times, in order they are easily recognized when arriving at facility and during the training session on the field.
4	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.
5	During Activity/Training	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.
6	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.

## Head Coach Checklist

1	On Site Prep Meeting	Conduct an 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 football's Return to Sport Plan.
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 for safety.
4	Secure Confined Spaces	Ensure all benches and personnel 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.
6	Drill Layout	Lay out markers indicating locations for athletes for drill stations using recommended flat or spot markers.
7	Collection and cleaning equipment	All balls, cones, and markers are 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.
8	Equipment Transportation	Recommend having a lid for pail when transporting equipment to training.
9	First Aid	In the event first aid is to be administered all persons attending to an athlete must first put on a mask and gloves.

## Participant Checklist

- 1 Come dressed ready to play; other equipment such as a gloves and masks are recommended.
- 2 Be prepared for a health assessment before **every** session.
- 3 Bring your own bottle of water with enough to last for the duration of the activity.
- 4 Washroom access will be limited to emergencies only (unless washroom access and cleaning is constantly monitored).
- 5 Coaches and Safety Officers will designate where each athlete will place their personal belongings.
- 6 Use the designated entrance and exit; follow the drop-off and pick-up protocol.
- 7 Only athletes, coaches and safety officers are allowed within the perimeter of the field of play.
- 8 Please, be aware that the parking lot will be used for drop-offs and pick-ups only; parking is only permitted for coaches and safety officers.
- 9 If you show **any** symptoms of COVID-19 you are required to stay home.